

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



MONDAY	
John Smith	
9am-5pm Midwife Clinic - Community Midwife Team UⓄ	
10-11.30am Active Stay and Play U	
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	
Ocean	
9.30am-4pm 0-19 Appointment Clinics UⓄ Shadwell	
9.30am-4.30pm 8-12 Months Health Review UⓄ	
11.30am-1pm Parent Forum Gardening U	
10-11am School Readiness Workshops U📱 Routines- 22 July Toilet Training- 29 July Independence skill - 5 August All families will get a call to see how they are doing with the information provided in the workshops on 19 August	
3-4.30pm Twilight Stay & Play U During school holidays children under 11 can attend.	
Wapping and Bigland	
9am-5pm Midwife Clinic - Gateway Midwife Team ⓄⓄ	
10-11am and 11am-12noon Baby Massage including Starting Solids U📱 For pre-crawlers	
1.30-3pm Communication Stay and Play U	

TUESDAY	
John Smith	
9am-5pm Midwife Clinic - Gateway Midwife Team ⓄⓄ	
10-11.30am Communication Stay and Play U	
3-4.30pm Twilight Stay & Play U During school holidays children under 11 can attend.	
Ocean	
9am-1pm Healthy Child Start for Life Clinic UⓄ	
9am-4pm Supporting Families Employment Advisor U📱	
10-11.30am Communication Stay and Play U Shadwell	
2-3pm Invitation to Play Ⓞ✉	
Wapping and Bigland	
9.30am-4pm 0-19 Appointment Clinics UⓄ	
9.30-11.30am Active Stay and Play U Wapping One O'Clock Club	
2-3pm Baby Club U📱 Pre-birth to 12 months, including starting solids advice last Tuesday of the month.	

WEDNESDAY	
John Smith	
9am-5pm Speech and Language Therapy Ⓞ	
9.30am-4pm 0-19 Appointment Clinics UⓄ	
10-11am Invitation to Play Ⓞ✉	
11am-3pm Play in the Park U Stepney Green Park 21 August. For the whole family	
1-3pm Young Parents Group Ⓞ✉	
Ocean	
9.30am-4pm 3-4 Months Health Review UⓄ Shadwell	
9am-5pm NHS Talking Therapies Employment Service UⓄ	
10-11.30am Sensory Play for Babies including Starting Solids U For babies under 12 months. Starting solids workshop last Wednesday of the month	
11am-2pm Play in the Park U Whitehorse Open Space. 7 August. For the whole family.	
Wapping and Bigland	
10-11am School Readiness U📱 For children 18 months to 5 years. Workshop dates: Routines - 24 July Toilet training - 31 July Independence skills - 7 August. All families who attend the workshops will get a call to see how they are doing on the 28 August	
11am-3pm Play in the Park U Wapping Gardens 28 August. For the whole family	

THURSDAY	
John Smith	
9am-5pm Newborn Hearing Clinic UⓄ	
9.30am-4.30pm Healthy Child Start for Life Clinic UⓄ	
10-11.30am Active Stay and Play for Under 2's U	
1.30-3pm Communication Stay and Play U	
Ocean	
9.30am-4pm 8-12 Months Health Review UⓄ Shadwell	
3-4 Months Health Review UⓄ Shadwell	
10-11.30am Baby Feeding and Wellbeing Service U Shadwell	
10am-4pm Play in the Park U White Horse Adventure Playground. Older children welcome up to age of 18. Children under the age of 11 years must be accompanied by an adult	
2-3pm Baby Massage including Starting Solids U📱 For pre-crawlers only	
Wapping and Bigland	
9am-4pm Midwife Clinic - Community Midwife Team UⓄ	
9.30am-4pm 2-2½ Year Health Review UⓄ	
10-11.30am Active Stay and Play U Wapping One O'Clock Club	
1.30-3pm Communication Stay and Play U Wapping One O'Clock Club	

FRIDAY	
John Smith	
9am-5pm Midwife Clinic - Community Midwife Team UⓄ Speech and Language Therapy ⓄⓄ	
9.30am-4pm 0-19 Appointment Clinics UⓄ	
10-11.30am Sensory Play for Babies U For babies aged 0-15 months. Starting solids advice first Friday of the month	
2-3pm School Readiness Workshops U📱 Routines - 26 July Toilet Training- 2 August Independence Skills- 9 August 23 August - All families attending will get a call to see how they are doing with the advice given in the workshops.	
Ocean	
9.30am-4pm 2-2½ Year Health Review UⓄ Shadwell	
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	
2-3pm Baby Massage including Starting Solids U📱 Including Starting Solids For pre-crawlers	
Wapping and Bigland	
10-11.30am Learn through Play U	
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	

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

Trips

Wednesday, 14 August
9am-3pm
Trip to Kew Gardens Ⓞ✉
For families with children up to 11 years

Trips

Thursday 22 August
9am-3pm
Trip to London Zoo Ⓞ✉
Thursday 29 August
9am-3pm
Trip to Greenwich Park Ⓞ✉
For families with children up to 11 years

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 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
John Smith	90 Stepney Way, E1 2EN	020 7364 0537
Ocean	Whitehorse Road, E1 0ND	020 7364 6605
Ocean Shadwell	418 Cable Street, E1 OAF	020 7364 1836
Wapping and Bigland	15 Richard Street, E1 2JP	020 7364 0423
Wapping One O'Clock Club	Wapping Gardens, Tench St, E1W 2QE	020 7481 9321