

FREE Bright Start Activities – ONLINE

(For Islington residents with a child under 5 years)

19 April – 28 May 2021 (all activities MUST be booked in advance)

To book activities use the colour coding to contact the Bright Start areas that runs the session.

For online activities (purple boxes) you will be sent an email 24 hrs in advance with the zoom link.

Activities in white boxes (blue writing) are run by our partner organisations.

Other boxes contain general information or details of other activities. Visit

www.islington.gov.uk/brightstart

for a timetable of 'in person' activities

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
'In person' appointments can be booked

Monday PM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
0- 5s Come & Play 9.30 - 10am North	0-5s Come & Play 9.30 -10am Central	New Parent Group 10 -11am South	Song & Movement 9.30 -10am South	Story & Songs 10 -10.30am Central
Housing Advice Surgery - by phone (for private tenants only) 10am -1pm 19 Apr, 17 May - South 26 Apr, 24 May - North 5 May, 7 Jun - Central	Antenatal Yoga 9.30 -10.30am South	Family Kitchen (2 -5 year olds) 10 -11.30am (21 Apr - 26 May) To book visit www.islington.gov.uk/familiesforlife	Antenatal Q&A sessions (run by Breastfeeding Network) Get ready for life with your new baby Various dates and times To join visit: www.bit.ly/AntenatalBF	British Library Workshop Discover Sounds (0-3 years) 10:30 - 11am (4 week workshop) To book Brightstartsouth@islington.gov.uk t: 020 7527 4089
Baby massage (4 week course) 10.30am -12noon South	Under 1s Sleep Workshop 10 -11am (18 May only) North	Mums & Babies Meet- up (BFN) 10.30-11.30am To join visit: www.bit.ly/MABMU	British Library family workshops visit https://www.bl.uk/events?eventsub-type=family-activity	Discover Play in the Home 11 - 11.30am South
Introducing Solids Workshops 11am -12noon 26 Apr - Central	Preparing to Work with Children in Schools (level 1) 10am - 1pm (4 May - 13 July) Contact to book e: Anna.Stec@islington.gov.uk m: 07769 235 790	Song & Movement 11.45am -12.15pm North		Subscribe to our BrightStart Bright Idea's newsletter http://bit.li/BSBSubscribe
To use Bright Start services you will need to register. Click on the link www.islington.gov.uk/brightstart	Postnatal Yoga 10.30 -11.45am South	For information on parenting programmes visit: www.islington.gov.uk/parenting-programmes		
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
SLT Workshops 1.30 - 2.30pm Special time 10 & 17 May - North Talk & Play 24 May - South	Introducing Solids Workshops 2- 3pm (20 May) South	Supporting Children in Nursery and Reception (level 1) 1 -3pm (from 19 May, 6 weeks) Contact e: Anna.Stec@islington.gov.uk , m 07769 235 790	Zumba (parent and child) 1.30 -2.30pm South	Breastfeeding Support Group (BFN) 1 -2.30pm To join visit: www.bit.ly/AmblerBF
Introducing Solids Workshops 2 -3pm 17 May - North	For Adult Learning courses including ESOL, Maths, English and Literacy visit www.islington.gov.uk/adultlearning	First Aid (Under 1s) 2.30 - 3.30pm 28 Apr - North 26 May - Central	First Aid (0-5s) 1.30 -2.30pm 29 Apr - North	First Aid (0-5s) 1.30 -2.30pm (28 May only) Central
Under 1s Come & Play 3.30 -4pm South		Growing Together Workshop Mindfulness and parenting 2pm (19 May only) To book visit: https://www.eventbrite.co.uk/e/mindfulness-and-parenting-tickets-151173069721	New Parent Group 2 - 3pm North	Under 1s Come & Play 2 -2.30pm North
		Expecting a Baby? Come and meet other parents - to- be 6 -7pm (from 5 May) North	Story and Rhyme Time (0-5s) (with Islington libraries) For more information visit https://tinyurl.com/yb1foe8r	For more information on breastfeeding support visit www.islington.gov.uk/breastfeeding