



Part of the Greenwich  
Family Hubs Network



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**Slade Children's  
Centre**  
Erindale,  
Plumstead  
SE18 2QQ  
**Tel: 020 8854 7900**  
**Option 2**  
BUS 53 & 51

**Eglinton Children's  
Centre**  
Paget Rise,  
Woolwich  
SE18 3PY  
**Tel: 020 8331 0374**  
BUS 386

**School House**  
Whitworth Road,  
Woolwich  
SE18 3QA  
**Tel: 0330 057 6051**  
BUS 386

**Brookhill Children's  
Centre Community  
Centre & Family Hub**  
42 Brumwell,  
Woolwich,  
SE18 6BD  
**Tel: 020 8319 5320**  
BUS 53, 51, 161 & 472



**Mulgrave Children's  
Centre**  
Rectory Place,  
Woolwich  
SE18 5DL  
**Tel: 020 8319 5666**  
BUS 53 & 51 & 422

### HSG Programme - June to July 2026



Our Programme does not have a fixed number of families attending each session, but will consider the size of the room, ventilation and practical considerations.



Call each Centre to book onto some sessions



Appointments only



£ charges apply for certain sessions (cash/card optional)



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# MONDAY

**For health and midwife appointments, please  
check Page 6**

## BROOKHILL

### Migrant Mothers Dance Group

10.30am - 12.30pm

Email: [Projects@theground.org.uk](mailto:Projects@theground.org.uk)

(Term Time Only)

### Baby Massage (Birth - non crawlers)

Jun 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>

1.45pm-2.30pm

(Call to book)

(£3.00 per session)

### Stay & Play (Birth -5yrs)

Baby & Toddler

1.30pm - 2.45pm

(Drop In)

(£1.00 per session)

Speech & Language Drop In Jun 15<sup>th</sup>

### Timeless Together Monthly Group

For ages 60 and over and their Carers)

Last Monday of every Month

Jun 29<sup>th</sup>

12.30pm- 2.30pm

(Drop In)

### Autistic Inclusive Meets

4.00pm - 5.30pm

Siblings welcome

£2.00 per family

(Drop In)

## SLADE

### Baby Group (Birth - 18mths)

Messy Time

1.15pm-2.30pm

(Drop In)

(£1.00 donation per session)

### Slade Library Stay & Play

(Birth-5yrs)

3.00pm-3.30pm

(Drop In)

## EGLINTON

### Speech & Language Group

### Small Talk Group (13-24mths)

9.30am -10.30am

&

### Tiny Talk Group (Birth-12mths)

11.00am -12.00pm

Jun 8<sup>th</sup> & 15<sup>th</sup>

(Call to Book)

### Baby Group (Birth – Non- Walkers)

1.30pm – 3.00pm

(Drop In)

(£1.00 donation per session)



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# TUESDAY

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check Page 6**

## **BROOKHILL**

**Little Crocs Football** (Walkers- 4yrs)  
10.00am - 11.00am  
(Drop In)  
(£1.00 per session)

**Bouncing Babies** (Birth - non crawlers)  
Jun 9<sup>th</sup> & 16<sup>th</sup>  
1.45pm -2.30pm  
(Call to book)  
(£3.00 per session)

**Toddlers Messy Stay & Play** (Birth-  
5yrs)  
Starting Jun 23<sup>rd</sup>  
1.30pm – 2.45pm  
(Drop In)  
(£1.00 per session)

**Well-being Welcome**  
1.00pm - 3.00pm  
(Drop In)  
(Term Time Only)

**Children's Theatre** (7–15 yrs)  
5.00pm - 6.30pm  
(Drop In)  
(Term Time Only)

**Adult Course: Hair Braiding**  
5.00pm - 6.30pm  
(Drop In)  
(Limited crèche provided)  
(Term Time Only)

## **BROOKHILL**

**Greenwich Elective Home Educated  
Network Meeting (Family Steal Pan  
workshop)**  
Jun 2<sup>nd</sup>  
12.00pm -2.00pm  
(Drop In)

**Generations Together** (0yrs – 100yrs)  
First Tuesday of every Month  
4.00pm - 5.00pm  
(Drop In)  
(Term Time Only)  
Jun 2<sup>nd</sup> & Jul 7<sup>th</sup>

**Family Law Outreach**  
1.00pm - 3.00pm  
Last Tuesday of every month  
(Call to book)

**Dad's Forum**  
Every 2<sup>nd</sup> Tuesday of the Month  
Email: [parenting@parentpower-ed.co.uk](mailto:parenting@parentpower-ed.co.uk)  
5.30pm - 6.30pm  
(Booking only)

## **SLADE**

**Slade Library Rhyme Time**  
10.30am - 11.00am  
(Drop In)

**Bouncing Baby** (Birth - non  
crawlers)  
Jun 16<sup>th</sup> - Jul 21<sup>st</sup>  
1.45pm -2.30pm  
(Call to book)  
(£3.00 per session)

## **EGLINTON**

**Messy Stay & Play** (Birth-5yrs)  
1.30pm - 3.00pm  
(Drop In)  
(£1.00 per session)

**Tuesday Food Pantry**  
Come and fill up your bags with  
a range of food items, including  
vegetables, fruits, and ready-  
made meals.  
(Please bring your own bags)  
2.00pm onwards

## **SCHOOLHOUSE**

**Extra Help for You  
(Young Parents Group)**  
(Appointment only)  
Email:  
[parenting@parentpower-  
ed.co.uk](mailto:parenting@parentpower-ed.co.uk)



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Appointments only



£ charges apply for certain sessions (cash/card optional)





## WEDNESDAY

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### **BROOKHILL**

#### **Being a Parent**

Apr 22<sup>nd</sup> – Jul 1<sup>st</sup>

(Invitation only)

9.30am – 12.30pm

**(Limited crèche provided)**

(Term Time Only)

#### **Soft Play Stay and Play** (Birth- 4yrs)

10.00am – 11. 30am

(£1.50 per session)

**(Drop In)**

#### **Speech & Language Drop In Jul 8<sup>th</sup>**

#### **New: Citizen Advice Greenwich**

1.00pm – 4.00pm

**(Drop In)**

#### **Laugh, Sing & Play**

1<sup>st</sup> session at 12.45pm (Birth - 2yrs)

2<sup>nd</sup> session at 1.30pm (2yrs – 5yrs)

**(Call to book- Limited spaces)**

(£1.00 per session)

#### **BOBO'S BOOK CLUB** (6 yrs - 12 yrs)

4.00pm - 4.45pm

**(Drop In)**

(£1.00 per session)

### **SLADE**

#### **Parenting Tips and Advice CAMHS**

9.15am-12.30pm

(Appointment only)

#### **Parent Led Outdoor Stay and Play** (1yrs - 5yrs)

10.00am - 2.30pm

**(Drop In)**

(£1.00 donation per session)

#### **Baby Steps Soft Play** (Birth - 18mths)

1.30pm – 2.45pm

**(Drop In)**

(£1.50 per session)

### **EGLINTON**

#### **Flourish** (Birth – 5yrs)

A Relaxed, live musician-led  
music session to connect unwind  
and enjoy being together.

10.00am - 12.00pm

**(Drop In)**

(Term Time Only)

### **PLUMSTEAD**

#### **Bonny Babies** (Birth – 18mths)

1.30pm – 2.45pm

**(Drop In)**

(£1.00 donation per session)

Call 020 8331 0374 for  
information



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GREENWICH

# THURSDAY

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## **BROOKHILL**

### **SENsory Play Time**

(Birth- 5+yrs)  
10.00am -11.30am  
Siblings are welcome  
(Drop In)

### **Mama2Mama**

#### **Baby Bank**

1.00pm - 5.00pm  
(Appointment only)

## **SLADE**

### **Music Therapy**

1<sup>st</sup> session 9.30am (Birth-1yrs)  
2<sup>nd</sup> session 10.15am (1yrs -3 yrs)  
(SEND Friendly)  
(Call to book)

### **Big Hopes Big Futures (18mth onwards)**

Jun 4<sup>th</sup> – Jul 9<sup>th</sup>

10.00am – 11.30am  
(Call to book)  
(£5 contribution per course)  
(Term Time Only)

### **Stay & Play (Birth-5yrs)**

1.30pm – 2.45pm  
(Drop In)  
(£1.00 per session)

## **EGLINTON**

### **Childminders Stay & Play**

9.30am – 11.30am  
(Foster carers, nannies &  
childminders)  
(£1.00 per session)

## **PLUMSTEAD**

### **Connecting From the Start**

Jun 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

Jul 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>

9.30am -12.00pm  
(Limited Crèche provided)

Email:

Tamsin.Elfenbein@homestartgreenwich.org.uk



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# FRIDAY

## **BROOKHILL**

### **Music Therapy**

1<sup>st</sup> session 9.30am (Birth - 1yrs)  
2<sup>nd</sup> session 10.15am (1yrs - 3yrs)  
(SEND Friendly)

Limited space available  
(Call to book)

### **Baby Group** (Birth - 18mths)

1.30pm – 2.45pm

(Drop In)

(£1.00 donation per session)

### **Mama2Mama**

#### **Baby Bank**

1.00pm - 5.00pm

(Appointment only)

### **Friday Food Pantry**

Come and fill up your bags with a range of  
food items, including vegetables, fruits,  
and ready-made meals.

(Please bring your own bags)

2.00pm onwards

## **SLADE**

### **Slade Library Rhyme Time**

10.30am – 11.00am

(Drop In)

### **SEND Tiny Steps Soft Play**

(Birth - 3yrs)

1.30pm – 2.45pm

(SEND & Tube Feeding Friendly)

(Drop In)

(£1.50 per session)

## **EGLINTON**

### **Stay & Play** (Birth - 5yrs)

9.45am - 11.45am

(Drop In)

(£1.00 per session)

## **SCHOOLHOUSE**

### **Parent Coaching (One-to-One Sessions)**

(Appointment Only)

3.00pm - 5.00pm

email:

[parenting@parentpower-  
ed.co.uk](mailto:parenting@parentpower-ed.co.uk)

## **BROOKHILL**

### **Monthly Nutrition Advice**

Jul 10<sup>th</sup>

Pre-booked appointments

1.00pm – 1.45pm

&

2.00pm - 2.30pm

Drop In

For more information, speak to a  
member of staff.



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# HEALTH SERVICE:

## MONDAY

**BROOKHILL**  
Thames Midwives  
(All day)  
Appointment Only

**2 Year Development Reviews**  
9.30am – 11.30am  
Appointment only

**SLADE**  
Thames Midwives  
(All day)  
Appointment Only

**EGLINTON**  
2 Year Development Reviews  
9.30am – 11.30am  
Appointment only

**10-12 Months Development Reviews**  
1.00pm – 4.00pm  
Appointment only

**MULGRAVE**  
Best Beginnings Midwives Clinic  
(All day)  
Appointment only

## TUESDAY

**BROOKHILL**  
Mum's Aid Counselling  
12.30pm – 4.00pm  
Appointment only

**SLADE**  
Poppy Team Midwife Clinic  
(AM)  
Appointment only



**Infant Feeding Clinic**  
10.00am – 11.30am  
(Drop In)

**EGLINTON**  
Thames Midwives  
(All day)  
Appointment Only

**MULGRAVE**  
Mum's Aid Counselling  
11.00am – 2.00pm  
Appointment only

## WEDNESDAY

**BROOKHILL**  
Thames Midwives Clinic  
(All day)  
Appointment only

**Well Baby Clinic (Including weighing)**  
1.30pm – 3.30pm  
(Drop In)

**SLADE**  
Best Beginnings Clinic Young Parents  
(PM)  
Appointment only

**Well Baby Clinic (Including weighing)**  
9.30am – 11.30am  
(Drop In)

**EGLINTON**  
Best Beginnings Clinic  
(All day)  
Appointment only

**MULGRAVE**  
Devonport Midwives  
(AM)  
Appointment only  
9.00am-12.00pm

**PLUMSTEAD**  
Mum's Aid Counselling  
10.30am – 4.00pm  
Appointment only

## THURSDAY

**BROOKHILL**  
Thames Midwives Clinic  
(All day)  
Appointment only



**Infant Feeding Clinic**  
1.00pm – 2.30pm  
(Drop In)

**EGLINTON**  
Thames Midwives Clinic  
(All day)  
Appointment only

**MULGRAVE**  
Best Beginnings Midwives Clinic  
(AM)  
Appointment only



**Bromley Health Visiting & Breastfeeding Support Services are appointment only: 0300 330 5777 option 3, then option 2, then option 3  
Midwife Team: 0208 836 5946**

## FRIDAY

**BROOKHILL**  
Blood Spots Clinics  
9.30am – 12.00pm  
Appointment only

**BROOKHILL**  
Thames Midwives Clinic  
(PM)  
Appointment only

**EGLINTON**  
2 Year Development Reviews  
9.30am – 12.30pm  
Appointment only

**SLADE**  
10-12 Month Development Reviews  
9.30am – 12.00pm  
Appointment only

**MULGRAVE**  
Devonport Midwives  
(All day)  
Appointment only

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Services Explained	Additional Information
 <p style="text-align: center;"><b>All our Centres are Breastfeeding Friendly</b></p>  <p style="text-align: center;"><b>Educational and Social Support</b></p> <ul style="list-style-type: none"> <li>• <b>Baby Groups &amp; Soft Play:</b> Sessions provide stimulating activities, including signing songs, opportunities to bond with your baby and make new friends.</li> <li>• <b>Stay &amp; Play Sessions:</b> A variety of activities for parents and children to enjoy together with opportunities to meet other parents and carers in a friendly and relaxed atmosphere. (Light refreshments provided for a £1 voluntary contribution per family)</li> <li>• <b>Learning Through Play &amp; Sticky Fingers:</b> This is an Interactive play session to engage with your child's early learning. Messy Play: Open-ended play that allows children to explore different materials and their properties.</li> <li>• <b>Rhyme Time:</b> Interactive Music sessions for children under 5.</li> <li>• <b>Creative Storytelling Sessions:</b> An opportunity for children to develop their early literacy skills</li> <li>• <b>Autistic Inclusive Meets:</b> A weekly group for families with Autistic Children (no age limit).</li> <li>• <b>Childminders Stay &amp; Play:</b> Ofsted Registered Childminders meet with the children in their care.</li> <li>• <b>Special Educational Needs and Disabilities (SEND) Baby &amp; Toddler Support Groups:</b> Music, singing &amp; sensory activities for babies with developmental delays or children with SEND.</li> <li>• <b>Nature Space (Outdoor Play):</b> Provides freedom and space to explore, to gain independence, awareness of the environment, consequences of their actions and teamwork (please dress appropriately for the weather).</li> <li>• <b>Sounds and Movements:</b> Active sounds and movements for you and your child to engage, develop skills and confidence whilst having fun. <b>(Term time only)</b></li> <li>• <b>Tots Talking:</b> Join us for a session where you can find information and activities to help parents and carers support their two-year-olds with language development. Children do not need to attend all training sessions. Practitioners trained by Speech &amp; Language Therapists will provide advice and ideas to support you.</li> <li>• <b>Music Therapy:</b> This session is led by a music therapist to provide children with opportunities to explore various instruments. These sessions will help your child to develop their core skills of listening, confidence and social awareness. <b>(Term time only)</b></li> <li>• <b>Understanding your child's behaviour:</b> The Solihull approach is for parents and carers who want to know more about parenting and how children develop. <b>(Term time only)</b></li> <li>• <b>Big Hopes Big Futures:</b> 8-week parent and child sessions planned around school readiness. Supporting parents to engage in their children's early learning. Suitable for children from 2 years upwards.</li> <li>• <b>Flourish:</b> Interactive Music sessions for parents and children. Plus: New - One-to-One Flourish mother and child sessions available – by appointment, via the Well Being Team. <b>(Term time only).</b></li> </ul> <p><b>EPEC: Being a Parent:</b> helping with tips and advice, and training to understand your child's needs.</p>	<p style="text-align: center;"><b>Plumstead Day Nursery</b></p> <p>Open 8am to 6pm Monday to Friday (51 weeks per year)</p> <p><b>Offering full or half day sessions:</b> <u>8.00am to 1.00pm OR 1.00pm to 6.00pm</u> Plus 15 hour and 30-hour government funded sessions.</p> <p><b>To arrange a visit or for more information call: <u>07960575034</u></b></p> <p style="text-align: center;"><b>Eglinton Nursery</b></p> <p>Open 8.45am to 3.45pm Monday to Friday <b>(Term-time only)</b></p> <p><b>Offering full or half day sessions:</b> <u>8.45am to 11.45pm or 12.45pm to 3.45pm</u></p> <p>To arrange a visit or for more information call: <b>07563 373767</b> or <b>0208 331 0374</b> alternatively get in touch via any of our Children Centres.</p> <p style="text-align: center;"><b>Together for Twos</b></p>  <p>Offering full or half day sessions: <u>9.15am to 12.15pm or 12.30pm to 3.30pm</u></p> <p>Are you eligible for the <b>FREE 15-hour funded sessions?</b> If you would like further information regarding your eligibility, please speak to a member of staff or call any of our</p>



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### Support & Health

- **Well-being Welcome:** Come and meet the Well-Being team and Families Information Service to get general support and signposting, as well as help with childcare/funding **(Term time only)**
- **Midwife Clinics:** By appointment only via the Midwifery Teams for before (antenatal) and after the birth of your baby.
- **Akwaaba:** A new group from Mums Aid offering counselling, parenting support and guidance for new mums from Black, Asian, and Ethnic minority communities – Sign up via their website or call 07758763908
- **Young Parents Group:** Supporting the wellbeing of young parents and parents to be during pregnancy, childbirth and early childhood.
- **Development Review:** By appointment only via the health visitor team for your child's development.
- **Family Law National Legal Service:** Help with Child Protection, Social Services, Domestic Abuse and Children Disputes.
- **Monthly Nutrition Advice Workshop:** Information and advice for you and your child.
- **Employment & Benefit Advice Session:** Advice on Benefits, Employment and Childcare Support.
- **Mama2Mama Baby Bank:** Extra support for low-income families with clothes and essential items.
- **CAMHS:** Emotional and behavioral support for families **(Appointments only)**
- **Citizen Advice:** Benefit Entitlement/ Debt/ Housing/ Childcare/ Disability/ Immigration advice and referrals for Employment Support.

### Family Hub and Community

- **Laugh, Sing & Play:** Interactive play and singing session with bubbles, twirlers & parachute games- £1 per family
- **Theatre Performance Groups:** After-school Club for 8–15-year-olds to gain new skills and confidence whilst making friends **(Term time only)**
- **Adult Hair Braiding Workshop:** Early evening sessions for parents to learn new skills and develop interests whilst meeting other parents. **(Term time only)**
- **Migrant Women's DANCE Session:** Dance Sessions for migrant women to explore movement around different themes in a relaxed and inclusive space. **(Term time only)**
- **Creating Grounds Arts Session:** Yoga, movement, drama arts and crafts: reflecting on values and qualities of motherhood, wellbeing and maintaining healthy boundaries with your child. **(Term time only).**
- **Dad's Forum:** Monthly meet up for new dads and dad's-to-be, opportunities to meet and discuss different topics around fatherhood in a relaxed setting.
- **Bobo's Book Club:** Aims to inspire children of all ages to gain a love of reading from an early age (new and old stories covered). Helping to plant the seed of reading in each child, whilst building a strong foundation for future learning **(Term time only)**
- **Parents Creative Group:** A place for parents to connect and socialise, whilst learning whilst learning new crafts and creative activities **(Term time only).**

Children's Centre's. We now offer morning and afternoon sessions.

### Vitamins

Did you know that you can pick up your **FREE** vitamins at your nearest Children's Centre?

Just bring your Healthy Start Card to collect or for more information speak to a member of staff or call any of our Children Centres.

### Volunteering

Do you have what it takes to become a Home-Start Greenwich Volunteer and help make a difference to the lives of families in need. For more information contact any of our Centre's or email [volunteer@homestartgreenwich.org.uk](mailto:volunteer@homestartgreenwich.org.uk)

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- **New: Generations Together:** A warm and welcoming space where children and older adults/the elderly will together to share time, stories and experiences, along with opportunities to learn new hobbies and participate in arts and craft activities.
- **Little Crocs Football:** Fun, engaging football sessions focus on developing coordination, confidence and teamwork.
- **Timeless Together Elderly Group:** Monthly meet up for the over 60 (Carers welcome) - refreshments and themed craft activities.
- **ESOL Classes:** Beginner's English classes for women only (**Term time only**)
- **Cookery Club:** Free 5-week course, face-to-face, learn about healthy eating and make a difference to your health and pocket.

**A variety of the above sessions are suitable for children with additional needs - please speak to a member of staff for further information or support.**

**We welcome feedback on our services. Please share your experiences with us by contacting our Centres, speaking to a member of staff on site or emailing:**

[enquiries@homestartgreenwich.org.uk](mailto:enquiries@homestartgreenwich.org.uk)



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