



**Bright
Start
Islington**

Every child | Every family



**South
area
weekly
timetable**

Spring Term
3 January -
18 April
2019

Early childhood services
for Islington children
and families

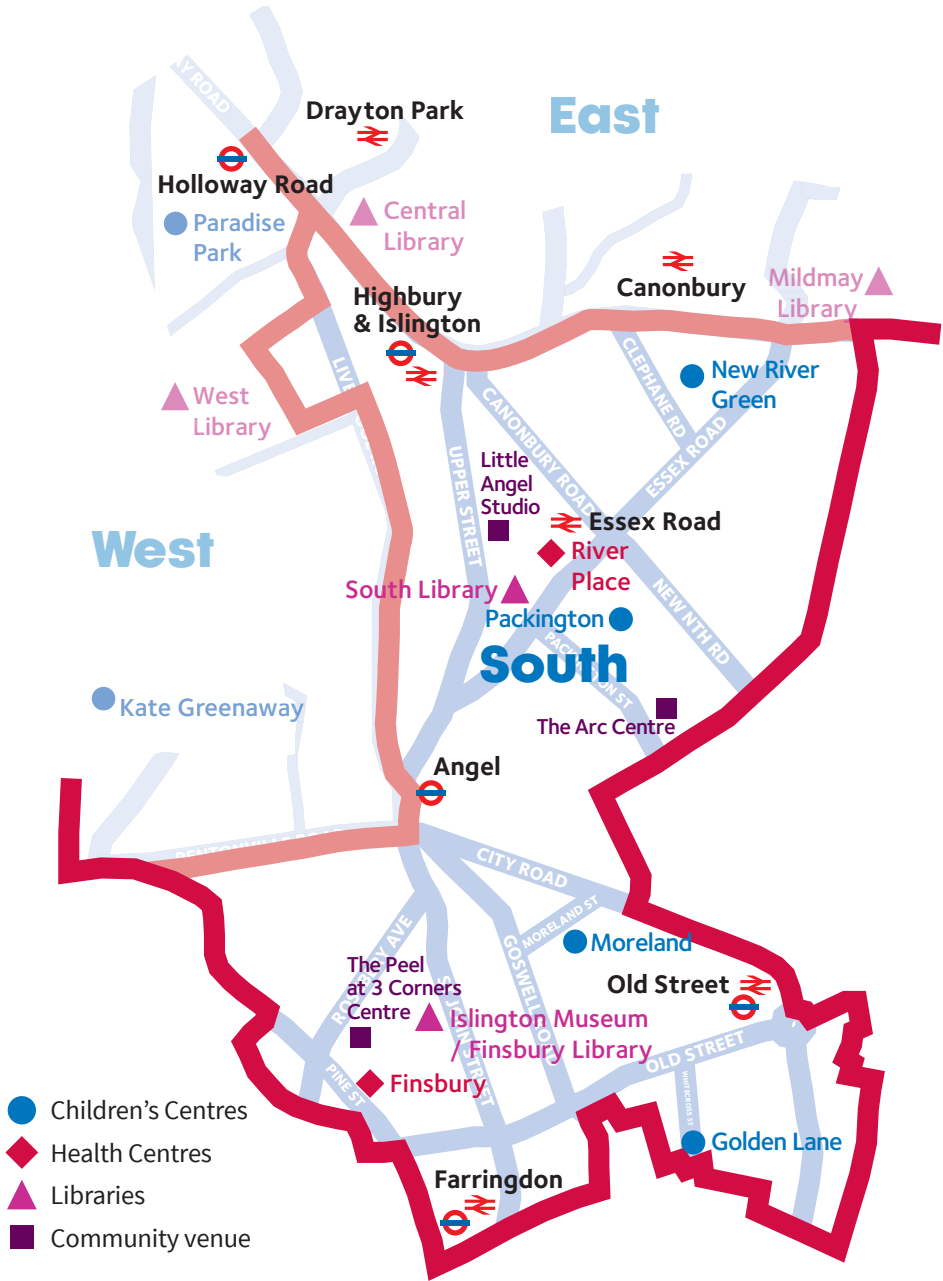

Whittington Health
NHS Trust



ISLINGTON

Working in partnership

Where to find us



Childcare and local services

For information and advice about local services for families, including finding and paying for childcare, contact Islington FIS (Family Information Service) on 020 7527 5959, fis@islington.gov.uk, www.islington.gov.uk/fis

Drop in session information:

Please see the timetable overleaf for details of drop in sessions.



Child Health Clinic

Run by health visitors where you can get information and ask any questions about your child's health, growth, development and immunisations. *Please bring your red book.*



Breastfeeding Support

Information and help with breastfeeding, starting your baby on solid foods and an opportunity to meet other breastfeeding mothers. Islington Breastfeeding Support Team: 020 3316 8439
Breastfeeding Network Helpline: 0300 100 0210



Stay and Plays

Under 1s and 0-5s: Come and play with your child, meet other parents, have fun and pick up tips on how to support your child's learning and development.

Childminders' Group: For registered childminders and the children they look after. Children play while childminders meet, gain support and share ideas. Open to parents who would like to meet local childminders.



Special Educational Needs and Disabilities (SEND)

All Bright Start activities are accessible and inclusive. Extra Boost and SENSory Stay and Play sessions support children with additional needs and their families. For further information, contact your health visitor or children's centre.

Palace for all Stay and Play - contact 020 7561 1689.

Deaf Parent Stay and Play and support - contact Deaf Parenting UK info@deafparent.org.uk or 07928 842529.



Chatterpillars (18 months – 3.5 years, by invitation)

Run by Bright Start staff with support from a speech and language therapist. Each week includes a top tip, group activity and song time to boost children's language development. For further information contact your health visitor or children's centre.



Library service: Baby Bounce (0-18 months) and Under Fives (18 months – 4 years) story and rhyme time sessions

Relaxed, friendly activities aimed at introducing babies and young children to books and reading.

Services by appointment:

Please contact the service to make an appointment.



Antenatal and Postnatal Clinics

Clinics are run by UCLH midwives (020 3447 9400) and Whittington midwives (020 7288 3482) at the following venues:

Moreland Children's Centre	Tuesday (Whittington) Monday, Wednesday, Friday (UCLH)
Golden Lane Children's Centre	Monday (Whittington) Thursday (UCLH)
New River Green Children's Centre	Monday, Tuesday, Wednesday (UCLH) Thursday, Friday (Whittington)

Saturday antenatal classes are also run at some children's centres. For more information contact your midwife.



Child and Adolescent Mental Health Service (CAMHS) and Growing Together (contact: 020 3316 1824)

CAMHS clinicians offer one to one appointments to discuss concerns regarding your child's emotional well-being, behaviour or development.

Growing Together provides therapeutic help to parents and carers with mental health difficulties such as depression and anxiety, and their children, aged 1-5, who also need emotional support.

For both services, contact your GP, health visitor, or children's centre staff for a referral.



Family Support

Family Support Workers help with a range of family issues and signpost to other services such as housing and iWork. Contact your health visitor, nursery or local children's centre or make an appointment at your local family support surgery (see timetable for details).



iWork

Supports parents into employment, training, searching and applying for jobs and preparing for interviews.

Contact: iwork@islington.gov.uk or 020 7527 2706

South area weekly timetable **Spring Term**

3 January - 18 April 2019

Venue details

Moreland Children's Centre 2 Gard Street EC1V 8BX 020 7527 3500 Ext 1 020 7253 8144	Herongate House Ridgewell Close N1 8TJ
Golden Lane Children's Centre 101 Whitecross Street EC1Y 8JA 020 7786 4800	The Arc 98b St Paul Street N1 7DF
Packington Children's Centre 32a Popham Road N1 8SJ 020 7527 4089	The Peel at 3 Corners Centre Northampton Road EC1R 0HU
New River Green Children's Centre 23 Ramsay Walk N1 2SX 020 7527 4813	South Library 115-117 Essex Road N1 2SL 020 7527 7860
Islington FIS drop in Islington Customer Centre 222 Upper Street N1 1XR 020 7527 5959	Finsbury Library 245 St John Street EC1V 4NB 020 7527 7960
Little Angel Studio 132 Sebbon Street N1 2EH	

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
Childminders' Group 9.30-11.30am Moreland	0-5s Stay and Play 9.30-11am Moreland	0-5s Stay and Play 9.30-11am Moreland	Child Health Clinic 9-11am, Moreland	Under 1s Stay and Play 9.30-11am Moreland
0-5s Stay and Play 9.30-11am Golden Lane	Chatterpillars (by invitation) 9.30-11am Moreland	Family Support Surgery 9.30-11.30am Moreland	Breastfeeding Support 9.30-11am Moreland	0-5s Stay and Play 9.30-11am Packington at The Arc
Baby Massage 10-11.30am (4 week course, to book call 020 7527 4089) Herongate House	Introduction to Solids Workshop 10am-12noon 4th Tuesday of the month For more information please call 020 3316 1094 Golden Lane	Under 1s Stay and Play 9.30-11am New River Green	0-5s Song and Movement Stay and Play 9.30-10.15 The Peel at 3 Corners	Childminders' Group 10.30-11.30am Little Angel Studio
0-5s Stay and Play 9.30-11am New River Green	This Girl Can: Antenatal and Postnatal Yoga (£10 for 5 weeks, to book call 020 7527 4089) 9.30-10.30am Antenatal 10.30-11.30am Postnatal Packington at The Arc	First Aid Course for Parents Information sessions for parents are delivered from some of our children's centres. For more information please see our newsletter.	0-5s Stay and Play 9.30-11am New River Green	Baby Bounce Rhyme Time 11am South Library
Under Fives Story and Rhyme Time 11am South Library	Childminders' Group 9.30-11.30am New River Green	Did you know some 2 year olds are eligible for 15 hours free childcare? All 3 and 4 year olds are eligible for 15 hours free childcare and some are eligible for 30 hours. To find out more contact your local children's centre.	Family Support Surgery 9.30-11.30am New River Green	
Housing Surgery 9.30am-1pm 21/1, 18/2, 18/3, 15/4 Appointment only 020 7527 4089 New River Green	0-5s Stay and Play 10-11.30am Herongate House	Food Bank vouchers Did you know all our staff can issue Food Bank vouchers? Ask a Bright Start family support worker or member of staff in a Stay and Play for more information.	Baby Bounce Rhyme Time 11am Finsbury Library	Friday PM
Look out for our area newsletters for other local activities happening throughout the week.	Under Fives Story and Rhyme Time 11am Finsbury Library		Story and Rhyme Time for Childminders 10.30-11am (1st Thursday of every month) Finsbury Library	0-5s Stay and Play 1.30-3pm Golden Lane
Free Healthy Start vitamins are available at all children's centres and some health centres.			Islington FIS drop in 9am-12.30pm 222 Upper Street	Breastfeeding Support 1-2.30pm New River Green
	Monday PM	Tuesday PM	Thursday PM	Under 1s Stay and Play 1.30-3pm New River Green
Under 1s Stay and Play 1.30-3pm Golden Lane	0-5s Stay and Play 1.30-3pm Golden Lane	Wednesday PM	The Crib young parents drop-in 1.30-3.30pm Little Angel Studio	Support your child's learning through play. Little Learners Home Learning Packs available at Golden Lane Children's Centre stay and play. Come in and talk to a member of the Bright Start team.
Extra Boost with Toy Library (SEND) 1.30-3pm New River Green	Child Health Clinic 1-4pm Introduction to Solids Drop-in during clinic 1st and 3rd Tuesday of the month New River Green	0-5s Stay and Play 3.30-5pm Golden Lane	0-5s Stay and Play 3.30-5pm Packington at The Arc	
		Monthly Workshop on different topics Look out for our Wednesday Workshops in our Bright Start South Newsletter 1.30-2.30pm	Chatterpillars (by invitation) 1.30-3pm New River Green	SATURDAY ACTIVITIES
			Parent and Child Zumba 1.30-2.30pm (£10 for 5 weeks) The Peel at 3 Corners	Fathers' Stay and Play 10am-12noon 19 Jan, 2 Feb, 16 Feb, 2 Mar, 16 Mar, 30 Mar, 13 Apr New River Green