South area weekly timetable

Summer Holidays
Monday 23 July - Thursday 16 August 2018
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: 020 7527 8441
Palace for All provides stay and play sessions with a toy library for children of all ages with disabilities, Monday to Thursday, 12.30-6pm Contact: 020 7561 1689

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 (0845 1555 000 ext. 76353) and Whittington midwives (020 7288 3482) at the following venues:

<table>
<thead>
<tr>
<th>Centre</th>
<th>Days</th>
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<tbody>
<tr>
<td>Moreland Children’s Centre</td>
<td>Monday, Friday (UCLH)</td>
</tr>
<tr>
<td>Golden Lane Children’s Centre</td>
<td>Monday (Whittington)</td>
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<tr>
<td>Packington Children’s Centre</td>
<td>Thursday (UCLH)</td>
</tr>
<tr>
<td>New River Green Children’s Centre</td>
<td>Tuesday, Wednesday (UCLH) Tuesday, Friday (Whittington)</td>
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</tbody>
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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; 020 7527 2706
### South area weekly timetable Summer Holidays

**23 July - 16 August 2018** *(see local information for 17 -31 August)*

#### Monday AM
- Baby Massage (0-6mths)
  - 10-11:30am
  - Packington Children's Centre, Herongate House
- Under Fives Story and Rhyme Time
  - 11am
  - South Library

#### Tuesday AM
- Storytelling
  - 7th August
  - 53 Cross Street House
  - 53 Cross Street, N1 2PB
  - Contact Islington Museum for details
- Animal Gifts Boxes craft session for 3+
  - 14th August
  - Finsbury Library

#### Wednesday AM
- 0-5s Stay and Play
  - 9.30-11am
  - Moreland
- First Aid course for parents
  - Look out for more information at your local children's centre or in our newsletter.

#### Thursday AM
- 0-5s Stay and Play
  - 9.30-11am
  - Moreland
- Breastfeeding Support
  - 9.30-11am
  - Moreland
- Summer celebration in the park
  - Thursday 9 August
  - 11am to 1pm
  - Nightingale Park

#### Friday AM
- 0-5s Soft Play
  - 10am-12noon
  - (From 2 August)
  - Sobell Leisure Centre

#### SATURDAY ACTIVITIES
- This Girl Can: Antenatal and Postnatal Yoga
  - (£10 per course, booking required)
  - Packington

#### More information and other area timetables at [www.islington.gov.uk/brightstart](http://www.islington.gov.uk/brightstart)