

North West Locality Activities for children under 5

Autumn Term Timetable 2 September – 24 December 2024



MONDAY
Meath Gardens
9.15am-5pm Speech and Language Therapy ☎📅 Midwife Clinic – Community Midwife Team U📞
10-11am Baby Massage U📞 For pre-crawlers only
11.15am-12.15pm Starting Solids U📞 24 September, 29 October, 26 November, 24 December
12.30-2pm Baby Feeding and Wellbeing Service Drop-in U
1.30-3pm Parents Forum U📞📅👤
2-3.30pm Communication Stay and Play U During holidays, children under 11 can attend this session
Mowlem
9.30am-4.30pm 0-19 Appointments U📞
10-11.30am Childminders Group U Registered Childminders only Active Stay and Play U During holidays, children under 11 are able to attend this session
10am-12noon Active Stay and Play with Toyhouse Library U St Hilda's
1.30-3pm Communication Stay and Play U During holidays, children under 11 can attend this session
Collingwood
9.15am-5pm Healthy Child Start for Life Clinic U📞 Midwife Clinic – Community Midwife Team U📞
10-11am Toilet Training Workshop U📞 9 September, 7 October, 4 November, 9 December
12noon-3pm Melodies for Mums 📞🎵
1.30-3pm School Partnership Stay and Play U Canon Barnet School, all families children under 5 are welcome to attend
2.30-3.30pm Play Plus ☎📅

TUESDAY
Meath Gardens
9.15am-2pm Supporting Families Employment Advisor 📞📅
9.15am-5pm Midwife Clinic – Gateway Midwife Team ☎📅
10-11.30am Little Talkers ☎📅
11.15am-12.15pm Starting Solids Workshop U📞 Last Tuesday of the month
1.30-3pm Active Play for Under 2's U
4-7pm Streets of Growth ☎📅
Mowlem
9.30am-4pm 2-2½ Year Health Review U📞
9.30am-4.30pm 0-19 Appointments U📞
10-11.30am Get Ready for School U
1.45-3pm Active Stay and Play U Rich Mix
Collingwood
9.15am-5pm Midwife Clinic – Community Midwife Team U📞
9.30am-4.30pm Healthy Child Start for Life Clinic U📞
10am-12noon Change for Good Walking Group U📞
10-11.30am Under 2's Stay and Play U
1.30-3pm Communication Stay and Play U
KEY
U Universal
📞 By appointment only
📅 Call to book
📅 Term time only
📅 By invite only
👤 Virtual session
🎯 Targeted
👶 Crèche available

WEDNESDAY
Meath Gardens
9.15am-1pm 0-19 Appointment Clinics ☎📞
9.30am-4pm 8-12 Months Health Review U📞
9.30am-6pm Healthy Child Start for Life Drop-in Clinic U
10-11.30am Active Stay and Play U
11am-12noon Parents Forum U
1-4pm Speech and Language Therapy ☎📅
1.30-3pm Healthy Snacks/Cooking U📞 Last Wednesday of the month
Mowlem
9.15am-5pm Midwife Clinic – Community Midwife Team U📞
9.30am-4pm 2-2½ Year Health Review U📞
10-11am Baby Massage ☎📞 For Pre-crawlers only
11.15am-12.15pm Starting Solids U📞
1-3pm Active Stay and Play with Toyhouse Library U📅 St Hilda's
Collingwood
9.30am-5pm 3-4 Months Health Review U📞
10-11.30am Play and Connect ☎📅
12.30-2pm Baby Feeding and Wellbeing Service U Drop in session

THURSDAY
Meath Gardens
9.15am-4.30pm 8-12 Months Health Review U📞
10-11.30am Learn and Connect ☎📅
10-11.30am Childminders Group U For registered childminders only
10am-4pm Rooted Finance and Benefits Advice U📞
1.30-3pm Play Plus ☎📅
4-5.30pm Twilight Stay & Play U During holidays, children under 11 are able to attend this session
Family Support Stay and Play ☎📅
Mowlem
9.15am-5pm Supporting Families Employment Advisor U📞 Speech and Language Therapy ☎📅
10-11.30am Communication Stay and Play U
1.30-3pm Little Talkers ☎📅
Collingwood
9.30am-5pm 3-4 Months Health Review U📞 NHS Talking Therapies Emotional Wellbeing Workshop 📞📅📞
10-11am Baby Massage U For pre-crawlers only
11.15am-12.15pm Starting Solids U📞 19 September, 17 October, 21 November, 19 December
2-3.30pm Get Ready for School U

FRIDAY
Meath Gardens
9.15am-5pm Midwife Team – Community Midwife Clinic U📞
9.30am-12.30pm Healthy Child Start for Life Clinic U Drop in clinic
9.30am-4pm 8-12 Months Health Review U📞
10-11.30am Sensory Play for Babies U For babies under 12 months
1.30-3pm Get Ready for School U
Mowlem
9.30am-4pm 3-4 Months Health Review U📞
10-11.30am Sensory Play for Toddlers U For under 2s
1.30-3pm Play Plus ☎📅
Collingwood
10-11.30am Little Talkers ☎📅
1.30-3pm Active Stay and Play U During holidays, children under 11 are able to attend this session
SATURDAY
Meath Gardens
9.30-10.30am Play Plus ☎📅
11am-1pm Active Stay and Play (0-11) U First and last Saturday of the month

Opening times: Monday - Friday, 9.15am-5pm			
Meath Gardens Family Hub Opening Times:			
Monday	9.15am-5pm	Friday	9.15am-7pm
Tuesday	9.15am-7pm	Saturday	9am-2pm
Wednesday	9.15am-6pm	(on the first and last Saturday of the month)	
Thursday	9.15am-7pm	Sunday	Closed
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 0SN	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