



**Bright  
Start  
Islington**

Every child | Every family



**West  
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



## 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](mailto:fis@islington.gov.uk), [www.islington.gov.uk/fis](http://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](mailto: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: 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 (020 3447 9400) and Whittington midwives (020 7288 3482) at the following venues:

Archway Children's Centre	Tuesday (Whittington)
Bemerton Children's Centre	Monday, Tuesday (UCLH) Wednesday (Whittington)
Hungerford Children's Centre	Tuesday (Whittington)
Paradise Park Children's Centre	Wednesday, Friday (Whittington)
Willow Children's Centre	Tuesday, Wednesday, Thursday (Whittington)

**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](mailto:iwork@islington.gov.uk) or 020 7527 2706

# West area weekly timetable **Spring Term**

## 3 January - 18 April 2019

### Venue details

**Archway Children's Centre**  
Vorley Road  
N19 5HE  
020 7527 4827

**Cat and Mouse Library**  
277 Camden Road  
N7 0JN  
020 7527 7900

**Bemerton Children's Centre**  
1a Coatbridge House  
Carnoustie Drive  
N1 0DX  
020 7527 4806

**Lewis Carroll Library**  
166 Copenhagen Street  
N1 0ST  
020 527 7936

**Hungerford Children's Centre**  
10 Goodinge Road  
N7 9LH  
020 7527 8441

**West Library**  
Bridgeman Road  
N1 1BD  
020 7527 7920

**Kate Greenaway Nursery School and Children's Centre**  
York Way Court  
Copenhagen Street, N1 0UH  
020 7527 4850

**Bingfield Health Centre**  
8 Bingfield Street  
N1 0AL  
020 7527 1605

**Paradise Park Children's Centre**  
164 Mackenzie Road  
N7 8SE  
020 7697 7330

**Goodinge Health Centre**  
20 North Road  
N7 9EW  
020 3316 8601

**Willow Children's Centre**  
1a Holbrooke Court  
N7 0BF  
020 7527 1990

**Whittington Park Early Years Hub**  
Holloway Road  
N19 4RS  
020 7272 1847

**Archway Library**  
Hamlyn House  
Highgate Hill  
N19 5PH  
020 7527 7820

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
<b>0-5s Stay and Play</b> 10-11.30am Willow	<b>0-5s Stay and Play (with toy library)</b> 9.30-11am Hungerford	<b>Family Support Surgery (by appointment)</b> 9-11.30am Ring 020 7527 8441 Paradise Park	<b>0-5s Stay and Play</b> 10-11.30am Bemerton	<b>Chatterpillars (by invitation)</b> 10-11.30am Willow
<b>Housing Surgery (by appointment)</b> 9-1.30pm 28 Jan, 25 Feb, 25 March Willow Ring 020 7527 8441 to book	<b>Under 1s Stay and Play (with toy library)</b> 10-11.30am Paradise Park	<b>0-5s Stay and Play (with toy library)</b> 10-11.30am Paradise Park	<b>Family Support Surgery (by appointment)</b> 9-11.30am Ring 020 7527 8441 Bemerton	<b>Child Health Clinic (with breastfeeding support)</b> 9.30-11.30am Paradise Park
<b>0-5s Stay and Play</b> 10-11.30am Archway	<b>Chatterpillars (by invitation)</b> 10-11.30am Archway	<b>Under 5s Story and Rhyme Time</b> 11am Lewis Carroll Library	<b>SENSory Stay and Play (by invitation)</b> 9.45-11.45am Archway	<b>0-5s Stay and Play</b> 10-11.30am Archway
<b>Baby Bounce Rhyme Time</b> 11am Archway Library	<b>Childminders' Group (Term time only)</b> 10-11.30am Willow	<b>Under 5s Story and Rhyme Time</b> 11am Archway Library	<b>Introducing Solids Workshop</b> 10.30 -11.30am 24 Jan, 28 Feb, 28 Mar Ring 020 7527 8441 Hungerford	<b>Baby Bounce Rhyme Time (with toy library)</b> 11am West Library
<b>Baby Bounce Rhyme Time</b> 11am Lewis Carroll Library	<b>Under 5s Story and Rhyme Time</b> 11am West Library	<b>Childminders' Stay and Play</b> 9.30am-12noon Whittington Park	<b>Baby Bounce Rhyme Time</b> 11am Cat and Mouse Library	<b>Friday PM</b>
<b>Free Healthy Start vitamins are available at all children's centres and some health centres.</b>	<b>Under 5s Story and Rhyme Time</b> 11am Cat and Mouse Library	<b>Child Health Clinic (with breastfeeding support)</b> 9.30-11am Plus Introducing Solids Drop-in 9 Jan, 13 Feb, 13 Mar, 10 Apr Bingfield	<b>Childminders' Stay and Play</b> 9.30am-12noon Whittington Park	<b>Under 1s Stay and Play (with toy library)</b> 1.30-3pm Hungerford
	<b>Breastfeeding gives your baby the best start. Why not come to one of our support groups?</b>	<b>Wednesday PM</b>	<b>Islington Family Information Service run an advice session from 9am-12.30pm on Thursdays at 222 Upper Street N1 1XR.</b>	<b>SATURDAY AM</b>
<b>Monday PM</b>		<b>0-5s Stay and Play</b> 1-3pm Whittington Park	<b>Thursday PM</b>	<b>Fathers' Stay and Play</b> 10am-12noon Willow 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
<b>This Girl Can: Mother and Baby Yoga</b> 1.30-2.30pm £2 Ring 020 7527 8441 to book Archway	<b>Tuesday PM</b>	<b>Under 1s Stay and Play</b> 1.30-3pm Willow	<b>0-5s Stay and Play</b> 1-3pm Whittington Park	<b>Lego Club at the Library</b> Ages 18 months+ 2.30-4pm First Saturday of every month - Cat and Mouse Library Last Saturday of every month - Archway Library and Lewis Carroll Library
<b>Under 1s Stay and Play</b> 1.30-3pm Bemerton	<b>Breastfeeding Support</b> 1-2.30pm Hungerford	<b>Breastfeeding Support (Premature babies welcome)</b> 1-2.30pm Archway	<b>Child Health Clinic</b> 1.30-3.30pm Goodinge	<b>Under 5s Story and Rhyme Time for Dads</b> 11.30am (first Sat of month) Lewis Carroll Library
<b>New Parents' Group</b> 1.30-3pm Ring 020 7527 8441 to book Bemerton	<b>Child Health Clinic</b> 1-3pm Archway	<b>This Girl Can: Mother and Baby Yoga</b> 1.30-3pm £2.50 Ring 020 7527 8441 to book Bemerton	<b>0-5s Stay and Play</b> 1.30-3pm Hungerford	
<b>Child Health Clinic</b> 2-4pm Bingfield	<b>Under 1s Stay and Play</b> 1.30-3pm Archway		<b>Under 1s Stay and Play</b> 1.30-3pm Archway	