## Wapping Children’s Centre
### Summer programme for under 5s
#### 20 July – 28 August 2015

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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| Sing and Play  
9.30am - 12.30pm  
**Wapping One O’clock Club**  
Family Support at Baby Clinic  
9.30am - 11.00am  
**Wapping Health Centre**  
Pathways to Employment  
9.30am - 12.30pm  
(Drop in or by appointment)  
**Wapping Children’s Centre**  
Breastfeeding Support Group (Locality based)  
11.00am – 1.00pm  
If you are anxious about breastfeeding or are having difficulties with doing so, come in and see the Breastfeeding Support Worker for advice and help.  
**Wapping Children’s Centre** |
| Creative Time  
9.30am - 12.30pm  
**Mulberry and Bigland Green Centre**  
Family Support at Baby Clinic  
9.30am – 11.00am  
(fortnightly)  
**Shahjalal Health Centre**  
Baby Club  
(0-9 months)  
10.00am - 11.30am  
For pregnant mums as well as parents of babies up to 9 months. Baby club offers a mix of play sessions and advice.  
**Wapping Children’s Centre** |
|  
| Family Outings to  
Shadwell Park 22 July  
(Picnic for fathers and male carers)  
Mudchute Farm 29 July  
Greenwich Park 5 August  
**Tower of London**  
(Not suitable for buggies)  
12 August  
**Sports Day at Stepney Green Park 19 August**  
**Come and Play in Shadwell Park 26 August**  
All trips depart from Wapping Children’s Centre at 10am and return at 2:30pm. Booking required.  
**Wapping Children’s Centre**  |
|  
| **2yr Health Checks**  
Monthly (By appointment)  
9.30am - 11.30am  
**Mulberry and Bigland Green Centre**  
**Forest School**  
10.00am - 12noon  
A new session for promoting health and wellbeing and learning about the outdoors. Meeting point at John Smith Children’s Centre. Contact the Centre for more details. By booking only  
**John Smith Children’s Centre** |
|  
| Story Time  
9.30am - 12.30pm  
**Mulberry and Bigland Green Centre**  
**Housing and Domestic Violence Surgery**  
9.30am - 3pm  
(no appointment needed)  
**Shadwell Site**  
National Childbirth Trust Coffee Afternoon  
3pm - 4.30pm  
(fortnightly)  
**Wapping Children’s Centre**  |
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| Important: Play Sessions may be cancelled during Eid celebrations, please contact the Children’s Centre before attending. |
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| Please see overleaf for other services we provide at Wapping Children’s Centre |

### Other Events
- **Young Parents’ Group Borough Wide Service**  
12.15pm – 3.00pm  
For young parents under 23 years. Contact John Smith Children’s Centre  
**Good Moves Course**  
(Booking required)  
2.00pm to 3.30pm  
For adults with Diabetes, High Blood Pressure or CVD and their families  
22 July to 9 September  
**Wapping Children’s Centre**
- **Summer Physical Play**  
1.30pm - 3.30pm  
**Wapping One O’clock Club**
- **Educational Psychology**  
(By referral only)  
**Wapping Children’s Centre**

Please note: All play sessions are for children 4 years old and under only. Thank you
## Wapping Children’s Centre

**Summer programme for under 5s**

20 July – 28 August 2015

### Venue Details

<table>
<thead>
<tr>
<th>Centre</th>
<th>Address</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td>Wapping Children’s Centre</td>
<td>15 Chandler Street, E1W 2QL</td>
<td>Tel: 020 7364 0423</td>
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<tr>
<td>Mulberry and Bigland Green Centre</td>
<td>Bigland Street, E1 2ND, Adjacent to the Bigland Green School</td>
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<tr>
<td>Wapping One O’clock Club</td>
<td>Wapping Gardens (off Tench St), E1W 2QD</td>
<td>Tel: 020 7481 9321</td>
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<tr>
<td>Shahjalal Health Centre</td>
<td>44 Hessel Street, E1 2LP</td>
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<tr>
<td>Ocean Children’s Centre Shadwell Site</td>
<td>418 – 422 Cable St, E1 0AF</td>
<td>Tel: 020 7364 0544</td>
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<tr>
<td>Whitehorse Play Centre</td>
<td>Whitehorse Road, E1 0ND</td>
<td>Tel: 020 7364 6605</td>
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### Current Sure Start termly leaflets can be found on Tower Hamlets the website: [www.towerhamlets.gov.uk/childrenscentres](http://www.towerhamlets.gov.uk/childrenscentres)

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### Wapping Children’s Centre

Aims to help give your child the best start in life. If you are expecting a baby or 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 support

Our family support team signpost to community resources, help develop positive parenting skills, build self-esteem and empowering parents. We work closely with local schools, the Social Service, health and educational professionals, day care, libraries and other local organisations.

For further information, please call Wapping Children’s Centre on 020 7364 0423.

### Educational Psychology & Adult Psychology Support

We work closely with the team in supporting families who find it difficult to set boundaries in managing child behaviours, potty training, parenting strategies and support parents to understand of child disability diagnose.

Parents get one to one counselling service from the Adult Psychologist.

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

### 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.

Contact FIS for free advice and information on local services for children, young people and families, e.g. childcare, childminders, tax credits, and childcare vouchers.