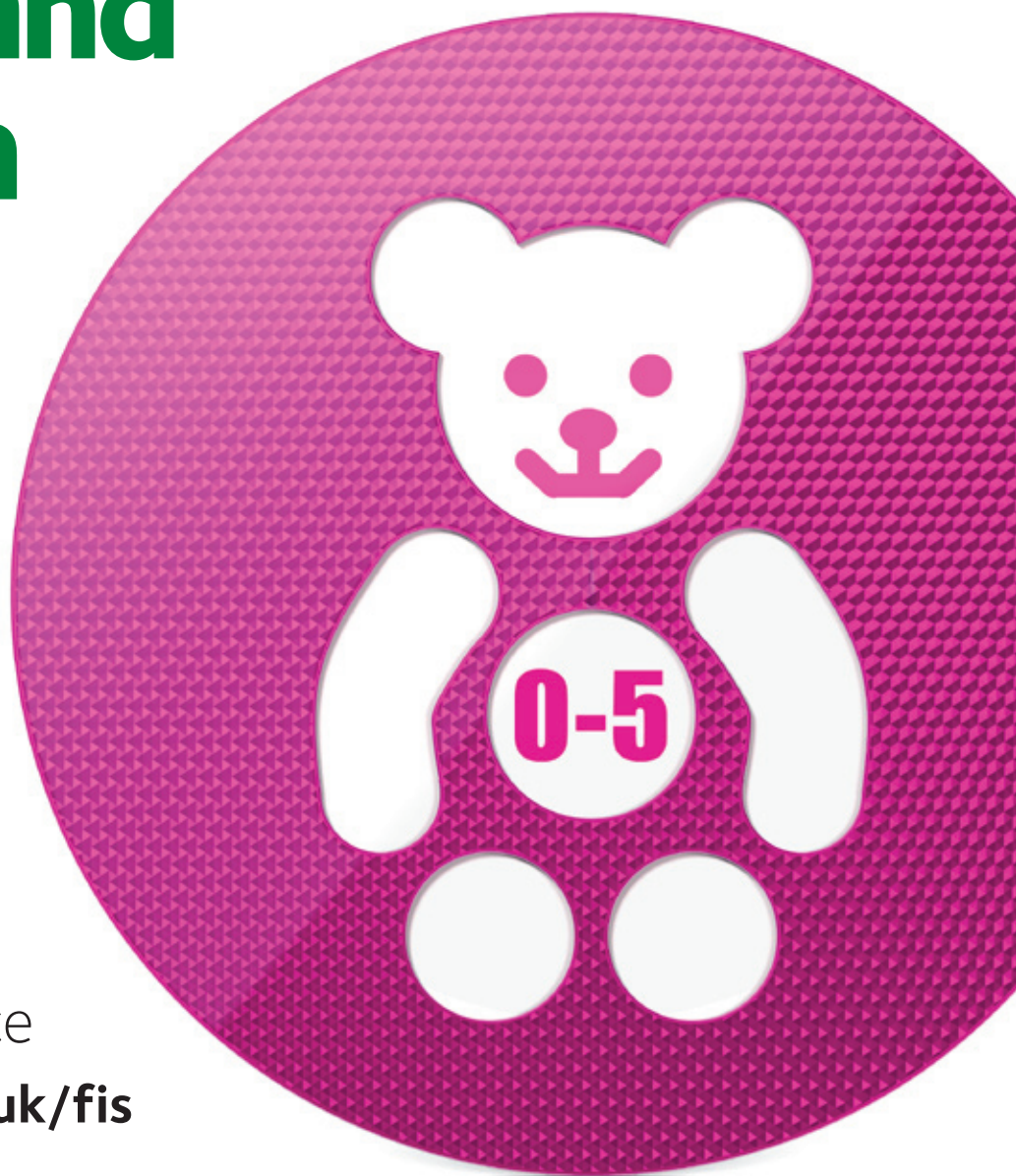


THINGS TO DO: Babies and children under 5



Islington Family
Information Service

www.islington.gov.uk/fis

020 7527 5959



ISLINGTON

Things to do: Babies and children under 5

January 2012

<p>Children's Centres All children's centres offer a wide range of activities. You can also visit your nearest centre if you would like to speak to a speech and language therapist, social worker, child psychologist or family support worker.</p>	Page 3
<p>Disabled Children If your child has a disability or learning difficulty it can be hard to do the things that everyone else does. But don't be put off. Talk to the service you want to use about your child's needs. Ask your health visitor about help from the health service. For local help, see Islington Family Information Service's online Family Directory www.islington.gov.uk/familydirectory</p>	Page 3
<p>Parent and toddler groups and toy libraries Parents and carers can make friends at these drop-in groups while babies and toddlers play. Parents and carers stay with their children so the groups do not register with the Office for Standards in Education (Ofsted). There is usually a small charge for coffee, juice and running costs. If you want to set up a parent and toddler group call Islington Childcare Trust on 020 7527 5916 for advice. You can borrow toys, games and equipment for babies and children under 5 from toy libraries.</p>	Page 4
<p>One o'clock clubs & indoor play One o'clock clubs are drop-ins for parents and carers in buildings in parks. You stay with your child who can play indoors and outdoors with sand, water and other fascinating things. The costs are low, usually £1 or £2. Charges may be higher for indoor play activities.</p>	Page 6
<p>Dance, drama, music, arts Please tell us about any sessions which you discover that we have not listed.</p>	Page 7
<p>Libraries Islington libraries welcome children. They all have books in English and other languages, story cds, music, magazines and comics, and games and toys to play with in the library. There are weekly sessions for under 5s and under 3s with stories, rhymes and songs. We also have holiday events, craft activities, and reading groups. Most have nappy changing facilities. We have three toy libraries and all have homework support clubs. Islington libraries are open to all without proof of address but you will need to supply an address if you want to take books out.</p>	Page 8
<p>Leisure centres and sports Some leisure centres have swimming pools and for older children, gym, dance, ice skating, trampolining, climbing, basketball, tennis. Phone Aquaterra on 020 7686 2362 for more about leisure centres.</p>	Page 8
Theatre	Page 9
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Support for parents: websites	Page 11
<p>Parks Many parks have children's playgrounds. Some have water play in summer and sandpits. Phone Greenspace on 020 7527 4953 for a booklet about the everchanging programme of events from steam fairs to music and storytelling in parks around Islington.</p>	

Children's Centres

There are 16 Children's Centres in Islington. All of the centres offer stay and play sessions, as well as childcare, family support and health services. For up-to-date information about children's centre activities, pick up a timetable at your local centre or go to the online Family Directory at www.islington.gov.uk/familydirectory

Ambler Ambler Primary School Blackstock Road N4 2DR 020 7359 7628	Golden Lane Whitecross Street EC1Y 8JA 020 7786 4800	Moreland and King Square Moreland Street EC1V 8BB 020 7336 8453	Paradise Park 164 Mackenzie Road N7 8SE 020 7697 7330
Archway Vorley Road N19 5HE 020 7527 4827	Hornsey Road 8 Tiltman Square 260 Hornsey Road N7 7EN 020 7527 2005	Margaret McMillan Hornsey Rise N19 3SF 020 7281 2745	The Factory 107 Matthias Road N16 8NP 020 7923 9879
Bemerton 1a Coatbridge House Carnoustie Drive N1 ODX 020 7527 4806	Hungerford 249 Hungerford Road N7 9LF 020 7619 9149	New River Green 23 Ramsey Walk N1 2SX 020 7527 4813	Packington, formerly known as New North 190 Packington Square N1 7UG 020 7359 3302
Conewood Street 14 Conewood Street N5 1DL 020 7527 4440	Kate Greenaway York Way Court Copenhagen Street N1 0UH 020 7527 4850	North Islington 110-112 Tollington Park N4 3RB 020 7527 4844	Willow 1A Holbrooke Court, Tufnell Park Road N7 0BF 020 7527 1990

Disabled children

SNAP Toy Library Golden Lane Children's Centre Whitecross St, EC1Y 8JA 020 7786 4800	Friday, 1.30pm. For all children, but most of all for children with additional needs. Lots of special educational needs toys. See also New River Green Children's Centre Extra Boost stay and play session.
Bridge School Toy Library 251 Hungerford Road N7 9LD 020 7619 1000	Wednesday 10.30am to 12.30pm. For under 5s with severe or profound and multiple learning difficulties.
Contact-a-Family 0808 808 3555 www.cafamily.org.uk	Helps families who care for children with any disability or additional needs and puts families with similar conditions in touch with each other.

National Autistic Society 0845 070 4004	NAS offers expert support, advice and contacts if your child has autism or asperger's syndrome.
Downright Excellent Golden Lane Children's Centre Whitecross Street EC1Y 8JA 020 7786 4800	A stay and play providing speech and language, occupational therapy and support for children with Down's Syndrome and their families.
Centre 404 Outreach Northern Health Centre 594 Holloway Road N7 6LB 020 7445 8005	Open for drop-ins 9.30am to 1pm Tuesday to Friday. Information on special needs, medical conditions, local services, national voluntary organisations, self help groups. Free service for all Islington families.
Palace for All The Laundry, Sparsholt Rd N19 4EL 020 7561 1689 www.palaceforall.org.uk	Drop in and toy library, Monday to Thursday 10am-6pm. For all families especially children with disabilities and their brothers and sisters. Play, music, art, therapies offered. Fully accessible.
New River Green Extra Boost Stay and Play and Toy Library 23 Ramsey Walk N1 2SX 020 7527 4813	Tuesday 1.30-3pm. Toy library with a drop in group for all children with any additional needs. Indoor and outdoor activities and use of the sensory room.

Parent and toddler groups and toy libraries

N1

West Toy Library West Library Bridgeman Road N1 1BD 020 7527 7926	Wednesday 11.30-1.00 Term time only. Free.
Islington Childcare Trust N1 1QG 020 7527 5635	Resources for toy libraries. Please ring for an appointment.
St Paul's Steiner Project 1 St Paul's Road N1 2QU 020 7226 4454	Stay and play. Wednesday, Friday 9.30am to 12pm Term-time only. £6.50, £4.50 concessions. You are welcome with your child aged 0-3 years.
Mildmay Library 21-23 Mildmay Park N1 4NA 020 7527 7880	Toy library Mon 11.30-1.00 Free.
Rainbow Toddler Group All Saints Church Carnegie Street N1 9QW 020 7837 0720	Mon, Wed, Fri 10-12 £1 Mon: messy and sensory play. Tea, coffee, water, fruit mid-morning. Wed & Fri craft, activities, singing.
Relax at St Silas Stay and Play St Silas Church Penton Street N1 9UL 020 7278 1101	Tuesday 10am to 12pm. Free. A place for children to learn to play and share with each other.
Fire Engine Playgroup St James's Hall, 11 Prebend Street N1 8PF 020 7354 9170	Friday 9.45-11.30am Stay and play for babies, toddlers and pre-schoolers. Craft activities, baby-friendly area, refreshments. £3 per family

N4	
St Mellitus Drop In St Mellitus Church Hall Tollington Park N4 3AG 020 7272 1853	Friday 9.30-11.30am Lots to do from art to cookery and there are plenty of toys.
Baby and Me Tollington Park Baptist Church 1 Tollington Park N4 3GY 020 7272 2504	Friday 10.30am to 12.30pm Free. Toys, crafts, singing, stories, refreshments.
N5	
Christchurch Parent and Toddler Drop In Highbury Grove N5 1SA 020 7354 0741	Monday 9.30-11.30am Toys, refreshments
Highbury Roundhouse Parent Stay and Play 71 Ronalds Road N5 1XB 020 7359 5916	Monday and Wednesday 10am to 12pm Parent and toddler activities, playdough, storytelling, circle time.
Hippo Club Toddlers and Carers St Augustine's Church 108 Highbury New Park N5 2DR	Thursday (term time) 10am to 12pm Membership required. £2 per session per family. New space with toys, crafts, music
Hippo Babies and Carers St Augustine's Church 108 Highbury New Park N5 2DR	Friday (term time) 10.30am to 12pm £1 per family. Strictly under 1s only. A small baby friendly group with refreshments.

N7	
Goodinge Community Centre North Road N7 9EX	Tuesday 10am to 12.30pm. Playgroup for under 5s.
Freightliners Farm Sheringham Road N7 8PF 020 7609 0467	Tues-Sun, autumn/winter 10-4, spring/summer 10-4.45. Lots of free things to do for all ages. Drop-in for 0-5s term time Thurs 1-3, Fri 10.30-12.30; holidays Thurs & Fri 10.30-12.30 & 2-4.
EPIC (Education Partners in Islington & Camden) Hilldrop Centre, Community Lane, Hilldrop Road, N7 OJE 020 7607 9453	Under 5s Fridays 10am to 12 noon 0-11yrs 3.45-5.45pm term time only.
North Library Toy Library Manor Gardens N7 6JX 020 7527 78448	Tuesday 11.30am to 12.30pm Free.
Westbourne parents and toddler Group Community Centre 43A Roman Way N7 8XF 020 7609 6385	Tue & Thur 9.30-2 £1. Childminders, parents and carers welcome with under 5s. Refreshments, crafts, arts.

N16 and N19	
Archway parents, carers and childminders drop-in St John's Community Centre Holland Walk N19	Tuesday 10.00-12.00, 48 weeks a year. New toys, paid, qualified worker, outside play too. A warm welcome for all. £1 for parents, 50p for childminders.
Hargrave Hall Toddler Group Hargrave Hall, Hargrave Road N19 5SP	Tuesday, Thursday, 9.30-11.30am. Arts, crafts, toys, stay and play. Refreshments for adults and children available.
Blake House under Fives 1 Blake House, Brecknock Road N19 5AR 020 7607 3692	Tuesday to Thursday 9.30am to 12.30pm. 47 weeks a year. Childminders, parents and carers welcome. 50p per session.
Caxton House Stay and Play and Toy Library Community Centre 129 St John's Way N19 3QR 020 7263 3151	Monday and Thursday, 1.30-4.30pm includes half terms and part of summer holiday. £1.40 per session. Wheelchair access. Small charge for toy library items.
Parent and toddler drop in Community Centre, Hornsey Lane Estate, Hazellville Road N19 3YJ 020 7281 5150	Monday 10am to 12pm Large room with lots to do – crafts, painting,
Hanley Crouch under 5s and Toy Library Sparsholt Rd N19 4EL 020 7263 1067	Stay and play and toy library: Tuesday, Wednesday, Thursday 10am to 12pm
Childminders' Stay and Play Whittington Park, N19	Mon-Thur 10am to 12pm. Whittington Park play hut. Parents are welcome to meet childminders.

One o'clock clubs and indoor play	
Barnard Park 1 O'clock Club Copenhagen Street N1 020 7278 9494	Monday to Friday 12-3.30pm
Highbury Fields Bandstand Near Baalbec Road N5 1UP 020 7704 9337 calls answered 1-3	Mon-Fri 1-3, Mon only 9.30-11.30 (not July and August), 12-4pm in July and August. Indoor and outdoor play, wide variety of activities. Enjoy the Oasis café nearby. Also available for parties.
Pyramid Soft Play Highbury Roundhouse 71 Ronalds Rd N5 1XB 020 7226 5982	Fri 11.30-5.30, term-time £2.50 per session. For children up to 7 yrs. Canteen, hot and cold snacks at

Dance, drama, music, arts	
LSO Discovery St Luke's Day Centre Central Street EC1V 8AQ 020 7251 9455	Contact the London Symphony Orchestra's education and community programme for events for the whole family. A creche is sometimes available.
Sing with Harriette Exmouth Market Hall 24 Exmouth Market EC1 020 7837 1861	Tue 2pm - 4pm, Wed 10am - 11am, 11am - 12pm, Thur 10am - 11am
Perform The New North Community School Popham Road N1 8RF 020 7209 3805	Classes on Tuesdays and Fridays from 4-5 and 5-6. Drama, Dance & Singing for ages 4-7, please ring for details. Free trial session. www.perform.org.uk
Tick Tock St Stephen's Hall Canonbury Road N1 020 7359 9495 www.ticktockmusic.co.uk	Several classes weekly, please ring for details. £5 per child, £3.50 per sibling, £2 babies 7mths-1yr. Fees payable each half term in advance. Singing, action rhymes, percussion. Professional actors and singers. Refreshments.
Tick Tock St Mary's Neighbourhood Centre, Upper Street N1 020 7359 9495	Several classes weekly, please ring for details. Charges as for Tick Tock sessions at St Stephen's Hall, see above
Marmalade Dance St James Hall, Corner of Packington and Prebend St N1 07795 483195	Also at St Stephens church halls. Ring for details of days times and costs (quite low). For all ages.
Ballerinies St Paul's Steiner School St Paul's Road N1 2QH 07976 590841	Sat mornings, termtime and holidays. Call for times. Term fees from £60 plus £15 joining fee. Ballet classes for 3 age groups; 2-4, 4-5 and 5-6 year olds.
Highbury Roundhouse Dance-a-round 01322 350699 Sparky Songs 07759 349394 Very Little People Make Music 020 8340 4512 71 Ronalds Rd N5 1XB	Dance-a-round: Several per week Including Creative, Jazz, Ballet & Tap for all ages from 3 yrs +. Sparky Songs Songs, rhymes, puppets Wed 10am, 11.15pm, 1.30pm; Very Little People: Mon & Fri 10-11 babies & small toddlers. £4.50/£3.50 Drop in sessions.
Creative Dance Classes Lauderdale House, Waterlow Park Highgate Hill N6 5HG 020 8348 8716	Thur am (18 mths-3) & pm (3-5yrs) Charges apply. Creative dance classes Thurs. Jumping Jacks; 18 mths-3years parent and toddler dance 9.45-10.15, 10.30-11. Creative Jumping Jacks; 3-5years, 2-2.30. Classes by enrolment.
Highgate Ballet School 18 Hutchins Walk NW1 6LT 020 8458 1377	Ballet and tap for ages 3 to adult. After school training and performance training for serious ballet students.
Musical Bumps 020 7684 9100	Songs, games, rhymes, percussion and puppets. Ring Annalisa to book a place.
Odeon Cinema Holloway Parent and baby screenings 0871 2244007	Tuesdays, 11 for 11.20 start. Parents pay £4.50. Babies welcome up to 18 months and go free. Quieter sound, slightly raised lighting.

Libraries		Under 5s activities
Finsbury Library 245 St John St EC1V 4NB 020 7527 7960	Mon, Thur 9.30-8. Tue, Sat 9.30-5. Fri 9.30-1. Wed, closed	Baby Bounce: Thursday, 11 am; Under 5s: Tuesday, 11.30am Wheelchair access.
Lewis Carroll Library 166 Copenhagen St N1 OST 020 7527 7936	Mon, Tues, Thurs 9.30-7. Fri 9.30-1. Sat 9.30-5. Wed, Sun closed.	Baby Bounce: Thursday, 11 am; Under 5s: Friday, 11 am
West Library Bridgman Rd N1 1BD 020 7527 7920	Tue, Thur 9.30-8. Wed, Sat 9.30-5. Mon, Fri, closed.	Baby Bounce: Wednesday, 11 am; Under 5s: Tuesday, 11 am. Entrance is up steps.
South Library 115-117 Essex Rd N1 2SL 020 7527 7860	Mon, Thur 9.30-8. Tue, Sat 9.30-5. Fri 9.30-1. Wed, closed.	Baby Bounce: Friday, 11 am; Under 5s: Monday and Thursday, 11 am. 6 steps to children's library
Mildmay Library 21-23 Mildmay Pk N1 4NA 020 7527 7880	Mon, Sat 9.30-5. Tue, Thur 9.30-8. Wed, Fri, closed.	Baby Bounce: Thursday, 11 am; Under 5s: Monday, 11 am .Wheelchair access.
N4 Library 26 Blackstock Road N4 2DW 020 7527 7800	Mon, Tue, Thur 9.30- 8. Wed, Fri, Sat 9.30- 5.	Baby Bounce: Tuesday, 11 am; Under 5s: Thursday, 11 am. Wheelchair access.
Central Library 2 Fieldway Cres N5 1PF 020 7527 6900	Mon, Wed, Thur 9.30-8. Tue, Fri, Sat 9.30-5. Sun 1-5.	Baby Bounce: Wednesday and Thursday, 11 am; Under 5s: Tuesday and Friday, 11 am. Phone to book PC, internet sessions.
John Barnes Library 275 Camden Rd N7 OJN 020 7527 7900	Tue, Thur 9.30-8. Wed, Sat 9.30-5. Mon, Fri, closed.	Baby Bounce: Thursday, 2pm; Under 5s: Wednesday, 10.45am Wheelchair access.
North Library Manor Gardens N7 6JX 020 7527 7840	Mon, Sat 9.30-5. Tue, Thur 9.30-7. Fri 9.30-1. Wed, closed.	Baby Bounce: Friday, 11 am; Under 5s: Tuesday, 11 am
Archway Library Hamlyn House Highgate Hill N19 5PH 020 7527 7820	Mon, Thur 9.30-8. Tue, Sat 9.30-5. Fri 9.30-1. Wed, closed.	Baby Bounce: Monday , 10.30am; Under 5s: Thursday, 11 am Wheelchair access.

Leisure centres and sport	
Ironmonger Row Baths EC1V 3QF 020 7253 4011	Warm teaching pool, parties, lessons, holiday programme, toys and floats.
Cally Pool Caledonian Rd N1 ONH 020 7278 1890	Warm teaching pool, children's parties, toys & floats sessions.
Highbury Pool Highbury Cres N5 1RR 020 7704 2312	Children's float sessions, lessons.
Sobell Safari Soft Play Sobell Leisure Centre, Hornsey Rd N7 7NY 020 7609 2166	Parties, ice rink, Safari Soft Play (see Indoor Play section), gym, trampolining

Little Kickers North and East London 020 8958 2808 amarks@littlekickers.co.uk	Football and team skills for 2-5s. Fri 2.15-3, 3.15-4, 4.15-5 and Sat 9.15-10, 10.15-11, 11.15-12 St Mary's Neighbourhood Centre, Upper St N1
MiniTennis Islington Tennis Centre Market Road N7 020 7700 1370	Tue, Thur & Sat term time coached sessions for 3-5s, 4-4.30, 4.30-5pm. No need to book, just turn up. Carers must stay. For all ages.
Archway Leisure Centre 14 Macdonald Rd N19 5DD 020 7281 4105	Leisure pool with river run, spa pools, water slide, water jets, waves, parties, magic boat soft play area

Theatre

Little Angel Theatre 14 Dagmar Passage off Cross Street N1 2DN 020 7226 1787	Puppet shows for 3 yrs + Ring for the latest shows www.littleangeltheatre.com
Lauderdale House Highgate Hill N6 5HG 020 8348 8716	Shows for 3-8 yrs Sat 10am & 11.30. Just turn up, £4.50/£3. Enjoy the park afterwards!
Tricycle Theatre & Cinema 269 Kilburn High Road NW6 020 7328 1000	Saturday shows for children aged 2-11 and twice on weekdays. Tickets £5 for variety of theatre, puppet and film shows. Trains from Highbury & Islington to Brondesbury.

Parties

Cally Pool Caledonian Road N1 ONH 020 7278 1890	Groups of children & adults can hire the large or small pool for exclusive use at hourly rates. See also Leisure Centres.
Highbury Fields Bandstand N5 1UP 020 7704 9337	Private children's party bookings at weekends, concessions available.
Sobell Safari Soft Play Hornsey Road N7 7NY 020 7609 2166	Children's parties, ice rink, Safari Soft Play
Party Party 11 Southampton Road NW5 4JS 020 7267 9084	Supplies everything for children's parties. www.partyparty.com
Bouncing Kids 127 Northfields Avenue West Ealing W13 9QR 020 8840 0110 www.kids-party.com/bouncingkids	Balloons, bouncy castles, face painting, qualified people to run your party. Tables and chairs too. Bouncing Kids has done a lot of work with the former Islington Sure Starts and knows the area well.
www.familiesonline.co.uk	Popular choice for parents planning parties.

Support for parents: organisations

<p>Babysitting Timebank Based at Caxton House 020 7263 3151 Ask for John Garces</p>	<p>Islington Timebank gives you the opportunity to trade skills services without using money. The Timebank runs Criminal Records Bureau checks on all members who offer services for the very young and other vulnerable people. Babysitting is a service you may be able to get. Just offer something in return: ironing, cake-making, teaching cake-making, gardening, anything you can do.</p>
<p>Coram Parents' Centre 49 Mecklenburgh Square WC1N 2QA 020 7520 0311</p>	<p>Range of workshops and classes for parents and carers. Creche, baby massage, born to learn project.</p>
<p>Credit Union Islington and City Credit Union Caxton House 129 St John's Way N19 3RQ 020 7561 1786</p>	<p>Savings and loans co-operative owned by its members. Save as you borrow to reduce the need to borrow. Loans are at a low interest rate. Dividends may be paid on savings. Avoids loan sharks.</p>
<p>Family Action Islington 608 Holloway Road N19 3PH 020 7254 6251 www.fwa.org.uk</p>	<p>Targeted to children aged 5-13, at medium to high risk in several of the following areas: Well being, self-esteem, behaviour, school attendance or attainment, exclusion, involvement in anti-social behaviour or crime, family breakdown. The service works with the whole family, providing practical and flexible home-based support through family support workers.</p>
<p>Hackney and Islington National Childbirth Trust general_hinct@yahoo.co.uk 0844 243 6147</p>	<p>Local post-natal support groups, breastfeeding counselling, secondhand clothes sales, free service. www.nctpregnancyandbabycare.com</p>
<p>Home-Start Islington 84 Mayton Street London N7 6QT 020 7609 8030</p>	<p>Families with a child under 5 can ask for home visits, someone to go with them to parent and toddler groups. Just ask. Home Start is also pleased to hear from volunteers.</p>
<p>Islington Families 84 Mayton Street London N7 6QT 0845 600 1055</p>	<p>Support to enable vulnerable families to have access to services and resources, to improve quality of life and to prevent crisis.</p>
<p>The Real Nappy Campaign Islington Council Freepost NAT 7205 PO Box 34768 N7 9BR 020 7527 5157</p>	<p>Avoid sending thousands of nappies to landfill. No safety pins, lovely colours, can be washed at home or by professionals. www.realnappiesforlondon.org.uk .</p>
<p>www.homedad.org.uk</p>	<p>Website for fathers looking after their children at home</p>
<p>The Parent House 55 Calshot Street N1 9AR 020 7837 1383</p>	<p>Parenting classes, one to one sessions, range of workshops and short courses, help, advice.</p>

Support for parents: websites	
www.familylives.org.uk 0808 800 2222	Helpline and advice covering all aspects of parenting. Listening ear, crisis management.
www.cafamily.org.uk 0808 808 3555 Helpline 0808 808 3556 Textphone	Contact-a-Family is expert at putting people affected by disability in touch with each other for support, ideas on coping, and anything that will help.
www.workingfamilies.org.uk	This website helps you work out what your entitlements are and has helpline numbers.
www.direct.gov.uk	DirectGov has links to all types of benefits, funding for students, childcare, help for people with disabilities, housing plus careers advice and much more.
www.netmums.com	Ideas for things to do and practical support.

Islington Family Information Service

We provide free and confidential information and advice to help children, young people and families in Islington find the services they need.

- Nurseries and playgroups
- Childminders
- Holiday activities
- Service for disabled children and young people
- Parenting and family support services
- Money advice
- Getting into work or training
- Local information on health and housing
- Things to do: Babies and children under 5
- Things to do: Children 5 to 11
- Things to do: Young People



Family Directory

You can also visit the Family Directory, a quick and easy online guide to services for children, young people and families in Islington www.islington.gov.uk/familydirectory

Contact

Islington Family Information Service, 222 Upper Street, London N1 1XR

020 7527 5959 fis@islington.gov.uk

Our information and advice line is open Monday to Friday 9am to 4pm, 24 hour voicemail service.

Complaints

If you have a complaint about any service, please raise it with the provider first. If your problem is not sorted out, you can go through Islington Council's complaints procedure for services that the council provides. For services provided by voluntary groups, you need to complain to the management committee. For services provided by private groups, complain to the owners. For Ofsted-registered providers speak to Ofsted on 08456 404040.