



**Bright
Start
Islington**

Every child | Every family



**East
area
weekly
timetable**

Spring Term

3 January -

18 April

2019

Early childhood services
for Islington children
and families

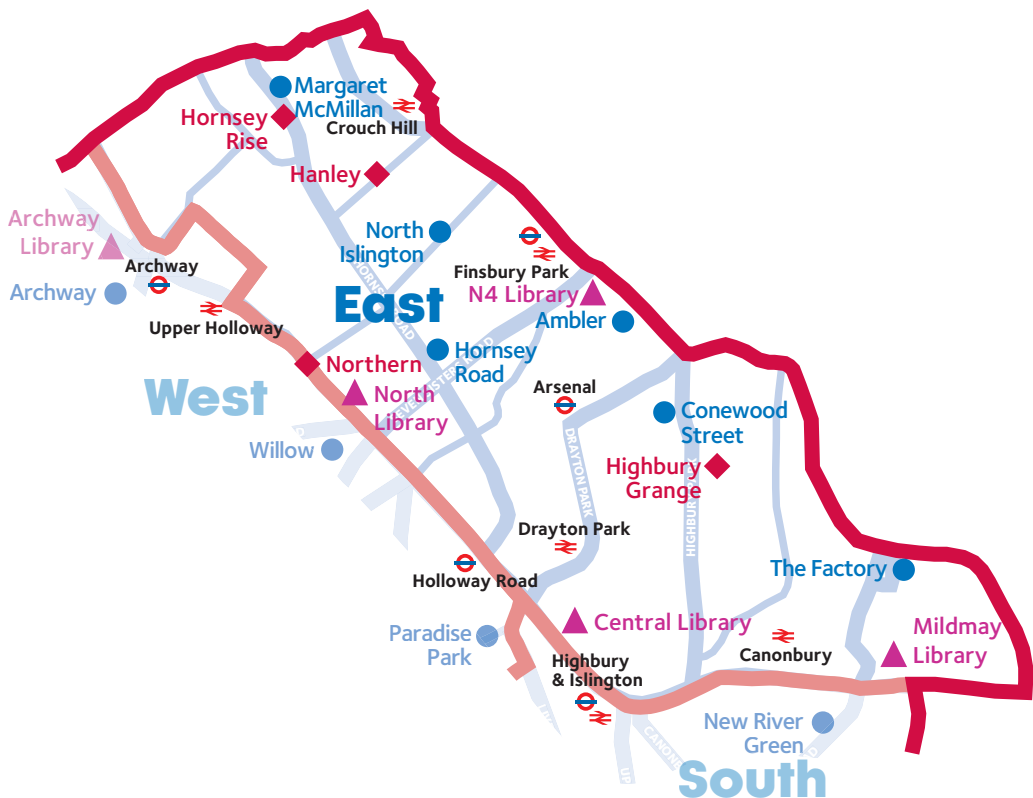

Whittington Health
NHS Trust



ISLINGTON

Working in partnership

Where to find us



- Children's Centres
- ◆ Health Centres
- ▲ Libraries

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.

Palace for all Stay and Play - contact 020 7561 1689.

Deaf Parent Stay and Play and support - contact Deaf Parenting UK info@deafparent.org.uk or 07928 842529.



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.



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 (020 3447 9400) and Whittington midwives (020 7288 3482) at the following venues:

Ambler Children's Centre	Monday, Friday
North Islington Children's Centre	Wednesday
Horney Rise Health Centre	Tuesday, Friday
Hornsey Road Children's Centre	Tuesday, Friday
Conewood Street Children's Centre	Wednesday, Thursday
Hanley Children's Centre	Monday

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 or 020 7527 2706

East area weekly timetable **Spring Term**

3 January - 18 April 2019

Venue details

Margaret McMillan Nursery School and Children's Centre
Hornsey Rise, N19 3SF
020 7281 2745

Hornsey Road Children's Centre
8 Tiltman Pl, Hornsey Road N7 7EN
020 7527 2005

North Islington Nursery School and Children's Centre
110-112 Tollington Park N4 3RB
020 7527 4844

Ambler Children's Centre
Blackstock Road, N4 2DR (entrance via Romilly Road)
020 7359 7628

The Factory Children's Centre
107 Matthias Road, N16 8NP
020 7060 7487

Conewood Street Children's Centre
14 Conewood Street, N5 1DL
020 7527 4440

Central Library
2 Fieldway Crescent, N5 1PF
020 7527 6900

Mildmay Library
21 Mildmay Park, N1 4NA
020 7527 7880

North Library
Manor Gardens, N7 6JX
020 7527 7840

N4 Library
26 Blackstock Rd, N4 2DW
020 7527 7800

Highbury Fields Bandstand
42 Highbury Place
Highbury East, N5 1QL

Birchmore Hall
Birchmore Walk
Highbury Quad Est, N5 2UA

Caxton House Community Centre
129 St. John's Way, N19 3RQ
020 7263 3151

Highbury Roundhouse
71 Ronalds Road, N5 1XB

St John's Community Centre
Holland Walk, N19 3XU

Brickworks Community Centre
Crouch Hill, N4 4BY
020 7263 1067

Hanley Road Primary Care Centre
51 Hanley Road, N4 3DU
020 7527 1510

Highbury Grange Health Centre
1-5 Highbury Grange
N5 2QB
020 3316 8001

Hornsey Rise Health Centre
Hornsey Rise, N19 3YU
020 3316 8684

Northern Health Centre
580 Holloway Road, N7 6LB
020 3316 1820

Monday AM

0-5s Stay and Play
9.30am-1pm, £3 per adult. Caxton House

0-5s Stay and Play with Family Support Surgery
10-11.30am
Hornsey Road

Under 1s Stay and Play
10-11.30am
Ambler

Childminders' Group
10am-12noon
The Factory

Under 5s
9.30-11.30am
£2 per child
Highbury Fields Bandstand

Breastfeeding
Breastfeeding gives your baby the best start. To find out more ask a member of staff at a stay and play or for support why not drop into one of our Breastfeeding Support Groups.

Monday PM

Child Health Clinic
1-3pm, Hanley Road

Breastfeeding Support
1.30-3pm
Hornsey Road

Child Health Clinic
1.30-3.30pm
Conewood Street

Breastfeeding Support
1.30-3pm
Conewood Street

Under 5s
1-3pm, £2
Highbury Fields Bandstand

Tuesday AM

0-5s Stay and Play
9.30-11.30am
Birchmore Hall

Childminders' and Parents' Stay and Play
9.30am-1pm, St John's

Chatterpillars
10-11.30am (by invitation)
Hornsey Road

Under 5s Stay and Play
10am-12noon
Brickworks, £2

Under 5s Story and Rhyme Time with term time Toy Library
11am, North Library

Baby Bounce Rhyme Time
11am, N4 Library

Under 5s Story and Rhyme Time
11am, Central Library

Under 5s Story and Rhyme Time
11am, Mildmay Library

Tuesday PM

Under 5s
1-3pm, £2
Highbury Fields Bandstand

New Parents Group
2-3.30pm, The Factory

0-5s Stay and Play
3.30-5pm
North Islington

Wednesday AM

0-5s Stay and Play with Family Support Surgery
10-11.30am, Ambler

0-5s Stay and Play
10-11.30am
The Factory

Baby Bounce Rhyme Time
11am, Central Library

Under 5s Stay and Play
10am-12noon
Brickworks, £2

Childminders' and Parents' Stay and Play
9.30am-1pm
St John's

Childminders' and Parents' Stay and Play
9.30am-1.30pm
Highbury Roundhouse

Look out for our newsletter for local activities happening this term.

Wednesday PM

Chatterpillars
1.30-3pm (by invitation)
Ambler

0-5s Stay and Play
1.30-3pm
Conewood Street

0-5s Stay and Play
3.30-5pm, The Factory

Under 5s
1-3pm, £2
Highbury Fields Bandstand

Thursday AM

Childminders' Group
9.30-11.30am
Hornsey Road

Childminders' Group
9.30-11.30am
Ambler

Under 5s Story and Rhyme Time
11am, N4 Library

Baby Bounce Rhyme Time
11am, Central Library

Under 5s Baby Bounce with term time Toy Library
11am, Mildmay Library

Under 5s Stay and Play
10am-12noon
Brickworks, £2

Childminders' and Parents' Stay and Play
9.30am-1.30pm
Highbury Roundhouse

Islington FIS run an advice session from 9am to 12.30pm at 222 Upper Street, N1 1XR

Thursday PM

Child Health Clinic
1-3pm
Hornsey Rise

0-5s Stay and Play and Family Support Surgery
1.30-3pm
The Factory

Under 5s
1-3pm, £2
Highbury Fields Bandstand

Friday AM

0-5s Stay and Play
9.30am-1pm, £3 per adult. Caxton House

Under 1s Stay and Play
10-11.30am
North Islington

0-5s Stay and Play
10-11.30am
Hornsey Road

Baby Bounce Rhyme Time
11am, North Library

Child Health Clinic
9.30-11am
Northern

Child Health Clinic
9.30-11.30am
Highbury Grange

Under 5s Story and Rhyme Time
11am, Central Library

Friday PM

Breastfeeding Support
1-2.30pm
Ambler

0-5s Stay and Play
1.30-3pm
The Factory

Under 5s
1-3pm, £2
Highbury Fields Bandstand

SATURDAY ACTIVITIES

Fathers' Stay and Play
10am-12noon
Willow Children's Centre, N7 0BF
12, 19, 26 Jan
2, 9, 16, 23 Feb
2, 9, 16, 23, 30 Mar
6 Apr
First Saturday of the month - all family members welcome