

FREE Bright Start Activities - Online

(For Islington residents with a child under 5 years)

8 January 2021 (all activities **MUST** be booked in advance)

To book on our online activities use the colour coding to contact the Bright Start areas that runs the session. You will be sent an email 24 hrs in advance with the zoom link.

Activities in white boxes are run by our partner organisations.

For details of 'In Person' sessions (in children's centres or parks) see the separate timetable available at www.islington.gov.uk/brightstart

Bright Start North

brightstartnorth@islington.gov.uk
020 7527 8441

Bright Start Central

brightstartcentral@islington.gov.uk
020 7527 8465

Bright Start South

brightstartsouth@islington.gov.uk
020 7527 4089

Telephone Family Support

Our Family Engagement Workers are available every day Monday - Friday 9am - 12noon
Ring: 020 7527 8376

| Monday PM | Tuesday AM | Wednesday AM | Thursday AM | Friday AM |
|--|--|--|--|---|
| Housing Surgery (Private tenants) 9am -12.30 (25 Jan only) North * By phone | 0-5s Come & Play 9.30 -10am Central | SENAdventures (by invitation) 9.30 - 10am Central | Song & Movement 9.30 -10.00am South | Story & Songs 10 -10.30am Central |
| CAMHS Toileting Workshop 10 - 11am (25 Jan only) North | Antenatal Yoga 9.30 -10.30am South | New Parent Group 10 -11am South | First Aid (1 -5 years) 10.30 -11.30am (28 Jan only) North | Discover play in the home 11-11.30am South |
| 0- 5s Come & Play 10.15 - 10.45am North | Chatterpillars 10.15 -10.45am Central | Supporting Children in Nursery & Reception (Level 1) 10 am - 12noon (from 28 Jan) | SENAdventures (by invitation) 11.45am - 12.15pm North | Family Kitchen 10 - 11.30am (15 Jan - 19 Feb) To book visit: www.islington.gov.uk |
| Baby massage (4 week course) 10.30am -12noon South | Postnatal Yoga 10.30 -11.45am South | For assessment & enrolment details see www.islington.gov.uk/brightstartonline | For online breastfeeding support visit https://www.facebook.com/breastfeedingislington | gov.uk/familiesforlife |
| Introducing Solids Workshops 11am -12noon (11 Jan, 1 Feb, 15 Mar) Central | Story and Rhyme Time (0-5s) with Islington libraries 11 am For booking details visit https://tinyurl.com/ybfoe8r | Song & Movement 11.45am -12.15pm North | To use Bright Start services you will need to register. Click on the link www.islington.gov.uk/brightstart | Through Islington's Covid-19 winter grant, families with under 5s who are receiving either Housing Benefit or Council Tax support will receive a letter with information on how to claim a supermarket voucher. For support or more information please contact our telephone family support surgery. See box bottom left. |
| Extra Boost 11 -11.30am South | Chatterpillars 11 - 11.30am South | For Adult Learning courses including ESOL, Maths, English and Literacy visit www.islington.gov.uk/adultlearning . | Supporting Children in Nursery & Reception (Level 1) 10 am - 12noon (from 28 Jan) For assessment & enrolment details see www.islington.gov.uk/brightstartonline | |
| Under 1s Come & Play 11.45am - 12.30pm Central | Chatterpillars 11.45am - 12.15pm North | | | |
| Monday PM | Tuesday PM | Wednesday PM | Thursday PM | Friday PM |
| Introducing Solids Workshops 2 -3pm 18 Jan, 8 Feb & 1 Mar - North 4 Jan, 15 Feb & 29 Mar - South | First Aid (Under 1s) 1.30 -2.30pm (26 Jan only) North | Under 1s Come & Play (Dads) 1.30 - 2pm North | Zumba (parent and child) 1.30 -2.30pm South | Song & Movement 1.30 - 2pm Central |
| | Chatterpillars 1.30 - 2pm North | Growing Together workshops (parent with child aged 1-5yrs) 21/1 Mindfulness & parenting 12/2 Calmer Nights To book visit https://www.eventbrite.co.uk/o/growing-together-13053709783 | New Parents' Group 2-3pm North | Under 1s Come & Play 2 -2.30pm North |
| Speech & Language Therapy Workshops 2-3pm Special Time 18 & 25 Jan - Central Early Communication 1 Feb - North 22 Mar Talk and Play - South | 0 -5s Come & Play 1.30 -2pm South | | For British Library family workshops for 3 - 5 year olds visit https://www.bl.uk/events?eventsubtype=family-activity | Subscribe to our BrightStart Bright Idea's newsletter http://bit.ly/BSBIsubscribe |
| Under 1s Come & Play 3.30 - 4pm South | Baby Massage 2.30 -3.30pm North | | | |
| | New Parents' Group 2.45 -3.45pm Central | | | |