



Part of the Greenwich  
Family Hubs Network



# HOME-START GREENWICH

## SEPTEMBER TO DECEMBER PROGRAMME 2026

**BROOKHILL CHILDREN'S CENTRE AND FAMILY HUB**  
**42 BRUMWELL AVENUE,**  
**WOOLWICH, SE18 6BD**  
**TEL: 020 8319 5320**  
**BUS: 51, 53, 161, 472 244, 122, 178 AND 469**

**SCHOOL HOUSE WHITWORTH ROAD,**  
**WOOLWICH, SE18 3QA**  
**TEL: 0330 057 6051**  
**BUS: 386 AND 244**

**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 AND 244**

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



HOME-START GREENWICH PROGRAMME



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## MONDAY

- BROOKHILL- CALL 020 8319 5320**
- SLADE- CALL 020 8854 7900 OPTION 2**
- EGLINTON- CALL 020 8331 0374**

Our programme does not have a fixed number of families per session; attendance will depend on room capacity.



| CENTRE           | MORNING                                                                                                                                                                                                                                                        | AFTERNOON                                                                                                                                                                                                                                                                                                                                                                        | AOB |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| <b>BROOKHILL</b> | <b>Migrant Mothers Dance Group</b><br>14 <sup>th</sup> Sep - 7 <sup>th</sup> Dec<br>10.30am - 12.30pm<br>Email: <a href="mailto:Projects@theground.org.uk">Projects@theground.org.uk</a><br>Term Time Only                                                     | <b>Stay and Play</b> (Birth – 5 years)<br>Starting 7 <sup>th</sup> Sep<br>1.30pm - 2.45pm<br>Drop-in<br>£1 per session<br><br><b>Timeless Together Monthly Group</b><br>For ages 60 and over and their Carers<br>Last Monday of every Month<br>12.30pm- 2.30pm<br>Drop-in<br><br><b>Autistic Inclusive Meets</b><br>4pm - 5.30pm<br>Siblings welcome<br>Drop-in<br>£2 per family |     |
| <b>SLADE</b>     | <b>Volunteer Training</b><br>14 <sup>th</sup> Sep - 26 <sup>th</sup> Oct<br>9am – 2pm<br>Appointment Only<br>Email: <a href="mailto:volunteer@homestartgreenwich.org.uk">volunteer@homestartgreenwich.org.uk</a><br>Term Time Only                             | <b>Baby Group</b> (Birth – 18 months)<br>Starting 7 <sup>th</sup> Sep<br>Messy Time<br>1.15pm - 2.30pm<br>Drop-in<br>£1 donation per family<br><br><b>Slade Library Stay &amp; Play</b> (Birth - 5 years)<br>3pm - 3.30pm<br>Drop-in                                                                                                                                             |     |
| <b>EGLINTON</b>  | <b>Speech &amp; Language</b><br><b>Small Talk</b> (13 – 24 months)<br>9.30am - 10.30am<br>&<br><b>Tiny Talk</b> (Birth – 12 months)<br>11am - 12pm<br>Call to book<br>2 <sup>nd</sup> Nov & 9 <sup>th</sup> Nov<br>16 <sup>th</sup> Nov & 23 <sup>rd</sup> Nov | <b>Baby Group</b> (Birth – 18 months)<br>Starting 7 <sup>th</sup> Sep<br>1.30pm - 3pm<br>Drop-in                                                                                                                                                                                                                                                                                 |     |
| <b>PLUMSTEAD</b> | <b>Togetherness Parenting Course</b><br>5 <sup>th</sup> Oct – 30 <sup>th</sup> Nov<br>9.30am – 11.30am<br>Call Eglinton to book<br>Limited Creche available<br>Term Time Only                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                  |     |

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## TUESDAY

**BROOKHILL- CALL 020 8319 5320**

**SLADE- CALL 020 8854 7900 OPTION 2**

**EGLINTON- CALL 020 8331 0374**

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of families per session; attendance will  
depend on room capacity.



| CENTRE           | MORNING                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | AFTERNOON                                                                                                                                                                                                                                                                     | EVENING                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BROOKHILL</b> | <p><b>Little Crocs Football</b><br/>(Walkers- 4yrs)<br/>10am - 11am<br/>Drop-in<br/>£1 per session</p> <p><b>Bouncing Babies</b><br/>(Birth – non crawlers)<br/>8<sup>th</sup> Sep – 6<sup>th</sup> Oct<br/>10am - 11am<br/>£3 per session<br/>Call to book</p> <p><b>Baby Messy Play</b><br/>(Birth – non crawlers)<br/>13<sup>th</sup> Oct – 27<sup>th</sup> Oct<br/>10am - 11am<br/>Call to book<br/>Please bring a change of clothes<br/>£5 for the 3 sessions payment in full</p> | <p><b>Well-being Welcome</b><br/>Starting 8<sup>th</sup> Sep<br/>1pm - 3pm<br/>Drop-in<br/>Term Time Only</p> <p><b>Family Law Outreach</b><br/>1pm - 3pm<br/>Last Tuesday of every month<br/>Call to book</p>                                                                | <p><b>Generations Together</b> (0 years – 100 years)<br/>First Tuesday of every Month<br/>6<sup>th</sup> Oct<br/>4pm - 5pm<br/>Drop In<br/>Term Time Only</p> <p><b>Adult Course: Hair Braiding</b><br/>Starting 8<sup>th</sup> Sep<br/>5pm - 6.30pm<br/>Drop-in<br/>Limited crèche provided<br/>Term Time Only</p> <p><b>Children's Theatre</b> (7–15 years)<br/>Starting 8<sup>th</sup> Sep<br/>5pm - 6.30pm<br/>Drop In<br/>Term Time Only<br/><b>No Session 6<sup>th</sup> Oct</b></p> <p><b>Dad's Forum</b><br/>Every 2nd Tuesday of the Month<br/>Email: <a href="mailto:parenting@parentpower-ed.co.uk">parenting@parentpower-ed.co.uk</a><br/>5.30pm - 6.30pm<br/>Drop In</p> |
| <b>SLADE</b>     | <p><b>Slade Library Rhyme Time</b><br/>10.30am - 11am<br/>Drop-in</p>                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>Baby Massage</b> (Birth – non crawlers)<br/>13<sup>th</sup> Oct – 10<sup>th</sup> Nov<br/>1.45pm - 2.30pm<br/>Call to book<br/>£3 per session</p>                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>EGLINTON</b>  | <p><b>Extra Help for You</b><br/>(Young Parents Group)<br/>Appointment only<br/>10.30am – 12pm<br/>Email: <a href="mailto:parenting@parentpower-ed.co.uk">parenting@parentpower-ed.co.uk</a></p>                                                                                                                                                                                                                                                                                       | <p><b>Stay and Play</b> (Birth - 5 years)<br/>Starting 8<sup>th</sup> Sep<br/>1.30pm - 3pm<br/>Drop-in<br/>£1 per session</p> <p><b>Tuesday Food Pantry</b><br/>2pm onwards<br/>Come and fill up your bags with fruit,<br/>veg and more food items<br/>Bring your own bag</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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## WEDNESDAY

- BROOKHILL- CALL 020 8319 5320**
- SLADE- CALL 020 8854 7900 OPTION 2**
- EGLINTON- CALL 020 8331 0374**

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| CENTRE           | MORNING                                                                                                                                                                                                                                                                                                             | AFTERNOON                                                                                                                                                                                                                                                                                                  | AOB |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| <b>BROOKHILL</b> | <p><b>Being a Parent</b><br/>23<sup>rd</sup> Sep - 9<sup>th</sup> Dec<br/>Invitation only<br/>9.30am - 12.30pm<br/>Limited crèche provided<br/>Term Time Only</p> <p><b>Soft Play Stay and Play</b><br/>(Birth- 4 years)<br/>Starting 9<sup>th</sup> Sep<br/>9.45am - 11.45am<br/>Drop-in<br/>£1.50 per session</p> | <p><b>Citizen Advice Greenwich</b><br/>1pm - 4pm<br/>Drop-in</p> <p><b>Laugh, Sing &amp; Play</b><br/>Starting 9<sup>th</sup> Sep<br/>1<sup>st</sup> session at 12.45pm (Birth - 2 years)<br/>2<sup>nd</sup> session at 1.30pm (2 years - 5 years)<br/>Call to book- Limited spaces<br/>£1 per session</p> |     |
| <b>SLADE</b>     | <p><b>Parenting Tips and Advice CAMHS</b><br/>Appointment Only<br/>9.15am - 12.30pm</p> <p><b>Parent Led Outdoor Play</b><br/>Starting 9<sup>th</sup> Sep<br/>(1 year - 5 years)<br/>10am - 2.30pm<br/>Drop In<br/>£1 donation per family</p>                                                                       | <p><b>Baby Steps Soft Play</b> (Birth - 18 months)<br/>Starting 9<sup>th</sup> Sep<br/>1.30pm - 2.45pm<br/>Drop In<br/>£1.50 per session</p>                                                                                                                                                               |     |
| <b>EGLINTON</b>  | <p><b>Flourish</b> (Birth - 5 years)<br/>Relaxing Music Group<br/>Starting 9<sup>th</sup> Sep<br/>10am- 12pm<br/>Drop-in</p>                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                            |     |
| <b>PLUMSTEAD</b> |                                                                                                                                                                                                                                                                                                                     | <p><b>Bonny Babies Rhyme Time</b><br/>(Birth - 18 months)<br/>Starting 9<sup>th</sup> Sep<br/>Siblings under 3yrs are welcome<br/>1.30pm - 2.45pm<br/>Drop-in<br/>£1 donation per session<br/>Call 020 8331 0374 for information</p>                                                                       |     |

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## THURSDAY

**BROOKHILL- CALL 020 8319 5320**  
**SLADE- CALL 020 8854 7900 OPTION 2**  
**EGLINTON- CALL 020 8331 0374**

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| CENTRE           | MORNING                                                                                                                                                                                                                                                                                                                                                                                                                            | AFTERNOON                                                                                                                           | AOB                                                                                                                                                                                                                                                                                                     |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BROOKHILL</b> | <p><b>Mindful Mums</b><br/>5<sup>th</sup> Nov – 3<sup>rd</sup> Dec<br/>9am – 12pm<br/>Email: <a href="mailto:mindfulmums@selmind.org.uk">mindfulmums@selmind.org.uk</a></p> <p><b>SENDSory Play Time</b><br/>(Birth - 5 years +)<br/>Starting 10<sup>th</sup> Sep<br/>10am - 11.30am<br/>Siblings are welcome<br/>Drop-in<br/><b>No Session 3<sup>rd</sup> Dec</b></p>                                                             |                                                                                                                                     | <p><b>Volunteer End of Year celebration</b><br/>(All day)<br/>3<sup>rd</sup> Dec<br/>Invitation Only</p> <p><b>Nature Trail</b> (Birth – 5 years)<br/>24<sup>th</sup> Sep &amp; 1<sup>st</sup> Oct<br/>10am – 12pm<br/>Meet at Plumstead Manor<br/>Call Eglinton to book by<br/>18<sup>th</sup> Sep</p> |
| <b>SLADE</b>     | <p><b>Music Therapy</b><br/>1st session 9.30am (Birth - 1 year)<br/>2nd session 10.15am (1 year – 3 years)<br/><b>SEND Friendly</b><br/>Call to book</p> <p><b>Tots Talking</b> (2 years)<br/>24<sup>th</sup> Sep – 22<sup>nd</sup> Oct<br/>9.45am - 11.30am<br/>Call Slade to book</p> <p><b>Big Hopes Big Future</b> (18 months +)<br/>Starting 5<sup>th</sup> Nov – 10<sup>th</sup> Dec<br/>10am - 11.30am<br/>Call to book</p> | <p><b>Stay &amp; Play</b> (Birth - 5 years)<br/>Starting 10<sup>th</sup> Sep<br/>1.30pm – 2.45pm<br/>Drop-in<br/>£1 per session</p> | <p><b>Nature Trail</b> (Birth – 5 years)<br/>24<sup>th</sup> Sep &amp; 1<sup>st</sup> Oct<br/>10am – 12pm<br/>Meet at Plumstead Manor<br/>Call Eglinton to book by<br/>18<sup>th</sup> Sep</p>                                                                                                          |
| <b>EGLINTON</b>  | <p><b>Childminders Stay &amp; Play</b><br/>9.30am – 11.30am<br/>(Foster carers, nannies<br/>&amp; childminders)<br/>£1 per session</p>                                                                                                                                                                                                                                                                                             |                                                                                                                                     | <p><b>Nature Trail</b> (Birth – 5 years)<br/>24<sup>th</sup> Sep &amp; 1<sup>st</sup> Oct<br/>10am – 12pm<br/>Meet at Plumstead Manor<br/>Call Eglinton to book by<br/>18<sup>th</sup> Sep</p>                                                                                                          |
| <b>PLUMSTEAD</b> | <p><b>Connecting From the Start</b><br/>1<sup>st</sup> Oct - 22<sup>nd</sup> Oct<br/>5<sup>th</sup> Nov - 19<sup>th</sup> Nov<br/>9.30am - 12pm<br/>Limited Crèche provided</p>                                                                                                                                                                                                                                                    |                                                                                                                                     | <p><b>Nature Trail</b> (Birth – 5 years)<br/>24<sup>th</sup> Sep &amp; 1<sup>st</sup> Oct<br/>10am – 12pm<br/>Meet at Plumstead Manor<br/>Call Eglinton to book by<br/>18<sup>th</sup> Sep</p>                                                                                                          |

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## FRIDAY

- BROOKHILL- CALL 020 8319 5320**
- SLADE- CALL 020 8854 7900 OPTION 2**
- EGLINTON- CALL 020 8331 0374**

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| CENTRE              | MORNING                                                                                                                                                                                                                                                                                                                                           | AFTERNOON                                                                                                                                                                                                                                                                                                                                                                                                | AOB |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| <b>BROOKHILL</b>    | <p><b>Music Therapy</b><br/>1st session 9.30am (Birth- 1 year)<br/>2nd session 10.15am (1 year – 3 years)<br/><b>SEND Friendly</b><br/>Limited Spaces<br/><b>Call to book</b><br/>Term Time Only</p> <p><b>Unlocked Project</b><br/>(Deaf-led support for D/deaf families.)<br/>For more information, please<br/><b>WhatsApp: 07564048857</b></p> | <p><b>Baby Group</b> (Birth – 18 months)<br/><b>Starting 11<sup>th</sup> Sep</b><br/>1.30pm – 2.45pm<br/><b>Drop-in</b></p> <p><b>Employment &amp; Benefit Advice</b><br/>First Friday of every month<br/>12.30pm- 4pm<br/><b>Drop-in</b></p> <p><b>Friday Food Pantry</b><br/>2pm onwards<br/>Come and fill up your bags with fruit, veg and more food items<br/><b>Please bring your own bags.</b></p> |     |
| <b>SLADE</b>        | <p><b>Slade Library Rhyme Time</b><br/>10.30am – 11am<br/><b>Drop-in</b></p>                                                                                                                                                                                                                                                                      | <p><b>Inclusive Little Explorers</b><br/>Soft play<br/>(Birth – 3 years)<br/><b>Starting 11<sup>th</sup> Sep</b><br/>1.30pm – 2.45pm<br/>(SEND &amp; Tube Feeding Friendly)<br/><b>Drop-in</b><br/><b>£1.50 per session</b></p>                                                                                                                                                                          |     |
| <b>EGLINTON</b>     | <p><b>Stay and Play</b> (Birth – 5 years)<br/><b>Starting 11<sup>th</sup> Sep</b><br/>9.45am - 11.45am<br/><b>Drop- in</b><br/><b>£1 per session</b></p>                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                          |     |
| <b>SCHOOL HOUSE</b> |                                                                                                                                                                                                                                                                                                                                                   | <p><b>Parent Coaching</b><br/>(One-to-One Sessions)<br/>Appointment only<br/>3pm - 5pm<br/>Email: <a href="mailto:parenting@parentpower.ed.co.uk">parenting@parentpower.ed.co.uk</a></p>                                                                                                                                                                                                                 |     |



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## WEEKLY HEALTH SESSION



Midwife Clinic



Development Review



Infant Feeding



Well Baby Clinic



Mum's Counselling



Blood Spot

| HEALTH           | MONDAY                                                                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                          |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BROOKHILL</b> |  Thames Midwife Clinic<br>All-day<br>Appointment only<br><br> 2 Years Old Review<br>9.30am - 11.30am<br>Appointment only |  Mum's Aid Counselling<br>12.30pm - 4pm<br>Appointment only                                                                                                                                    |  Thames Midwife Clinic<br>All-day<br>Appointment only<br><br> Well Baby Clinic<br>1.30pm - 3.30pm<br>Drop-in              |  Thames Midwife Clinic<br>All-day<br>Appointment only<br><br> Infant Feeding<br>1pm - 2.30pm<br>Drop-in<br><b>Moved to Eglinton Dec 3<sup>rd</sup></b> |  Blood Spot<br>9am -12pm<br>Appointment only<br><br> Thames Midwife Clinic<br>All-day<br>Appointment only |
| <b>SLADE</b>     |  Thames Midwife Clinic<br>All-day<br>Appointment only                                                                                                                                                     |  Poppy Team Midwife Clinic<br>All-day<br>Appointment only<br><br> Infant Feeding<br>10am - 11.30am<br>Drop-in |  Best Beginnings Clinic Young<br>Parents (PM)<br>Appointment only<br><br> Well Baby Clinic<br>9.30am – 11.30am<br>Drop-in |                                                                                                                                                                                                                                                                                                                              |  10 - 12 Month Review<br>9.30am - 12pm<br>Appointment only                                                                                                                                   |
| <b>EGLINTON</b>  |  2 years Old Review<br>9.30am - 11.30am<br>Appointment only<br><br>10 – 12 Months Review<br>1pm - 4pm<br>Appointment only                                                                                 |  Thames Midwife Clinic<br>All-day<br>Appointment only                                                                                                                                          |  Best Beginnings<br>Midwife Clinic<br>All-day<br>Appointment only                                                                                                                                            |  Midwife Clinic<br>All-day<br>Appointment only                                                                                                                                                                                            |  2 year Old Review<br>9.30am - 12.30pm<br>Appointment only                                                                                                                                   |
| <b>MULGRAVE</b>  |  Best Beginnings<br>Midwife Clinic<br>All-day<br>Appointment only                                                                                                                                       |  Mum's Aid Counselling<br>11am - 2pm<br>Appointment only                                                                                                                                     |  Devonport Midwife Clinic<br>9am - 12pm<br>Appointment only                                                                                                                                                |  Best Beginnings<br>Midwife Clinic<br>All-day<br>Appointment only                                                                                                                                                                       |  Devonport Midwife Clinic<br>All-day<br>Appointment only                                                                                                                                   |
| <b>PLUMSTEAD</b> |                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                 |  Mum's Aid Counselling<br>10.30pm – 4pm<br>Appointment only                                                                                                                                                | <b>Bromley Health Visiting &amp; Breastfeeding Support<br/>Services are appointment only: 0300 330 5777 option<br/>3, then option 2, then option 3</b><br><br><b>Midwife Team: 0208 836 5946</b>                                                                                                                             |                                                                                                                                                                                                                                                                                 |

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| Services Explained                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     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| <div data-bbox="109 234 259 365">  </div> <div data-bbox="553 284 1061 311"> <p><b>All our Centres are Breastfeeding Friendly</b></p> </div> <div data-bbox="1064 221 1149 306" data-label="Image"></div> <div data-bbox="660 347 1048 376"> <p><b>Educational and Social Support</b></p> </div> <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>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> <div data-bbox="660 1332 875 1359"> <p><b>Support &amp; Health</b></p> </div> <ul style="list-style-type: none"> <li>• <b>Well-being Welcome:</b> Come and meet the Well-Being team and Families Information Service to get general support and signposting, as well as help with childcare/funding <b>(Term time only)</b></li> </ul> | <div data-bbox="1632 223 1919 250"> <p><b>Plumstead Day Nursery</b></p> </div> <p>Open 8am to 6pm Monday to Friday<br/>(51 weeks per year)</p> <p><b>Offering full or half day sessions:</b><br/>8.00am to 1.00pm OR 1.00pm to 6.00pm<br/>Plus 15 hour and 30-hour government funded sessions.<br/><b>To arrange a visit or for more information call:</b><br/><b>07960575034</b></p> <div data-bbox="1675 518 1877 545"> <p><b>Eglinton Nursery</b></p> </div> <p>Open 8.45am to 3.45pm<br/>Monday to Friday<br/><b>(Term-time only)</b></p> <p><b>Offering full or half day sessions:</b><br/>8.45am to 11.45am or 12.45pm to 3.45pm<br/>To arrange a visit or for more information call:<br/><b>07563 373767 or 0208 331 0374</b><br/>alternatively get in touch via any of our Children Centres.</p> <div data-bbox="1668 877 1883 904"> <p><b>Together for Twos</b></p> </div> <p><b>Brookhill-</b> 078576 63086 or 020 8319 5320<br/><b>Slade-</b> 078343 90505 or 020 8854 700 opt 2<br/>Offering full or half day sessions:<br/><u>9.15am to 12.15pm or 12.30pm to 3.30pm</u><br/>Are you eligible for the<br/><b>FREE 15-hour funded sessions?</b><br/>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.</p> <div data-bbox="1722 1273 1830 1300"> <p><b>Vitamins</b></p> </div> <p>Did you know that you can pick up your <b>FREE vitamins</b> at your nearest Children's Centre?</p> |



Part of the Greenwich  
Family Hubs Network



- **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.
- **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)**
- **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.
- **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.

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)

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)