



# Bright Start Activities

Updated 8 September 2020



**For more information, to book on a session or support with technology** use the colour coding to contact the Bright Start area that will host the session.

All sessions take place on Zoom and you will be sent the link by email 24 hours in advance.

**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

**Outdoor activities in parks**

Our Family Engagement Workers are available on a dedicated phone line Mon –Fri between 9am - 12noon to answer any questions you have.

Bright Start **East** 020 7527 8376  
 Bright Start **South** 020 7527 8512  
 Bright Start **West** 020 7527 8531

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
0-5s Come & Play 10.15.- 10.45am	0-5s Come & Play 9.30 -10am	Under 1s Come & Play 10.15 -10.45am	Song & Movement 9.30 -10.00am	Song & Movement 10 -10.30am
Baby massage (4 week course) 10.30am -12noon	Antenatal Yoga 9.30 -10.30am	Song & Movement 11.45am -12.15pm	Introducing Solid Foods 10 -11am (10 & 24 Sept, 8 & 22 Oct)	Family Picnic 11am -12.30pm (11 Sept - 2 Oct) Barnard Park To book contact Bright Start West
Under 1s meet up 11.30 -1pm (14 Sept - 5 Oct) Gillespie Park To book contact Bright Start East	Chatterpillars (by invitation) 10.15-10.45am	Small Talk (ACL) 11am (30 Sept -14 Oct)	Family Kitchen 10.30 -11.30am To book visit: <a href="http://www.islington.gov.uk/familiesforlife">www.islington.gov.uk/familiesforlife</a>	Family Picnic 12.00 -1.30pm (11 Sept - 2 Oct) Arlington Square To book contact Bright Start South
First Aid (Dates & times vary) Contact: Bright Start South	Postnatal Yoga 10.30 -11.45am	Little Adventures (ACL) 11am (21 Oct only)	SEN adventures (by invitation) 11.30 - 12noon	For Adult Learning courses including ESOL, Maths, Literacy and Family Learning visit: <a href="http://www.islington.gov.uk/adultlearning">www.islington.gov.uk/adultlearning</a>
For FREE online courses for parents-to-be and those with children aged 0-19 visit <a href="http://www.islington.gov.uk/parentingprogrammes">www.islington.gov.uk/parentingprogrammes</a>	Chatterpillars (by invitation) 11-11.30am	Family Picnic 12 -1.30pm (9 - 30 Sept) Gillespie Park To book contact Bright Start East	For online breastfeeding support visit <a href="https://www.facebook.com/breastfeedingislington">https://www.facebook.com/breastfeedingislington</a>	
	Big Little Moments (ACL) 11am (22 Sept - 9 Oct)			
	Little Adventurers (ACL) 11am (13 & 20 Oct only)			
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Extra Boost 2 -2.30pm	Bi-lingual Stories & Rhymes (Bengali) 2- 2.30pm (8 - 22 Sept)	Chatterpillars (by invitation) 2 -2.30pm	Zumba 1.30 -2.30pm	Under 1s Come & Play 2 -2.30pm
Introducing Solid Foods 2 -3 pm (14 & 28 Sept, 12 Oct)	Little Minds (ACL) 2pm (6 - 20 Oct)	Sleep workshop (1-5yrs) 1.30 -3pm (21 Oct only)	New Parents' Group 2 - 3pm (6 weekly sessions)	Subscribe to our Bright Start Bright Ideas newsletter <a href="http://bit.ly/BSBIsubscribe">http://bit.ly/BSBIsubscribe</a>

For more information visit [www.islington.gov.uk/brightstartonline](http://www.islington.gov.uk/brightstartonline) call Family Information Service 020 7527 5959 email [fis@islington.gov.uk](mailto:fis@islington.gov.uk)