



**Bright
Start
Islington**

Every child | Every family



**West
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: 020 7527 8441



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:

Archway Children's Centre	Tuesday (Whittington)
Bemerton Children's Centre	Monday, Tuesday (UCLH) Wednesday (Whittington)
Hungerford Children's Centre	Tuesday (Whittington)
Paradise Park Children's Centre	Wednesday, Friday (Whittington)
Willow Children's Centre	Tuesday, Wednesday, Thursday (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

West area weekly timetable **Spring Term**

3 January - 18 April 2019

Venue details

Archway Children's Centre
Vorley Road
N19 5HE
020 7527 4827

Cat and Mouse Library
277 Camden Road
N7 0JN
020 7527 7900

Bemerton Children's Centre
1a Coatbridge House
Carnoustie Drive
N1 0DX
020 7527 4806

Lewis Carroll Library
166 Copenhagen Street
N1 0ST
020 527 7936

Hungerford Children's Centre
10 Goodinge Road
N7 9LH
020 7527 8441

West Library
Bridgeman Road
N1 1BD
020 7527 7920

Kate Greenaway Nursery School and Children's Centre
York Way Court
Copenhagen Street, N1 0UH
020 7527 4850

Bingfield Health Centre
8 Bingfield Street
N1 0AL
020 7527 1605

Paradise Park Children's Centre
164 Mackenzie Road
N7 8SE
020 7697 7330

Goodinge Health Centre
20 North Road
N7 9EW
020 3316 8601

Willow Children's Centre
1a Holbrooke Court
N7 0BF
020 7527 1990

Whittington Park Early Years Hub
Holloway Road
N19 4RS
020 7272 1847

Archway Library
Hamlyn House
Highgate Hill
N19 5PH
020 7527 7820

Monday AM

0-5s Stay and Play
10-11.30am
Willow

Housing Surgery (by appointment)
9-1.30pm
28 Jan, 25 Feb, 25 Mar
Ring 020 7527 8441 to book

0-5s Stay and Play
10-11.30am
Archway

Baby Bounce Rhyme Time
11am
Archway Library

Baby Bounce Rhyme Time
11am
Lewis Carroll Library

Free Healthy Start vitamins are available at all children's centres and some health centres.

Monday PM

This Girl Can: Mother and Baby Yoga
1.30-2.30pm £2
Ring 020 7527 8441 to book
Archway

Under 1s Stay and Play
1.30-3pm
Bemerton

New Parents' Group
1.30-3pm
Ring 020 7527 8441 to book
Bemerton

Child Health Clinic
2-4pm
Bingfield

Tuesday AM

0-5s Stay and Play (with toy library)
9.30-11am
Hungerford

Under 1s Stay and Play (with toy library)
10-11.30am
Paradise Park

Chatterpillars (by invitation)
10-11.30am
Archway

Childminders' Group (Term time only)
10-11.30am
Willow

Under 5s Story and Rhyme Time
11am
West Library

Under 5s Story and Rhyme Time
11am
Cat and Mouse Library

Breastfeeding gives your baby the best start. Why not come to one of our support groups?

Tuesday PM

Breastfeeding Support
1-2.30pm
Hungerford

Child Health Clinic
1-3pm
Archway

Under 1s Stay and Play
1.30-3pm
Archway

Wednesday AM

Family Support Surgery (by appointment)
9-11.30am
Ring 020 7527 8441
Paradise Park

0-5s Stay and Play (with toy library)
10-11.30am
Paradise Park

Under 5s Story and Rhyme Time
11am
Lewis Carroll Library

Under 5s Story and Rhyme Time
11am
Archway Library

Childminders' Stay and Play
9.30am-12noon
Whittington Park

Child Health Clinic (with breastfeeding support)
9.30-11am
Plus Introducing Solids
Drop-in 9 Jan, 13 Feb,
13 Mar, 10 Apr
Bingfield

Wednesday PM

0-5s Stay and Play
1-3pm
Whittington Park

Under 1s Stay and Play
1.30-3pm
Willow

Breastfeeding Support (Premature babies welcome)
1-2.30pm
Archway

This Girl Can: Mother and Baby Yoga
1.30-3pm £2.50
Ring 020 7527 8441 to book
Bemerton

Thursday AM

0-5s Stay and Play
10-11.30am
Bemerton

Family Support Surgery (by appointment)
9-11.30am
Ring 020 7527 8441
Bemerton

SENSory Stay and Play (by invitation)
9.45-11.45am
Archway

Introducing Solids Workshop
10.30 - 11.30am
24 Jan, 28 Feb, 28 Mar
Ring 020 7527 8441
Hungerford

Baby Bounce Rhyme Time
11am
Cat and Mouse Library

Childminders' Stay and Play
9.30am-12noon
Whittington Park

Islington Family Information Service run an advice session from 9am-12.30pm on Thursdays at 222 Upper Street N1 1XR.

Thursday PM

0-5s Stay and Play
1-3pm
Whittington Park

Child Health Clinic
1.30-3.30pm
Goodinge

0-5s Stay and Play
1.30-3pm
Hungerford

Under 1s Stay and Play
1.30-3pm
Archway

Friday AM

Chatterpillars (by invitation)
10-11.30am
Willow

Child Health Clinic (with breastfeeding support)
9.30-11.30am
Paradise Park

0-5s Stay and Play
10-11.30am
Archway

Baby Bounce Rhyme Time (with toy library)
11am
West Library

Friday PM

Under 1s Stay and Play (with toy library)
1.30-3pm
Hungerford

SATURDAY AM

Fathers' Stay and Play
10am-12noon
Willow
12, 19, 26 Jan
2, 9, 16, 23 Feb
2, 9, 16, 23, 30 Mar
6 Apr

First Saturday of the month
all family members welcome

Lego Club at the Library
Ages 18 months+
2.30-4pm
First Saturday of every month - Cat and Mouse Library
Last Saturday of every month - Archway Library and Lewis Carroll Library

Under 5s Story and Rhyme Time for Dads
11am (first Sat of month only)
Lewis Carroll Library