

FREE Bright Start Activities

(For Islington residents with a child under 5 years)

Updated 1 December 2020 (last day Tuesday 22 December)

For more information on how to book on a session use the colour coding to contact the Bright Start area that runs the session.

Online sessions are the **purple shaded boxes**.

Face to face sessions in parks or children Centres are **shaded in yellow**. All these sessions are COVID secure hence the rule of 6 does **not** apply.

Bright Start West

brightstartwest@islington.gov.uk
020 7527 8441

Bright Start East

brightstarteast@islington.gov.uk
020 7527 8465

Bright Start South

e: brightstartsouth@islington.gov.uk
t: 020 7527 4089

Telephone Family Support

Our Family Engagement Workers are available on Mondays, Wednesdays & Fridays between 9am - 12noon Ring: 020 7527 8376

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
New Parent Group (by invitation) 10 -11am West (Hungerford) *In person	0-5s Come & Play 9.30 -10am East *Online	Chatterpillars (by invitation) 10 -11am East (Andover) *In Person	Family Support Surgeries 9.30 -11.30am (by appointment) East (Conewood) *In person West (Hungerford) *In person South (Golden Lane) *In Person	Song & Movement 10 -10.30am East *Online
0- 5s Come & Play 10.15 - 10.45am West *Online	Antenatal Yoga 9.30 -10.30am South *Online	Under 1s meet up *In Person 11am - 12noon South (Arlington Square)		Under 1's Stay & Play 10 -11 am *In Person South (Moreland)
Baby massage (4 week course) 10.30am -12noon South *Online	Under 1s Stay & Play 10 -11am East (Conewood) *In Person	Song & Movement 11.45am - 12.15pm West *Online	Song & Movement 9.30 -10.00am South *Online	Discover the Parks 10 -11am *In Person 11.15am -12.15pm South (venues vary)
Extra Boost 10.30 - 11.30am South (Golden Lane) *In Person	Postnatal Yoga 10.30 -11.45am South *Online	Family Kitchen (4 Nov - 9 Dec) Visit: www.islington.gov.uk/familiesforlife *Online	First Aid (1 -5 years) 10.30 -11.30am (17 Dec) East *Online	
Discover the Parks 11.30am - 12.30pm East (Gillespie Park) *In Person	Chatterpillars (by invitation) 10.30 -11.30am South (Golden Lane) *In Person	For online breastfeeding support visit https://www.facebook.com/breastfeedingislington	Discover the Parks 10.30 -11.30am East (Gillespie) *In Person	Baby Massage 11-12 noon East *Online
Subscribe to our BrightStart Bright Idea's newsletter http://bit.ly/BSBIssubscribe	Chatterpillars (by invitation) 11.15am - 12.15noon West (Archway) *In Person		SENSory adventures 11.15am -12noon West (Archway) *In Person	
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Discover the Parks *In Person 1.30 -2.30pm West (Whittington Park)	First Aid (Under 1s) 1.30 -2.30pm (15 Dec) East *Online	SENSory adventures (by invitation) 2 -2.45pm	Zumba (parent and child) 1.30 -2.30pm South *Online	Story and Song 1.30 - 2pm East * Online
Extra Boost 1:30 -2.30pm South (Golden Lane) *In Person	Chatterpillars (by invitation) 1.45 - 2.45pm West (Archway) *In Person	For Adult Learning courses including ESOL, Maths, English and Family Learning visit www.islington.gov.uk/adultlearning *Online	Discover the Parks 1.30 -2.30pm *In Person West (Calendonía Park)	Chatterpillars 1.30 - 2-30pm East (Andover) *In person
Introducing Solids 2 -3pm (7 Dec) West *Online	Bi-lingual Stories & Rhymes 2 - 2.30pm (Bengali 1- 15/12) South *Online		Under 1s Stay & Play 2-3pm East (Conewood) *In Person	Under 1s Come & Play 2 -2.30pm West *Online
Under 1s Come & Play 3 -4pm West (Bemerton) *In person	New Parents' Group 2.45 -3.45pm East *Online		New Parents' Group 2-3pm West *Online	Growing Together workshops on Parenting Toddlers in a Pandemic and Calmer Nights see details at www.islington.gov.uk/brightstartonline
		To use Bright Start services you will need to register. Click on the link www.islington.gov.uk/brightstart	Under 1s Stay & Play 3-4pm West (Archway) *In Person	