

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	0-5s Come & Play 9.30 -10am Central	SENAdventures (by invitation) 9.30 - 10am Central	Song & Movement 9.30 -10.00am South	Song & Movement 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 9. 45 - 10.15am North	Chatterpillars 10 .15 -10.45am Central	Supporting Children in Nursery & Reception (Level 1) 10 am - 12noon (from 28 Jan) South	SENAdventures (by invitation) 11.45am - 12.15pm North	Family Kitchen 10 - 11.30am (15 Jan - 19 Feb) To book visit: www.islington.gov.uk/familiesforlife
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	
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/yb1foe8r	Song & Movement 11.45am -12.15pm Norrrh	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 - 2.30pm North	Zumba (parent and child) 1.30 -2.30pm South	Story and Song 1.30 - 2pm Central
Speech & Language Therapy Workshops 2-3pm Special Time 18 & 25 Jan - Central Early Communication 1 Feb - North 22 Mar Talk and Play - South	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
	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.li/BSBIsubscribe
	Baby Massage 2.30 -3.30pm North			
Under 1s Come & Play 3.30 - 4pm South	New Parents' Group 2.45 -3.45pm Central			