



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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For health and midwife appointments, please
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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
BROOKHILL	Migrant Mothers Dance Group 14 th Sep - 7 th Dec 10.30am - 12.30pm Email: Projects@theground.org.uk Term Time Only	Stay and Play (Birth – 5 years) 1.30pm - 2.45pm Drop-in £1 per session 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 Siblings welcome Drop-in £2 per family	
SLADE	Volunteer Training 14 th Sep - 26 th Oct 9am – 2pm Appointment Only Email: volunteer@homestartgreenwich.org.uk Term Time Only	Baby Group (Birth – 18 months) Messy Time 1.15pm - 2.30pm Drop-in £1 donation per family Slade Library Stay & Play (Birth - 5 years) 3pm - 3.30pm Drop-in	
EGLINTON	Speech & Language Small Talk (13 – 24 months) 9.30am - 10.30am & Tiny Talk (Birth – 12 months) 11am - 12pm Call to book 2 nd Nov & 9 th Nov 16 th Nov & 23 rd Nov	Baby Group (Birth – 18 months) 1.30pm - 3pm Drop-in	
PLUMSTEAD	Togetherness Parenting Course 5 th Oct – 30 th Nov 9.30am – 11.30am Call Eglinton to book Limited Creche available 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
BROOKHILL	Little Crocs Football (Walkers- 4yrs) 10am - 11am Drop-in £1 per session Bouncing Babies (Birth – non crawlers) 8th Sep – 6th Oct 10am - 11am £3 per session Call to book Baby Messy Play (Birth – non crawlers) 13th Oct – 27th Oct 10am - 11am Call to book Please bring a change of clothes £5 for the 3 sessions payment in full	Well-being Welcome 1pm - 3pm Drop-in Term Time Only Family Law Outreach 1pm - 3pm Last Tuesday of every month Call to book	Generations Together (0 years – 100 years) First Tuesday of every Month 6th Oct 4pm - 5pm Drop In Term Time Only Adult Course: Hair & Beauty 5pm - 6.30pm Drop-in Limited crèche provided Term Time Only Children's Theatre (7–15 years) 5pm - 6.30pm Drop In Term Time Only No Session 6th Oct Dad's Forum Every 2nd Tuesday of the Month Email: parenting@parentpower-ed.co.uk 5.30pm - 6.30pm Drop In
SLADE	Slade Library Rhyme Time 10.30am - 11am Drop-in	Baby Massage (Birth – non crawlers) 13th Oct – 10th Nov 1.45pm - 2.30pm Call to book £3 per session	
EGLINTON	Extra Help for You (Young Parents Group) Appointment only 10.30am – 12pm Email: parenting@parentpower-ed.co.uk	Stay and Play (Birth - 5 years) 1.30pm - 3pm Drop-in £1 per session Tuesday Food Pantry 2pm onwards Come and fill up your bags with fruit, veg and more food items Bring your own bag	

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

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

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



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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
BROOKHILL	 Thames Midwife Clinic All-day Appointment only  2 Years Old Review 9.30am - 11.30am Appointment only	 Mum's Aid Counselling 12.30pm - 4pm Appointment only	 Thames Midwife Clinic All-day Appointment only  Well Baby Clinic 1.30pm - 3.30pm Drop-in	 Thames Midwife Clinic All-day Appointment only  Infant Feeding 1pm - 2.30pm Drop-in Moved to Eglinton Dec 3rd	 Blood Spot 9am -12pm Appointment only  Thames Midwife Clinic All-day Appointment only
SLADE	 Thames Midwife Clinic All-day Appointment only 10 – 12 Months Review 9.30am – 12pm Appointment only	 Poppy Team Midwife Clinic All-day Appointment only  Infant Feeding 10am - 11.30am Drop-in	 Best Beginnings Clinic Young Parents (PM) Appointment only  Well Baby Clinic 9.30am – 11.30am Drop-in		 10 - 12 Month Review 9.30am - 12pm Appointment only
EGLINTON	 2 years Old Review 9.30am - 11.30am Appointment only 10 – 12 Months Review 1pm - 4pm Appointment only	 Thames Midwife Clinic All-day Appointment only	 Best Beginnings Midwife Clinic All-day Appointment only	 Thames Midwife Clinic All-day Appointment only	 2 year Old Review 9.30am - 12.30pm Appointment only 10 – 12 Months Review 1pm - 4pm Appointment only
MULGRAVE	 Best Beginnings Midwife Clinic All-day Appointment only	 Mum's Aid Counselling 11am - 2pm Appointment only	 Devonport Midwife Clinic 9am - 12pm Appointment only  10 – 12 Months Review 1pm - 4pm Appointment only	 Best Beginnings Midwife Clinic All-day Appointment only	 Devonport Midwife Clinic All-day Appointment only
PLUMSTEAD			 Mum's Aid Counselling 10.30pm – 4pm 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	

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Services Explained	Additional Information
 <u>All our Centres are Breastfeeding Friendly</u>  Educational and Social Support • 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 parenting and how children develop. (Term time only) • 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	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: <u>07960575034</u> Eglinton Nursery Open 8.45am to 3.45pm Monday to Friday (Term-time only) Offering full or half day sessions: <u>8.45am to 11.45am or 12.45pm to 3.45pm</u> 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 Brookhill- 078576 63086 or 020 8319 5320 Slade- 078343 90505 or 020 8854 700 opt 2 Offering full or half day sessions: <u>9.15am to 12.15pm or 12.30pm to 3.30pm</u> Are you eligible for the FREE 15-hour funded sessions? 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?



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- **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.
- **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

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



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