

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



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 South 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
Isle of Dogs	Millwall Park, Stebondale Street, E14 3BX	020 7364 1179
Around Poplar	115 Three Colts Street, E14 8AP	020 7364 0540
Chrip Street	Kerbey Street, E14 6AW	020 7364 2856

MONDAY
Isle of Dogs
9am-5pm Speech and Language Therapy ☎☎ 2-2½ Year Health Review U☎
10-11.30am Active Stay and Play U During holidays children under 11 can attend
1.30-3pm Play Together U To help prepare your child 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
Around Poplar
9am-5pm Speech and Language Therapy ☎☎ 3-4 Months Health Review U☎
10-11.30am Sensory Play for Babies including Starting Solids U For babies under 12 months
1.30-3pm Communication Stay and Play U During holidays children under 11 can attend
Chrip Street
9am-5pm 2-2½ Year Health Review U☎ Midwife Clinic - Gateway Midwife Team ☎
10-11.30am Communication Stay and Play U
1.30-2.30pm Baby Massage including Starting Solids U☎

TUESDAY
Isle of Dogs
9am-5pm Midwife Clinic - Community Midwife Team U☎
10-11.30am Toilet Training Workshop U
1.30-3pm Sensory Play for Babies including Starting Solids U For babies under 12 months. Starting solids workshop last Tuesday of the month
Around Poplar
10am-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
Chrip Street
10-11.30am Baby Feeding and Wellbeing Service Drop-in U Drop in session for families needing baby feeding advice
10-11.30am Play Plus ☎
1.30-3pm Invitation to Play ☎☎☎

WEDNESDAY
Isle of Dogs
9.30-11.30am Healthy Child Start for Life Clinic U
10-11.30am Play Plus ☎
Around Poplar
9am-5pm Healthy Child Start for Life Clinic U☎
10-11.30am Baby Massage including Starting Solids U☎
Chrip Street
9am-5pm Healthy Child Start for Life Clinic U For an appointment please call the health visiting team, ask at reception for the contact number

THURSDAY
Isle of Dogs
9am-5pm Speech and Language Therapy ☎☎
10-11.30am Explore and Connect Stay and Play ☎
1.30-5pm Communication Stay and Play U During holidays children under 11 can attend
Around Poplar
9am-5pm Docklands Outreach Family Intervention U☎
9.45-10.45am SEND Coffee Morning ☎ For families whose children have an additional need
10-11.30am Communication Stay and Play U
1.30-3pm Sensory Play for Babies U For babies under 12 months
Chrip Street
9am-5pm NHS Talking Therapies Employment Service ☎
10-11.30am Toilet Training Workshop U For children 18 months to 5 years
1.30-3pm Active Stay and Play U

FRIDAY
Isle of Dogs
9am-5pm Midwife Clinic - Community Midwife Team U☎
10-11.30am Baby Massage including Starting Solids U☎
2.30-3.30pm Baby Club (pre-birth-12 months) including Starting Solids U
4-6pm Streets of Growth ☎
Around Poplar
9am-5pm 3-4 Months Health Review U☎ Docklands Outreach Family Intervention ☎
10-11.30am Play Plus ☎
1.30-3pm Toilet Training Workshop U For children 18 months to 5 years
Chrip Street
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
1.30-3pm Sensory Play for Babies including Starting Solids U For 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
 ☎ By appointment only
 ☎ Call to book
 📅 Term time only
 ☎ By invite only
 🖥 Virtual session
 ☎ Targeted
 🍷 Crèche available