



**Bright
Start
Islington**

Every child | Every family



**South
area
weekly
timetable**

Summer Term
24 April - 26 July
2019

Early childhood services
for Islington children
and families

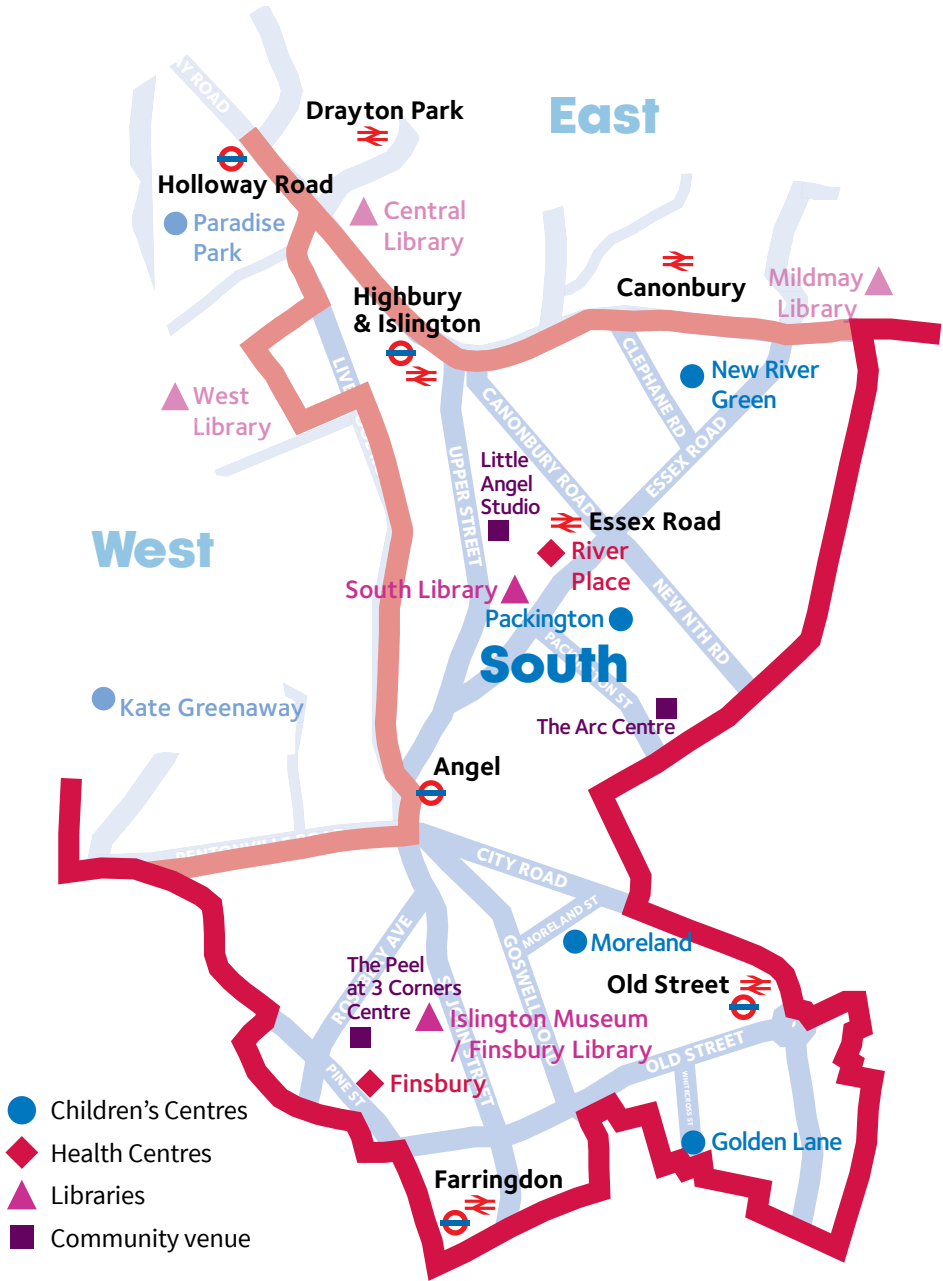

Whittington Health
NHS Trust



ISLINGTON

Working in partnership

Where to find us



Any questions?

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.



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:

| | |
|-----------------------------------|--|
| Moreland Children's Centre | Tuesday (Whittington) Monday, Wednesday, Friday (UCLH) |
| Golden Lane Children's Centre | Monday (Whittington) Thursday (UCLH) |
| New River Green Children's Centre | Monday, Tuesday, Wednesday (UCLH) Thursday, Friday (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 or 020 7527 2706

South area weekly timetable Summer Term

24 April - 26 July 2019

Venue details

Moreland Children's Centre
2 Gard Street
EC1V 8BX
020 7527 3500 Ext 1
020 7253 8144

Herongate House
Ridgewell Close
N1 8TJ

Golden Lane Children's Centre
101 Whitecross Street
EC1Y 8JA
020 7786 4800

The Arc
98b St Paul Street
N1 7DF

Packington Children's Centre
32a Popham Road
N1 8SJ
020 7527 4089

The Peel at 3 Corners Centre
Northampton Road
EC1R 0HU

New River Green Children's Centre
23 Ramsay Walk
N1 2SX
020 7527 4813

South Library
115-117 Essex Road
N1 2SL
020 7527 7860

Islington FIS drop in
Islington Customer Centre
222 Upper Street
N1 1XR
020 7527 5959

Finsbury Library
245 St John Street
EC1V 4NB
020 7527 7960

Little Angel Studio
132 Sebbon Street
N1 2EH

Monday AM

Childminders' Group
9.30-11.30am
Moreland

0-5s Stay and Play
9.30-11am
Golden Lane

Baby Massage
10-11.30am
(4 week course, to book call 020 7527 4089)
Herongate House

0-5s Stay and Play
9.30-11am
New River Green

Under Fives Story and Rhyme Time
11am
South Library

Housing Surgery (For private renting tenants only)
9.30am-1pm
20 May, 17 June, 15 July
Appointment only
020 7527 4089
New River Green

Look out for our area newsletters for other local activities happening throughout the week.

Free Healthy Start vitamins are available at all children's centres and some health centres.

Monday PM

Under 1s Stay and Play
1.30-3pm
Golden Lane

Extra Boost with Toy Library (SEND)
1.30-3pm
New River Green

Tuesday AM

0-5s Stay and Play
9.30-11am
Moreland

Chatterpillars (by invitation)
9.30-11am
Moreland

Introduction to Solids Workshop
10am-12noon
4th Tuesday of the month
For more information please call 020 3316 1094
Golden Lane

This Girl Can: Antenatal and Postnatal Yoga
(£10 for 5 weeks, to book call 020 7527 4089)
9.30-10.30am Antenatal
10.30-11.30am Postnatal
Packington at The Arc

Childminders' Group
9.30-11.30am
New River Green

0-5s Stay and Play
10-11.30am
Herongate House

Under Fives Story and Rhyme Time
11am
Finsbury Library

Tuesday PM

0-5s Stay and Play
1.30-3pm
Golden Lane

Child Health Clinic
1-4pm
Introduction to Solids
Drop-in during clinic
1st and 3rd Tuesday of the month
New River Green

Wednesday AM

0-5s Stay and Play
9.30-11am
Moreland

Family Support Surgery
9.30-11.30am
Moreland

Under 1s Stay and Play
9.30-11am
New River Green

First Aid Course for Parents
Information sessions for parents are delivered from some of our children's centres. For more information please see our newsletter.

Did you know some 2 year olds are eligible for 15 hours free early learning?
All 3 and 4 year olds are eligible for 15 hours free early learning and some are eligible for 30 hours. To find out more contact your local children's centre.

Food Bank vouchers
Did you know all our staff can issue Food Bank vouchers? Ask a Bright Start family support worker or member of staff in a Stay and Play for more information.

Wednesday PM

0-5s Stay and Play
3.30-5pm
Golden Lane

Thursday AM

Child Health Clinic
9-11am, Moreland

Breastfeeding Support
9.30-11am
Moreland

0-5s Song and Movement Stay and Play
9.30-10.15
The Peel at 3 Corners

0-5s Stay and Play
9.30-11am
New River Green

Family Support Surgery
9.30-11.30am
New River Green

Baby Bounce Rhyme Time
11am
Finsbury Library

Story and Rhyme Time for Childminders
10.30-11am (1st Thursday of every month)
Finsbury Library

Islington FIS drop in
9am-12.30pm
222 Upper Street

Thursday PM

The Crib young parents drop-in
1.30-3.30pm
Little Angel Studio

0-5s Stay and Play
3.30-5pm
Packington at The Arc

Chatterpillars (by invitation)
1.30-3pm
New River Green

Parent and Child Zumba
1.30-2.30pm
The Peel at 3 Corners

Friday AM

Under 1s Stay and Play
9.30-11am
Moreland

0-5s Stay and Play
9.30-11am
New River Green

Childminders' Group
10.30-11.30am
Little Angel Studio

Baby Bounce Rhyme Time
11am
South Library

Friday PM

0-5s Stay and Play
1.30-3pm
Golden Lane

Breastfeeding Support
1-2.30pm
New River Green

Under 1s Stay and Play
1.30-3pm
New River Green

Support your child's learning though play.
Little Learners Home Learning Packs available at Golden Lane Children's Centre stay and play. Come in and talk to a member of the Bright Start team.

SATURDAY ACTIVITIES

Lego at the Library
First Saturday of the month
2.30-4pm
South Library

Fathers' Stay and Play
10am-12noon
13 & 27 April, 11 & 25 May, 8 & 22 June, 6 & 20 July, 3 Aug.
New River Green