<table>
<thead>
<tr>
<th>Morning Sessions</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical Play and Learn</strong></td>
<td>9.30am – 11.30am</td>
<td><strong>Baby Club</strong> (0-9 months)</td>
<td><strong>Come and Play</strong></td>
<td><strong>Creative Play</strong></td>
<td><strong>Come and Play</strong> With Toy Library</td>
</tr>
<tr>
<td>Wapping One O’clock Club</td>
<td></td>
<td>10am – 11.30am</td>
<td><strong>Mulberry and Bigland Green Centre</strong></td>
<td>15months upwards</td>
<td>9.15am – 10.45am</td>
</tr>
<tr>
<td><strong>THAMES Music</strong></td>
<td>9.30am – 11.30am</td>
<td><strong>Young Parents’ Group</strong></td>
<td><strong>Educational Psychology</strong></td>
<td><strong>2yr Health Checks</strong></td>
<td>Blue Gate Fields Primary School</td>
</tr>
<tr>
<td><strong>Whitehorse Play Centre</strong></td>
<td></td>
<td>Borough-wide service</td>
<td>(by referral only)</td>
<td>Monthly (By appointment)</td>
<td>(no appointment needed)</td>
</tr>
<tr>
<td><strong>Pathways to Employment</strong></td>
<td>9.30am – 12.30pm</td>
<td>12.15pm – 3pm</td>
<td>Wapping One O’clock Club</td>
<td>9.30am – 11.30am</td>
<td>9.30am – 3pm</td>
</tr>
<tr>
<td>(Drop in or by appointment)</td>
<td>See reverse for further details</td>
<td>Advice on getting into education, training and employment for young parents under 23yrs. Crèche provided. Contact John Smith Children’s Centre for more information. John Smith Children’s Centre</td>
<td>Wapping One O’clock Club</td>
<td>Mulberry and Bigland Green Centre</td>
<td></td>
</tr>
<tr>
<td><strong>Family Support at Baby Clinic</strong></td>
<td>9.30am – 11am</td>
<td><strong>Family Support at Baby Clinic</strong></td>
<td><strong>Housing and Domestic Violence Surgery</strong></td>
<td><strong>Shahjalal Health Centre</strong></td>
<td>Wapping One O’clock Club</td>
</tr>
<tr>
<td>9.30am – 11am</td>
<td>9.30am – 11am</td>
<td>9.30am – 11am</td>
<td>(no appointment needed)</td>
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<td></td>
</tr>
<tr>
<td><strong>Wapping Children’s Centre</strong></td>
<td><strong>Wapping Health Centre</strong></td>
<td><strong>Shahjalal Health Centre</strong></td>
<td><strong>Drop in advice session to discuss housing and or domestic violence issues with our specialist, Shumi Rani. Shadwell Site</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Breastfeeding Support Group</strong></td>
<td><strong>= Term time only</strong></td>
<td><strong>= Term time only</strong></td>
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<td></td>
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<tr>
<td>(Locality based)</td>
<td><strong>= Term time only</strong></td>
<td></td>
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<tr>
<td>11am – 1pm</td>
<td><strong>= Term time only</strong></td>
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<tr>
<td>Anxious or having difficulties with breastfeeding, come in and see the Breastfeeding Support Worker for advice and help. <strong>Wapping Children’s Centre</strong></td>
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</tbody>
</table>
# Wapping Children’s Centre
## Activity Timetable for 13 April – 17 July 2015
### All Sessions are Free

### Wapping Children’s Centre
15 Chandler Street
London E1W 2QL
Tel: 020 7364 0423
**Opening Hours:**
Monday – Friday
8.30am – 5pm

## Afternoon Sessions

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| 🌻 Come and Play at St Paul’s and Shapla  
1.45pm – 3.15pm  
St Paul’s Whitechapel CE Primary School | Baby and Toddler Come and Play  
1pm – 3pm  
Wapping One O’clock Club | Welcome Session  
Contact  
Wapping Children’s Centre for details  
A session for newly registered parents/carers to find out more about what the Children’s Centre offers.  
1.30 – 3pm | 🌻 THAMES Music  
Start date and times to be confirmed  
Mulberry and Bigland Green Centre | National Childbirth Trust  
Coffee Afternoon  
(fortnightly)  
3pm – 4.30pm  
Open to everyone with a newborn baby living in the Wapping area. Older children are welcome too!  
Wapping Children’s Centre  
Come and Play  
With Trumper’s Jumpers  
1pm – 3pm  
Start date to be confirmed  
Wapping One O’clock Club |
| 🌻 Baby Rhyme Time  
(babies from 0-12mths)  
2pm – 3pm  
Wapping One O’clock Club | Little Talkers  
(by referral only)  
1.30pm – 3pm  
A targeted group to support parents in encouraging their child’s speech development.  
Mulberry and Bigland Green Centre | 🌻 Parents’ Forum  
(weekly)  
1.30pm – 3pm  
Our Parents’ Forum is open to pregnant mums, expectant dads and parents of children up to 5 years old. Its members are users of children’s centre services and they comment on our services and suggest and take part in activities. Crèche available  
Wapping One O’clock Club | 🌻 Little Chefs, Healthy Cooking  
(By referral)  
1.30pm – 2.30pm  
(Term time only)  
Shadwell Site | Exercise, Dance and Movement classes  
Start dates and times to be confirmed  
Wapping One O’clock Club |
| Just ask Staff to join or change your books at any play sessions  
Wapping One O’clock Club  
Wapping Children’s Centre Library | 🌻 Little Explorers  
(Fortnightly)  
Borough-wide service  
1pm – 3pm  
A support group for children with additional needs and their families. Please call Ocean Children’s Centre for more information.  
Wapping One O’clock Club | 🌻 Come and Play at Hermitage  
1.30pm – 3pm  
Hermitage Primary School | 🌻 Football Session  
Start dates and times to be confirmed  
St Georges Pool Hall | To book please contact Wapping Children’s Centre |
| 🌻 Wapping Children’s Centre  
Come and Play at Hermitage  
1.30pm – 3pm  
Whitehorse Play Centre | 🌻 Ready, Steady, School  
18 June 2015  
Is your child starting school in September? Are they ready, and are you ready?  
A stay and play session with help and advice on starting school.  
9.30am – 11.30am  
Wapping One O’clock |

## Monday

- **Come and Play at St Paul’s and Shapla**
  - 1.45pm – 3.15pm
  - St Paul’s Whitechapel CE Primary School

## Tuesday

- **Baby Rhyme Time**
  - (babies from 0-12mths)
  - 2pm – 3pm
  - Wapping One O’clock Club

## Wednesday

- **Welcome Session**
  - Contact
  - Wapping Children’s Centre for details
  - A session for newly registered parents/carers to find out more about what the Children’s Centre offers.
  - 1.30 – 3pm

## Thursday

- **THAMES Music**
  - Start date and times to be confirmed
  - Mulberry and Bigland Green Centre

## Friday

- **National Childbirth Trust Coffee Afternoon**
  - (fortnightly)
  - 3pm – 4.30pm
  - Open to everyone with a newborn baby living in the Wapping area. Older children are welcome too!

- **Wapping Children’s Centre Come and Play With Trumper’s Jumpers**
  - 1pm – 3pm
  - Start date to be confirmed
  - Wapping One O’clock Club
**Wapping Children’s Centre**

Activity Timetable for 13 April – 17 July 2015

All Sessions are Free

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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.

**Pathway to Employment and Volunteering**

One to One sessions are available to help plan your route into training, volunteering and employment. You can get support to make or update your CV, complete job applications, practise interview techniques, identify training opportunities, develop your confidence and identify your skills. Support is given to access classes including ESOL and IT and other training that will support you into volunteering or employment.

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

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**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 you 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.

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**Family Information Service (FIS),**

Monday to Friday (8.00am to 6.00pm)

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, childminders, tax credits, and childcare vouchers.

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**Venues**

1. **Wapping Children’s Centre**
   - 15 Chandler St
   - Wapping
   - E1W 2QL Tel: 020 7364 0423

2. **Blue Gate Fields Primary School**
   - King David Lane
   - E1 0EH Tel: 020 7790 3611

3. **John Smith Children’s Centre**
   - 90 Stepney Way
   - E1 2EN Tel: 020 7364 0537

4. **Shahjalal Health Centre**
   - Hessel Street
   - E1 2LP Tel: 020 7702 2036

5. **Shadwell Site**
   - 418 – 422 Cable St
   - E1 0AF Tel: 020 7364 0544

6. **Hermitage Primary School**
   - Vaughan Way
   - E1W 2PT Tel: 020 7702 1037

7. **St Georges Pool Hall**
   - 221 The Highway, E1W 3BP

8. **St Paul’s Whitechapel CE Primary School**
   - Wellclose Square
   - E1 8HY Tel: 020 7480 6581

9. **Wapping Health Centre**
   - 22 Wapping Lane,
   - E1W 2RL Tel: 020 7481 9376

10. **Wapping One O’clock Club**
    - Wapping Gardens (off Tench St)
    - E1W 2QD Tel: 020 7481 9321

11. **Whitehorse Play Centre**
    - Whitehorse Road
    - E1 0ND Tel: 020 7364 6605

12. **Mulberry & Bigland Green Centre**
    - Bigland Street,
    - E1 2JP Tel: 020 7364 6004
    - Adjacent to the Bigland Green School

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Current Sure Start termly leaflets can be found on Tower Hamlets the website: [www.towerhamlets.gov.uk/childrenscCentres](http://www.towerhamlets.gov.uk/childrenscCentres)