

# North East Locality Activities for children under 5 Summer Holidays Timetable 22 July - 30 August 2024



MONDAY
Mile End
9am-4pm <b>0-19 Appointment Clinics</b> ⓄⓄ
10-11.30am <b>Communication Stay and Play</b> U During holidays children under 11 can attend
1.30-3pm <b>Play Together</b> U Prepare children to be ready for nursery/school. For children 18 months to 5 years. Help and support available to apply for a free nursery place for your 2 year old
Marner
9am-5pm <b>Supporting Families Employment Advisor</b> 📱
9.30am-4pm <b>3-4 Months Health Review</b> UⓄ
10-11.30am <b>Communication Stay and Play</b> U During holidays children under 11 can attend
1.15-2.15pm <b>Toilet Training Workshop</b> U📱 19 August
3-4.30pm <b>Twilight Stay and Play</b> U
Overland
9am-5pm <b>Midwife Clinic - Community Midwife Team</b> UⓄ <b>NOUR Counselling</b> Ⓞ
9.30am-4pm <b>3-4 Months Health Review</b> U📱 <b>8-12 Months Health Review</b> UⓄ Olga
10-11.30am <b>Active Stay and Play (0-11)</b> U During holidays children under 11 can attend
1.30-3pm <b>Play Together</b> U Prepare children to be ready for nursery/school. For children 18 months to 5 years. Help and support available to apply for a free nursery place for your 2 year old

TUESDAY
Mile End
9.30am-12noon <b>Healthy Child Start for Life Clinic</b> U
9.30am-4pm <b>0-19 Appointment Clinics</b> Ⓞ📱
10-11.30am <b>Communication Stay and Play</b> U During holidays children under 11 can attend
2-3pm <b>Baby Massage including Starting Solids</b> U📱 Pre-crawlers only
2.15-3.15pm <b>Starting Solids Workshop</b> U📱 6 August
Marner
9.30am-4pm <b>2-2½ Year Health Review</b> UⓄ
10-11.30am <b>Invitation to Play</b> Ⓞ📱
2-3.30pm <b>Play Together</b> U Prepare children to be ready for nursery/school. For children 18 months to 5 years. Help and support available to apply for a free nursery place for your 2 year old
Overland
10-11.30am <b>Sensory Play for Toddlers</b> U Under 2s, for children aged 0-24 months Olga
11.30am-12.30pm <b>Toilet Training Workshop</b> U📱 Olga 27 August
1-4pm <b>Speech and Language Therapy</b> ⓄⓄ
2-3pm <b>Baby Massage including Starting Solids</b> U📱 Olga
3-4pm <b>Sensory Play for Babies including Starting Solids</b> U📱 For babies under 12 months Olga
3.15-4.30pm <b>Twilight Stay and Play</b> U During holidays children under 11 can attend

WEDNESDAY
Mile End
9.30am-4pm <b>Midwife Clinic - Community Midwife Team</b> UⓄ
10-11.30am <b>Sensory Play for Toddlers</b> U Starts 31 July For children aged 0-24 months (under 2s)
1-4pm <b>Speech and Language Therapy</b> ⓄⓄ
Marner
9.30am-4pm <b>8-12 Months Health Review</b> UⓄ
10-11.30am <b>Sensory Play for Babies</b> U Starts 31 July For babies up to 12 months
Overland
9.30am-12noon <b>Healthy Child Start for Life Clinic</b> U
9.30am-4pm <b>2-2½ Year Health Review</b> UⓄ
9am-5pm <b>Docklands Outreach - Counselling</b> ⓄⓄ
10-11.30am <b>Active Stay and Play (0-11)</b> U Starts 31 July During holidays children under 11 can attend. Outdoor garden session
12noon-5pm <b>Events - North East Locality Fun Day and Family Hub Launch</b> U 24 July
1-4pm <b>Speech and Language Therapy</b> ⓄⓄ

THURSDAY
Mile End
9am-5pm <b>Supporting Families Employment Advisor</b> U📱
9.30am-4pm <b>3-4 Months Health Review</b> UⓄ
10-11.30am <b>Active Play for Babies</b> U Babies under 12 months
2-3pm <b>Toilet Training Workshop</b> U📱 22 August
Marner
10-11.30am <b>Active Stay and Play (0-11)</b> U During Holidays children under 11 can attend
1.30-3pm <b>Little Talkers</b> Ⓞ📱
Overland
9am-5pm <b>Midwife Clinic - Community Midwife Team</b> UⓄ <b>Midwife Clinic - Gateway Midwife Team</b> ⓄⓄ Olga
9.30am-4pm <b>0-19 Appointment Clinics</b> UⓄ
10-11.30am <b>School Readiness Stay and Play</b> U
1.30-3pm <b>Communication Stay and Play</b> U During holidays children under 11 can attend
5-7pm <b>Family Support Stay and Play</b> Ⓞ

FRIDAY
Mile End
9am-12noon <b>Speech and Language Therapy</b> Ⓞ📱
9am-5pm <b>NHS Talking Therapies Emotional Wellbeing Workshop</b> Ⓞ📱
10-11.30am <b>NOUR Counselling</b> Ⓞ
1-2pm <b>Communication Stay and Play</b> U During Holidays children under 11 can attend
Marner
10-11.30am <b>Baby Massage</b> U📱 Pre-crawlers only
11.30am-12.30pm <b>Starting Solids</b> U📱 16 August
2-3.30pm <b>Active Stay and Play for Under 2s</b> U For children aged 0-24 months
Overland
9.30am-4pm <b>0-19 Appointment Clinics</b> ⓄⓄ
10-11.30am <b>Active Stay and Play (0-11)</b> U During holidays children under 11 can attend
12.30-2pm <b>Baby Feeding and Wellbeing Service</b> U📱
2-3.30pm <b>Active Play for Babies</b> U Babies under 12 months

**Opening times: Monday - Friday, 8.30am-5pm**  
Please note there will be no admittance to sessions 30 minutes before the end.

U Universal	📱 Call to book	📅 Term time only	📧 By invite only	👤 Virtual session	🎯 Targeted	👶 Crèche available
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## Children and Family Centres



Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.

### What are our aims?

- To support parents in their role as first educators.
- To empower families to access a wide range of care, play and support services.
- To be a centre for joined-up services with partners.

### What are our priorities?

- Health and wellbeing.
- Childcare and employment.
- Parenting confidence and capacity.
- Child development and school readiness.

### Can I use my Children and Family Centre?

We prioritise families using the following order:

- Children living in the North East locality (based on your postcode).
- Children living within the borough of Tower Hamlets.
- After 30 minutes the drop in play sessions are open to all families living in the borough.

### Centre details

CENTRE	ADDRESS	TELEPHONE
Mile End	9 Bede Square, Joseph Street, E3 4GY	020 7364 7557
Mile End Pavilion	106 Locksley Street, E14 7EJ	
Marner	Devas Street, E3 3LL	020 7364 3534
Overland	60 Parnell Road, E3 2RU	020 7364 1925
Olga Centre	25 Medway Road, E3 5DS	020 7364 3100