

HOME-START GREENWICH SUMMER PROGRAMME 2026

(20TH JULY TO 28TH AUGUST)



**HOME
START**
Greenwich

Part of the Greenwich
Family Hubs Network

ROYAL borough of
GREENWICH

BROOKHILL CHILDREN'S CENTRE AND FAMILY HUB
42 BRUMWELL AVENUE, WOOLWICH, SE18 6BD
TEL: 020 8319 5320
BUS: 51, 53, 161 AND 472

SCHOOL HOUSE
WHITWORTH ROAD, WOOLWICH, SE18 3QA
TEL: 0330 057 6051
BUS: 386

SLADE CHILDREN'S CENTRE
ERINDALE, PLUMSTEAD, SE18 2QQ
TEL: 020 8854 7900 OPTION 2
BUS: 51 AND 53

EGLINTON CHILDREN'S CENTRE
PAGET RISE, WOOLWICH, SE18 3PY
TEL: 020 8331 0374
BUS: 386

MULGRAVE CHILDREN'S CENTRE
RECTORY PLACE, WOOLWICH, SE18 5DL
TEL: 020 8319 5666
BUS: 51, 53 AND 422



HOME-START GREENWICH PROGRAMME



HOLIDAY, FOOD & FUN PROGRAMME

SUMMER PROGRAMME



For health and midwife appointments,
please check Page 7



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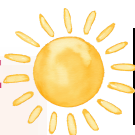
ROYAL borough of
GREENWICH

WEEK 1 (20TH - 25TH JULY)	MONDAY (20TH)	TUESDAY (21ST)	WEDNESDAY (22ND)	THURSDAY (23RD)	FRIDAY (24TH)	INFORMATION
BROOKHILL	Autistic Inclusive Meets 4pm - 5.30pm Drop-in Siblings welcome £2 per family	Little Crocs Football (Walkers – 4 years) 10am - 11am Drop-in £1 per session	Soft Play Stay and Play (Birth- 4yrs) 10am – 11.45am Drop-in £1.50 per session Citizens Advice 1pm - 4pm Drop-in No appointment necessary	SENDSory Play Time (Birth - 5 + years) 10am -11.30am Drop-in £1 voluntary contribution per family	Unlocked Project (Deaf-led support for D/deaf families.) For more information please WhatsApp: 07564048857 Baby Group (Birth - 18mths) 1.30pm - 2.45pm Drop-in £1 per family Friday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)	22nd SCHOOLS BREAK UP FOR SUMMER! No evening sessions running (Hair Braiding/Theatre Performance).
SLADE	Slade Library Stay & Play (Birth-5yrs) 3pm - 3.30pm Drop-in		Parent Led Outdoor Stay and Play (1yrs - 5yrs) Plant Seeds and Bugs 10am - 2.30pm Drop-in £1 donation per session	Stay & Play (Birth-5yrs) Plant Seeds and Bugs 1.30pm – 2.45pm Drop-in £1 per session Family Fun Time partnership with the library 1pm - 3pm Drop-in	Slade Library Rhyme Time 10.30am – 11am Drop-in SEND Tiny Steps Soft Play (Birth - 3yrs) 1.30pm – 2.45pm Drop-in SEND & Tube Feeding Friendly	
EGLINTON	Baby Group (Birth - 18mths) 1.30pm - 3pm Drop-in £1 donation per session	Stay & Play (Birth-5yrs) Water Splash 1.30pm – 2.45pm Drop-in £1 per session Siblings are welcome Tuesday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready- made meals. (Please bring your own bags)		Childminders Stay & Play 9.30am – 11.30am (Foster carers, nannies & childminders) £1 per session	Stay & Play (Birth-5yrs) Plant Seeds and Bugs 10am – 12pm Drop-in £1 per session Siblings are welcome	

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

**OUR PROGRAMME DOES NOT HAVE A FIXED NUMBER OF FAMILIES ATTENDING EACH SESSION
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SUMMER PROGRAMME



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WEEK 2 (27TH - 31ST JULY)	MONDAY (27TH)	TUESDAY (28TH)	WEDNESDAY (29TH)	THURSDAY (30TH)	FRIDAY (31ST)	INFORMATION
BROOKHILL	Stay and Play (Birth-5yrs) Super Hero 1.30pm - 2.45pm Drop-in £1 per session Siblings are welcome Timeless Together Monthly Group For ages 60 and over and their Carers) Last Monday of every Month 12.30pm - 2.30pm Drop-in Autistic Inclusive Meets 4pm - 5.30pm Drop-in Siblings welcome £2 per family	Little Crocs Football (Walkers – 4 years) 11am - 11.45am Drop-in £1 per session “Holiday, Food & Fun” Activities & Lunch (for 4 - 16 years olds) 12pm - 4pm Eligibility Criteria applies – please speak to staff	Soft Play Stay and Play (Birth- 4yrs) 10am – 11.45am Drop-in £1.50 per session Citizens Advice 1pm - 4pm Drop-in No appointment necessary “Holiday, Food & Fun” Activities & Lunch (for 4 -16 years olds) 12pm - 4pm Eligibility Criteria applies – please speak to staff	ALL CENTRES TRIP Family Time Trip to Woolwich Arsenal Call Brookhill to book on 020 8319 5320 “Holiday, Food & Fun” Activities & Lunch (for 4 -16 years olds) 12pm - 4pm Eligibility Criteria applies – please speak to staff	Unlocked Project (Deaf-led support for D/deaf families.) For more information please WhatsApp: 07564048857 “Holiday, Food & Fun” Activities & Lunch (for 4 - 16 years olds) 12pm - 4pm Eligibility Criteria applies – please speak to staff Friday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)	HAF PROGRAMME THIS WEEK Children’s Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.
	Baby Group (Birth - 18mths) Messy Play 1.15pm - 2.30pm Drop-in £1 donation per session Slade Library Stay & Play (Birth-5yrs) 3pm - 3.30pm Drop-in		Parent Led Outdoor Stay and Play (1yrs - 5yrs) Growing Seeds 10am - 2.30pm Drop-in £1 donation per session	ALL CENTRES TRIP Family Time Trip to Woolwich Arsenal Call Brookhill to book on 020 8319 5320	Slade Library Rhyme Time 10.30am – 11am Drop-in Stay and Play (Birth - 5yrs) Super Hero 1.30pm – 2.45pm Drop-in £1 per session Siblings are welcome	Children’s Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.
	Baby Group (Birth - 18mths) 1.30pm – 3pm Drop-in £1 donation per session	Stay & Play (Birth-5yrs) SENDsory Fun 1.30pm – 2.45pm Drop-in £1 per session Siblings are welcome Tuesday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready- made meals. (Please bring your own bags)		Childminders Stay & Play 9.30am – 11.30am (Foster carers, nannies & childminders) £1 per session ALL CENTRES TRIP Family Time Trip to Woolwich Arsenal Call Brookhill to book on 020 8319 5320	Stay & Play (Birth-5yrs) Super Hero 10am – 12pm Drop-in £1 per session Siblings are welcome	Children’s Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.

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WEEK 3 (3RD - 9TH AUGUST)	MONDAY (3RD)	TUESDAY (4TH)	WEDNESDAY (5TH)	THURSDAY (6TH)	FRIDAY (7TH)	INFORMATION
BROOKHILL	Migrant Mum Group 10am - 1pm Email: Projects@theground.org.uk Stay and Play (Birth-5yrs) Beach Party 1.30pm - 2.45pm Drop-in £1 per session Siblings are welcome Autistic Inclusive Meets 4pm - 5.30pm Drop-in Siblings welcome £2 per family	ALL CENTRES TRIP Nature Art with a picnic in Greenwich Park 10.30am - 12.30pm Call Slade to book on 020 8854 7900 opt 2 Little Crocs Football (Walkers - 4 years) 11am - 11.45am Drop-in £1 per session "Holiday, Food & Fun" Activities & Lunch (for 4 - 16 years olds) 12pm - 4pm Eligibility Criteria applies - please speak to staff	Soft Play Stay and Play (Birth- 4yrs) 10am - 11.45am Drop-in £1.50 per session Citizens Advice 1pm - 4pm Drop-in No appointment necessary "Holiday, Food & Fun" Activities & Lunch (for 4 - 16 years olds) 12pm - 4pm Eligibility Criteria applies - please speak to staff	"Holiday, Food & Fun" Activities & Lunch (for 4 - 16 years olds) 12pm - 4pm Eligibility Criteria applies - please speak to staff	Unlocked Project (Deaf-led support for D/deaf families.) For more information please WhatsApp: 07564048857 Employment & Benefit Advice 12.30pm - 4pm Drop-in First Friday of every Month "Holiday, Food & Fun" Activities & Lunch (for 4 - 16 years olds) 12pm - 4pm Eligibility Criteria applies - please speak to staff Friday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)	HAF PROGRAMME THIS WEEK Children's Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.
SLADE	Baby Group (Birth - 18mths) Messy Play 1.15pm - 2.30pm Drop-in £1 donation per session Slade Library Stay & Play (Birth-5yrs) 3pm - 3.30pm Drop-in	ALL CENTRES TRIP Nature Art with a picnic in Greenwich Park 10.30am - 12.30pm Call Slade to book on 020 8854 7900 opt 2	Parent Led Outdoor Stay and Play (1yrs - 5yrs) Beach Party 10am - 2.30pm Drop-in £1 donation per session	Stay & Play (Birth-5yrs) 1.30pm - 2.45pm Drop-in £1 per session	Slade Library Rhyme Time 10.30am - 11am Drop-in	Children's Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.
EGLINTON	Baby Group (Birth - 18mths) 1.30pm - 3pm Drop-in £1 donation per session	ALL CENTRES TRIP Nature Art with a picnic in Greenwich Park 10.30am - 12.30pm Call Slade to book on 020 8854 7900 opt 2 Tuesday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)		Childminders Stay & Play 9.30am - 11.30am (Foster carers, nannies & childminders) £1 per session	Stay & Play (Birth-5yrs) Beach Party 10am - 12pm Drop-in £1 per session Siblings are welcome	Children's Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.

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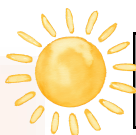
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WEEK 4 (10TH - 14TH AUGUST)	MONDAY (10TH)	TUESDAY (11TH)	WEDNESDAY (12TH)	THURSDAY (13TH)	FRIDAY (14TH)	INFORMATION
BROOKHILL	Migrant Mum Group 10am - 1pm Email: Projects@theground.org.uk Stay and Play (Birth-5yrs) Animal and Nature Baby & Toddler Messy Play 1.30pm - 2.45pm Drop-in £1 per session Siblings are welcome	ALL CENTRES TRIP Olympic Trip to Stratford-Westfield. Meet @ 10am DRL Costa entrance Call Eglinton to book on 020 8331 0374 Little Crocs Football (Walkers - 4 years) 11am - 11.45am Drop-in £1 per session "Holiday, Food & Fun" Activities & Lunch (for 4 -16 years olds) 12pm - 4pm Eligibility Criteria applies - please speak to staff	Citizens Advice 1pm - 4pm Drop-in No appointment necessary "Holiday, Food & Fun" Activities & Lunch (for 4 -16 years olds) 12pm - 4pm Eligibility Criteria applies - please speak to staff	SENDSory Play Time (Birth- 5+yrs) 10am -11.30am Drop-in £1 voluntary contribution per family "Holiday, Food & Fun" Activities & Lunch (for 4 -16 years olds) 12pm - 4pm Eligibility Criteria applies - please speak to staff	Unlocked Project (Deaf-led support for D/deaf families.) For more information please WhatsApp: 07564048857 "Holiday, Food & Fun" Activities & Lunch (for 4 -16 years olds) 12pm - 4pm Eligibility Criteria applies - please speak to staff ALL CENTRES TRIP Treasure Hunt Trip to Shooters Hill. 10am -12pm Call Brookhill to book on 020 8319 5320 Friday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready- made meals. (Please bring your own bags)	HAF PROGRAMME THIS WEEK Children's Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.
	Baby Group (Birth - 18mths) Messy Play 1.15pm - 2.30pm Drop-in £1 donation per session Slade Library Stay & Play (Birth-5yrs) 3pm -3.30pm Drop In	ALL CENTRES TRIP Olympic Trip to Stratford-Westfield. Meet @ 10am DRL Costa entrance Call Eglinton to book on 020 8331 0374	Parent Led Outdoor Stay and Play (1yrs - 5yrs) Mini Beast 10am - 2.30pm Drop In £1.00 donation per session	Stay & Play (Birth-5yrs) Animal and Nature 1.30pm - 2.45pm Drop-in £1 per session Siblings are welcome	Slade Library Rhyme Time 10.30am - 11am Drop-in ALL CENTRES TRIP Treasure Hunt Trip to Shooters Hill. 10am - 12pm Call Brookhill to book on 020 8319 5320	Children's Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.
	Baby Group (Birth - 18mths) 1.30pm - 3pm Drop-in £1 donation per session	ALL CENTRES TRIP Olympic Trip to Stratford-Westfield. Meet @ 10am DRL Costa entrance Call Eglinton to book on 020 8331 0374 Tuesday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)		Childminders Stay & Play 9.30am - 11.30am (Foster carers, nannies & childminders) £1 per session	ALL CENTRES TRIP Treasure Hunt Trip to Shooters Hill. 10am - 12pm Call Brookhill to book on 020 8319 5320	Children's Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.

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WEEK 5 (17TH - 21ST AUGUST)	MONDAY (17TH)	TUESDAY (18TH)	WEDNESDAY (19TH)	THURSDAY (20TH)	FRIDAY (21ST)	INFORMATION
BROOKHILL	ALL CENTRE TRIP Family Buggy Walk / Picnic to Woolwich Arsenal 10.30am Call Eglinton to book on 020 8331 0374 Migrant Mum Group 10am - 1pm Email: Projects@theground.org.uk	"Holiday, Food & Fun" Activities & Lunch (for 4 - 16 years olds) 12pm - 4pm Eligibility Criteria applies – please speak to staff ALL CENTRE TRIP Charlton Picnic in the park and Sport Games 10am-2pm Call Eglinton to book on 020 8331 0374 Meeting point: inside the park at the cafe @Charlton Park, SE7 8DZ	Citizens Advice 1pm - 4pm Drop-in No appointment necessary "Holiday, Food & Fun" Activities & Lunch (for 4- 16 years olds) 12pm - 4pm Eligibility Criteria applies – please speak to staff	SENdsory SENdsory Play Time (Birth - 5 + years) Sporty Activities and Music 10am - 11.30am Drop-in £1 voluntary contribution per family "Holiday, Food & Fun" Activities & Lunch (for 4 - 16 years olds) 12pm - 4pm Eligibility Criteria applies – please speak to staff	Unlocked Project (Deaf-led support for D/deaf families.) For more information please WhatsApp: 07564048857 "Holiday, Food & Fun" Activities & Lunch (for 4 -16 years olds) 12pm - 4pm Eligibility Criteria applies – please speak to staff Baby Group (Birth - 18mths) Transport Busy Builders 1.30pm - 2.45pm Drop-in £1 per family Friday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)	HAF PROGRAMME THIS WEEK Children's Centre TRIP: Please bring packed lunch no nuts onsite. please wear suitable clothes for the weather.
SLADE	ALL CENTRE TRIP Family Buggy Walk / Picnic to Woolwich Arsenal 10.30am Call Eglinton to book on 020 8331 0374 Slade Library Stay & Play (Birth-5yrs) 3pm - 3.30pm Drop-in	ALL CENTRE TRIP Charlton Picnic in the park Sport Games 10am - 2pm Call Eglinton to book on 020 8331 0374 Meeting point: inside the park at the cafe @Charlton Park, SE7 8DZ	Parent Led Outdoor Stay and Play (1yrs - 5yrs) 10am - 2.30pm Drop-in £1 donation per session	Stay & Play (Birth-5yrs) Transport Busy Builders 1.30pm – 2.45pm Drop-in £1 per session Siblings are welcome	Slade Library Rhyme Time 10.30am – 11am Drop-in SEND Tiny Steps Soft Play (Birth - 3yrs) SENdsory Fun 1.30pm – 2.45pm (SENd & Tube Feeding Friendly) Drop-in £1.50 per session	Children's Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.
EGLINTON	ALL CENTRE TRIP Family Buggy Walk / Picnic to Woolwich Arsenal 10.30am Call Eglinton to book on 020 8331 0374	ALL CENTRE TRIP Charlton Picnic in the park and Sport Games 10am-2pm Call Eglinton to book on 020 8331 0374 Meeting point: inside the park at the cafe @Charlton Park, SE7 8DZ Tuesday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)		Childminders Stay & Play 9.30am – 11.30am (Foster carers, nannies & childminders) £1 per session	Stay & Play (Birth-5yrs) Transport Busy Builders 10am – 12pm Drop-in £1 per session Siblings are welcome	Children's Centre TRIP: Please bring packed lunch no nuts onsite. Please wear suitable clothes for the weather.

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WEEK 6 (24TH - 28TH AUGUST)	MONDAY (24TH)	TUESDAY (25TH)	WEDNESDAY (26TH)	THURSDAY (27TH)	FRIDAY (28TH)	Information
BROOKHILL	Migrant Mum Group 10am- 1pm Email: Projects@theground.org.uk Stay & Play (Birth -5yrs) Healthy Eating 1.30pm – 2.45 pm Drop-in £1 per family Siblings are welcome Timeless Together Monthly Group. For ages 60 and over and their Carers) Last Monday of every Month 12.30pm - 2.30pm Drop-in Autistic Inclusive Meets 4pm - 5.30pm Drop-in Siblings welcome £2 per family	Little Crocs Football (Walkers – 4 years) 10am - 11am Drop-in £1 per session	Soft Play Stay and Play (Birth- 4yrs) 10am – 11.45am Drop-in £1.50 per session Citizens Advice 1pm - 4pm Drop-in No appointment necessary	SENDSory Group 10am - 11.30am Drop-in £1 voluntary contribution per family	Unlocked Project (Deaf-led support for D/deaf families.) For more information please WhatsApp: 07564048857 Baby Group (Birth - 18mths) 1.30pm - 2.45pm Drop-in £1 per family Friday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)	28TH END OF SUMMER!
SLADE	Slade Library Stay & Play (Birth-5yrs) 3pm - 3.30pm Drop-in		Parent Led Outdoor Stay and Play (1yrs - 5yrs) 10am - 2.30pm Drop-in £1 donation per session	Stay & Play (Birth-5yrs) Healthy Eating 1.30pm – 2.45pm Drop-in £1 per session Siblings are welcome	Slade Library Rhyme Time 10.30am – 11am 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) Healthy Eating 1.30pm – 2.45pm Drop-in £1 per session Siblings are welcome Tuesday Food Pantry 2pm onwards Come and fill up your bags with a range of food items, including vegetables, fruits, and ready-made meals. (Please bring your own bags)		Childminders Stay & Play 9.30am – 11.30am (Foster carers, nannies & childminders) £1 per session	Stay & Play (Birth-5yrs) Healthy Eating 10am – 12pm Drop-in £1 per session Siblings are welcome	

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SUMMER PROGRAMME- WEEKLY HEALTH



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HEALTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BROOKHILL	Thames Midwives (All day) Appointment Only 2 Year Development Reviews 9.30am – 12pm Appointment Only	Mum's Aid Counselling 12.30pm – 4pm Appointment Only	Thames Midwives (All day) Appointment Only Well Baby Clinic (Including Weighing) 1.30pm - 3.30pm Drop-in	Thames Midwives (All day) Appointment Only Infant Feeding Clinic 1pm - 2.30pm Drop-in	Blood Spots 9.30am – 12pm Appointment Only Thames Midwives (PM) Appointment Only
SLADE	Thames Midwives (All day) Appointment Only	Poppy Team Midwife (AM) Appointment Only Infant Feeding Clinic 10am – 11.30am Drop-in	Best Beginnings- Young Parents (PM) Appointment Only Well Baby Clinic (Including weighing) 9.30am – 11.30am Drop-in		10-12 Month Development Reviews 9.30am – 12pm Appointment Only
EGLINTON	2 Year Development Reviews 9.30am – 11.30am Appointment Only 10-12 Months Development Reviews 1pm – 4pm Appointment Only	Thames Midwives (All day) Appointment Only	Best Beginnings (All Day) Appointment Only	Thames Midwives (All day) Appointment Only	2 Year Development Reviews 9.30am – 12.30pm Appointment Only
MULGRAVE	Best Beginnings (All Day) Appointment Only	Mum's Aid Counselling 11am – 2pm Appointment Only	Devonport Midwives (AM) 9am - 12pm Appointment Only	Best Beginnings (All Day) Appointment Only	Devonport Midwives (All Day) Appointment Only
PLUMSTEAD			Mum's Aid Counselling 10.30am – 4pm Appointment Only		

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Midwife Clinic



Development Review



Infant feeding



Well Baby Clinic



Blood spot



Mum's Aid
Counselling



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**All our Centres are
Breastfeeding Friendly**



Educational and Social Support



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- **Baby Groups & Soft Play:** Sessions provide stimulating activities, including signing songs, opportunities to bond with your baby and make new friends.
- **Stay & Play Sessions:** 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)
- **Learning Through Play & Sticky Fingers:** 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.
- **Rhyme Time:** Interactive Music sessions for children under 5.
- **Creative Storytelling Sessions:** An opportunity for children to develop their early literacy skills
- **Autistic Inclusive Meets:** A weekly group for families with Autistic Children (no age limit).
- **Childminders Stay & Play:** Ofsted Registered Childminders meet with the children in their care.
- **Special Educational Needs and Disabilities (SEND) Baby & Toddler Support Groups:** Music, singing & sensory activities for babies with developmental delays or children with SEND.
- **Nature Space (Outdoor Play):** 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).
- **Tots Talking:** 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 & Language Therapists will provide advice and ideas to support you.
- **Music Therapy:** 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. (Term time only)
- **Understanding your child's behaviour:** The Solihull approach is for parents and carers who want to know more about sensitive parenting.
- **Big Hopes Big Futures:** 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.
- **Flourish:** 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. (Term time only).
- **EPEC: Being a Parent:** helping with tips and advice, and training to understand your child's needs.

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 the 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.
- **Mindful Mum:** Wellbeing Group for New Mums.

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)
- Dad's Forum: Monthly meet up for new Dad's 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).
- Baby-Me-Fit: Exercise Classes designed for mums to attend with their babies, to help improve fitness levels and bond with their babies. Please wear suitable clothing and trainers (Term time only).
- 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.

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

Plumstead Day Nursery

Open 8am to 6pm Monday to Friday

(51 weeks per year)

Offering full or half day sessions:

8.00am to 1.00pm OR 1.00pm to 6.00pm

Plus 15 hour and 30-hour government funded sessions.

To arrange a visit or for more information call: 07960575034

or alternatively, call 0208 8369 252, get in touch via any of our Children's Centres.

Eglinton Nursery

Open 8.45am to 3.45pm Monday to Friday

(Term-time only)

Offering full or half day sessions:

8.45am to 11.45pm or 12.45pm to 3.45pm

To arrange a visit or for more information call:

07563 373767 or 0208 331 0374

alternatively get in touch via any of our Children Centres.

Together for Twos

Offering full or half day sessions:

9.15am to 12.15pm or 12.30pm to 3.30pm

Are you eligible for the

FREE 15-hour funded sessions?

Please call: 0208 921 6921 Family Information Service

If you would like further information regarding your eligibility, please speak to a member of staff or call any of our 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