**Mowlem Children’s Centres Activity Timetable for under 5s**
20 July – 28 August 2015

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<th>Monday</th>
<th>Tuesday</th>
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<td><strong>Housing Surgery</strong>&lt;br&gt;9.30am – 3pm&lt;br&gt;Drop in sessions on 28/7/14 and 18/8/14&lt;br&gt;Mowlem</td>
<td><strong>Stay and Play in the Garden</strong>&lt;br&gt;10am – 12noon&lt;br&gt;Your child can enjoy a range of play and learn activities with full access to the garden areas.&lt;br&gt;Mowlem</td>
<td><strong>Pathways to Employment</strong>&lt;br&gt;10am – 12.30pm&lt;br&gt;Weekly Drop-in&lt;br&gt;Mowlem</td>
<td><strong>Animal Fun</strong>&lt;br&gt;10am – 12noon&lt;br&gt;Come and learn about the animals from Spitalfields City Farm&lt;br&gt;Booking only for NW Locality families&lt;br&gt;Meath Gardens</td>
<td><strong>Stay and Play</strong> 10am – 11.30am&lt;br&gt;Come join us for lots of fun activities to develop your child’s play and learning skills&lt;br&gt;St Hilda’s</td>
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<td><strong>Talking Tots</strong>&lt;br&gt;10am – 12noon&lt;br&gt;Opportunities for your child to Play and Learn in a language rich environment.&lt;br&gt;Mowlem</td>
<td><strong>Play and Learn</strong>&lt;br&gt;2pm – 4pm&lt;br&gt;A pop up play session within the local community, in various locations. Please contact the centre for more details.&lt;br&gt;Mowlem</td>
<td><strong>Play in the Park – Bethnal Green Park</strong>&lt;br&gt;11am – 1pm&lt;br&gt;Mowlem and Collingwood Children’s Centres will be in Bethnal Green Park to provide exciting play and learning opportunities. We will move to Bethnal Green Museum of Childhood if raining&lt;br&gt;Bethnal Green Park</td>
<td><strong>Pathway to Play</strong> 1.30pm – 4pm&lt;br&gt;Play &amp; Learning support in the home&lt;br&gt;Bethnal Green Park</td>
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<td><strong>Active Play</strong>&lt;br&gt;10am – 12noon&lt;br&gt;A fun physical play session with a range of soft play equipment for your child to enjoy.&lt;br&gt;Starting from 3/08/2015&lt;br&gt;St Hilda’s</td>
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<td><strong>Pathway to Play</strong>&lt;br&gt;1.30pm – 4pm&lt;br&gt;Play and Learning support in the home&lt;br&gt;Invitation Only</td>
<td><strong>Breastfeeding Support</strong>&lt;br&gt;12.30pm – 2.30pm&lt;br&gt;Collingwood</td>
<td><strong>Pathway to Play</strong> 1.30pm – 4pm&lt;br&gt;Play &amp; Learning support in the home&lt;br&gt;Invitation Only</td>
<td><strong>Young Parents’ Group</strong>&lt;br&gt;(fortnightly)&lt;br&gt;12.30pm – 2.30pm&lt;br&gt;23/7/15, 6/8/15 and 20/8/15&lt;br&gt;Mowlem</td>
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Most of our activities involve messy and water play. It is recommended that you bring a change of clothing.

**Breastfeeding Support**<br>12.30pm – 2.30pm<br>Collingwood

1.30pm – 3pm<br>A fun physical play session with a range of soft play equipment for your child to enjoy.<br>Starting from 5/08/2015<br>St Hilda’s

Please see overleaf for other services provided at Mowlem Children’s Centre.

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**Mowlem Children’s Centre**
Wadeson Street, E2 9DL
Tel: 020 7364 7935

**Meath Gardens Children Centre**
1 Smart Street, E2 0SN
Tel: 020 7364 0349

**St Hilda’s Community Centre**
18 Club Row, E2 7EY
Tel: 020 7739 8066

**Collingwood Children’s Centre**
Buckhurst Street, E1 5QT
Tel: 020 7364 0539
Mowlem Children’s Centre aims to give your child the best start in life. If you are expecting a baby or you are a parent or carer with a child under five, we can provide family support, early education, child and family health services, childcare advice, employment, volunteering and training support.

Family Information Service (FIS), Monday to Friday (8am to 6pm)
Tel: 020 7364 6495 or e-mail fis@towerhamlets.gov.uk
Contact FIS for free advice and information on local services for children, young people and families, e.g. childcare, child- minders, tax credits.

Family Support
Our family support team provide outreach and signposting to community resources, develop positive parenting skills, build self-esteem and empower parents. We work closely with social care, local schools, health and educational professionals, day care, libraries and other local organisations

Educational Psychology and Adult Psychology Support
We work closely with the team in supporting families who find it difficult to set boundaries in managing child behaviours; we help with potty training, parenting strategies and support parents to understand child disability diagnosis.

Parents get one to one counselling service from the Adult Psychologist

For further information, please contact Mowlem Children’s Centre

Baby Clinic: Mowlem staff will be available to give advice and provide information regarding children’s centre services. Only families registered at the GP practise may attend the clinics below. The venues are:
208 Cambridge Heath Road, E2 9LS Tel: 020 8983 7300
Bethnal Green Health Centre: Monday, 1pm – 3pm 20/7/15, 27/7/15, 10/8/15, and 17/8/15.
60 Florida Street, E2 6LL Tel: 020 7739 6688.

Useful Telephone Numbers:
Tower Hamlets Asian Women’s Aid: 020 7517 1420
Book a midwife: 020 7791 8235
Breastfeeding Network Support: 0300 100 0210
Childminders’ Network: 020 7364 4293
Early Years Dieticians: 020 8223 8738
Find a Doctor/ Dentist: 020 7364 5016
Mind in Tower Hamlets/ Newham: 020 7510 1081
Tax Credit Helpline: 0845 300 3900
Tower Hamlets Domestic Violence Team: 0800 2795 434

Current children’s centre termly leaflets can be found on the council’s website: www.towerhamlets.gov.uk/childrenscentres

Courses:
Priority for places given to Mowlem families and then NW Locality families

The following courses will be running in the Autumn Term (Sept – Dec) if you are interested please contact the centre or ask at reception to book a place.

Discover Me. A fun and interactive 5 week programme designed to reconnect with and learn about you in an exciting way. We look at how being a confident and happy person can impact on your family and community.

Paediatric First Aid - Two sessions (9.30am – 12.30pm). Learn how to respond to accidents and emergencies involving young children.

Literacy – A 10 week accredited course that will support you to develop your writing and spelling skills.

Crèche places are available for all courses.

Feedback Welcome – We value your feedback and suggestions to help us learn, adapt and improve our services to meet your needs. Please let us know what we did well and what we could change.

Please speak to a staff member or drop your suggestion in our Suggestion Box

Our children’s centre is committed to delivering policies and practices which promote inclusion for all our children, families, staff and visitors. We believe that all children and their families have a right to a high quality provision in the area where they live. In celebrating diversity and difference in our community, we aim to welcome all children and their families.

You are welcome to breastfeed anywhere in the children’s centre. If you prefer privacy, please ask a member of staff.