

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meath Gardens	Meath Gardens	Meath Gardens	Meath Gardens	Meath Gardens
9am-5pm Midwife Clinic - Community Midwife Team U⓪	9am-5pm Midwife Clinic - Gateway Midwife Team ⓪⓪	9.30am-1pm 0-19 Appointment Clinics U⓪	9.30am-4pm 8-12 Months Health Review U⓪	9.30am-4pm Healthy Child Start for Life Clinic U
10-11.30am Active Stay and Play U During holidays children under 11 can attend	10-11.30am My Time 1-2-1 Support ⓪ⓧ If you need some one to one support please ask for a My Time referral	9.30am-4pm Healthy Child Start for Life Clinic U⓪ 8-12 Months Health Review U⓪	10-11.30am Sensory Play for Babies including Starting Solids 📱 For babies under 12 months	9.30am-4pm 8-12 Month Review U⓪
12.30-2pm Baby Feeding and Wellbeing Service U Drop in for any baby feeding support	1.30-3pm Communication Stay and Play U During holidays children under 11 can attend	10-11.30am Play & Connect ⓪ⓧ For children with complex SEND needs	10am-12noon Childminders Group U Registered childminders only	9.30am-5pm Midwife Team - Community Midwife Clinic U⓪
1.30-2.30pm and 2.45-3.45pm Baby Massage including Starting Solids U📱 For pre-crawlers only	1-4pm Speech and Language Therapy ⓪⓪	11am-3pm Events - North West Locality Fun Day and Family Hub Launch U 31 July	1.30-3pm Under 2's Stay and Play U For children aged 0-24 months	10-11.30am Communication Stay and Play U During holidays children under 11 can attend
Mowlem	Mowlem	Mowlem	Mowlem	Mowlem
9.30am-4.30pm 0-19 Appointment Clinics U⓪	9.30am-4pm 2-2½ Year Health Review U⓪	9am-5pm Midwife Clinic - Community Midwife Team U⓪	9am-2pm Supporting Families Employment Advisor U📱	9.30am-4pm 3-4 Months Health Review U⓪
10-11.30am Sensory Play for Babies including Starting Solids U For babies under 12 months	9.30am-4.30pm 0-19 Appointment Clinics U⓪	9.30am-4pm 2-2½ Year Health Review U⓪	9am-5pm Speech and Language Therapy ⓪⓪	10-11.30am Active Stay and Play U During holidays children under 11 can attend
10am-12noon Childminders Group U Registered Childminders only	10-11.30am Play Together 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	10-11.30am Baby Massage including Starting Solids U📱 For pre-crawlers only	10-11.30am Active Stay and Play U During holidays children under 11 can attend	1.30-3pm Play Together 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
1.30-3pm Communication Stay and Play U During holidays children under 11 can attend	1.45-3pm Active Stay and Play U Rich Mix During holidays children under 11 can attend	Collingwood	1.30-3pm Play Plus ⓪ⓧ This is a screening session for our target group like Little Talkers - if you want to know more or you have a concern about your child's development speak to a staff member	10-11.30am Under 2's Stay and Play U For children aged 0-24 months
Collingwood	Collingwood	Collingwood	Collingwood	Collingwood
9am-5pm Healthy Child Start for Life Clinic U⓪	9.30am-4.30pm 3-4 Months Health Review U⓪	9.30am-4.30pm 3-4 Months Health Review U⓪	9.30am-4.30pm 3-4 Months Health Review U⓪	9.30am-4pm 3-4 Months Health Review U⓪
10-11.30am My Time 1-2-1 Support ⓪ⓧ If you need some extra support on a one to one basis please ask for a referral to My Time	10-11.30am Play Together 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	10-11.30am Little Talkers ⓪ⓧ	1.30-3pm Play Plus ⓪ⓧ This is a screening session for our target group like Little Talkers - if you want to know more or you have a concern about your child's development speak to a staff member	10-11.30am Under 2's Stay and Play U For children aged 0-24 months
12noon-3pm Melodies for Mums 📱⓪ For children aged 0-24 months 22 July, 29 July, 5 August	1.45-3pm Active Stay and Play U Rich Mix During holidays children under 11 can attend	12.30-2pm Baby Feeding and Wellbeing Service U Drop in for any baby feeding support	10-11.30am Baby Massage including Starting Solids U For pre-crawlers only	1.4pm My Time 1-2-1 Support ⓪ⓧ If you need some extra support on a one to one basis please ask for a referral to My Time
1.30-3pm School Readiness Stay and Play U For children 18 months-5 years. There will be an emphasis on supporting toilet training for school/nursery in September	10am-12noon Change for Good Walking Group U📱	10-11.30am Little Talkers ⓪ⓧ	10-11am Baby Massage including Starting Solids U For pre-crawlers only	1-4pm My Time 1-2-1 Support ⓪ⓧ If you need some extra support on a one to one basis please ask for a referral to My Time
	1.30-3pm Communication Stay and Play U During holidays children under 11 can attend		1.30-3pm Play Together 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	10-11.30am Sensory Play for Babies including Starting Solids U For babies under 12 months
				1.30-3pm Active Stay and Play U During holidays children under 11 can attend

KEY	
U	Universal
⓪	By appointment only
📱	Call to book
📅	Term time only
ⓧ	By invite only
🖥️	Virtual session
⓪	Targeted
👶	Crèche available

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

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 West 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
Meath Gardens	1 Smart Street, E2 OSN	020 7364 0349
St Hilda's Community Centre	18 Club Row, E2 7EY	
Mowlem	Wadeson Street, E2 9DL	020 7364 7935
Collingwood	St Bartholomew Gardens, Buckhurst St, E1 5QT	020 7364 0539