



**Bright  
Start  
Islington**

Every child | Every family



**East  
area  
weekly  
timetable**

**Autumn Term**  
4 September -  
20 December  
2019

Early childhood services  
for Islington children  
and families

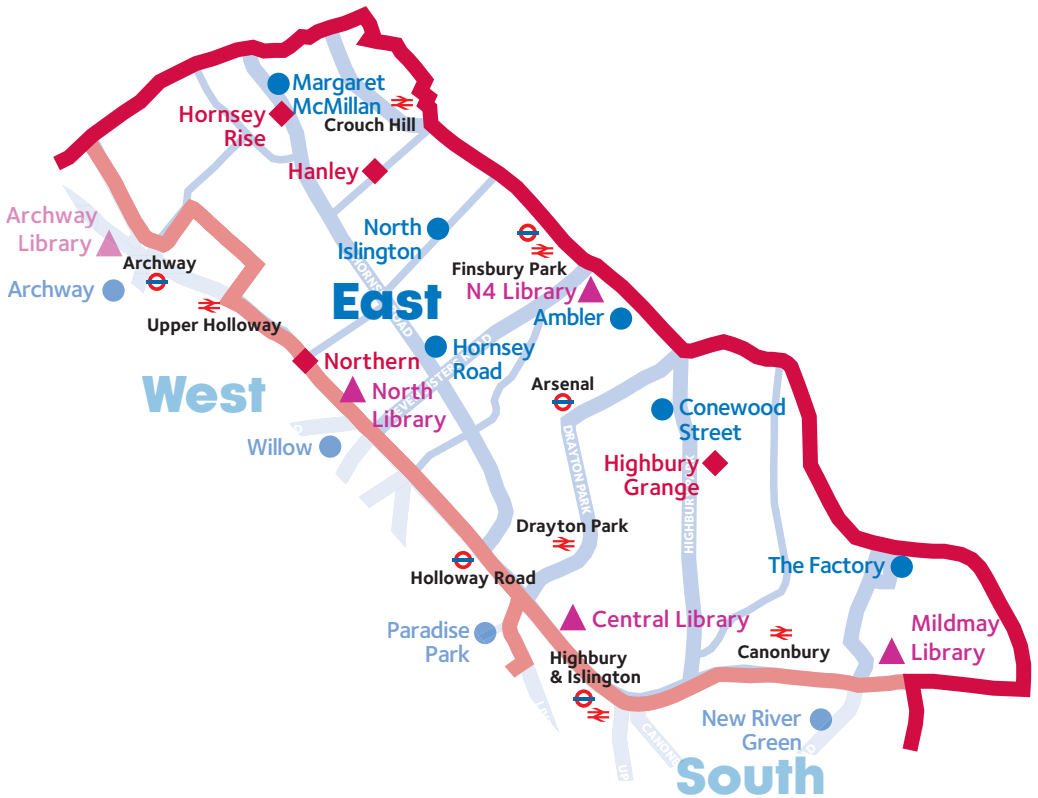
  
Whittington Health  
NHS Trust



**ISLINGTON**

Working in partnership

# Where to find us



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

## 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](mailto:fis@islington.gov.uk); [www.islington.gov.uk/fis](http://www.islington.gov.uk/fis)

 [facebook.com/islingtonfis](https://facebook.com/islingtonfis)

## 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:

Ambler Children's Centre	Monday, Friday
North Islington Children's Centre	Wednesday
Hornsey Rise	Tuesday, Friday
Hornsey Road Children's Centre	Tuesday, Friday
Conewood Street Children's Centre	Wednesday, Thursday
Hanley Primary Care 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](mailto:iwork@islington.gov.uk) or 020 7527 2706

# East area weekly timetable Autumn Term

## 4 September - 20 December 2019

Venue details	
<b>Margaret McMillan Nursery School and Children's Centre</b> Hornsey Rise, N19 3SF 020 7281 2745	<b>Highbury Fields Bandstand</b> 42 Highbury Place Highbury East, N5 1QL
<b>Hornsey Road Children's Centre</b> 8 Tiltman Pl, Hornsey Road N7 7EN 020 7527 2005	<b>Birchmore Hall</b> Birchmore Walk Highbury Quad Est, N5 2UA
<b>North Islington Nursery School and Children's Centre</b> 110-112 Tollington Park N4 3RB 020 7527 4844	<b>Caxton House Community Centre</b> 129 St. John's Way, N19 3RQ 020 7263 3151
<b>Ambler Children's Centre</b> Blackstock Road, N4 2DR (entrance via Romilly Road) 020 7359 7628	<b>Highbury Roundhouse</b> 71 Ronalds Road, N5 1XB
<b>Mini Kardes at The Factory Children's Centre</b> 107 Matthias Road, N16 8NP 020 7060 7487	<b>St John's Community Centre</b> Holland Walk, N19 3XU
<b>Conewood Street Children's Centre</b> 14 Conewood Street, N5 1DL 020 7527 4440	<b>Brickworks Community Centre</b> Crouch Hill, N4 4BY 020 7263 1067
<b>Central Library</b> 2 Fieldway Crescent, N5 1PF 020 7527 6900	<b>Hanley Road Primary Care Centre</b> 51 Hanley Road, N4 3DU 020 7527 1510
<b>Mildmay Library</b> 21 Mildmay Park, N1 4NA 020 7527 7880	<b>Highbury Grange Health Centre</b> 1-5 Highbury Grange N5 2QB 020 3316 8001
<b>North Library</b> Manor Gardens, N7 6JX 020 7527 7840	<b>Hornsey Rise Health Centre</b> Hornsey Rise, N19 3YU 020 3316 8684
<b>N4 Library</b> 26 Blackstock Rd, N4 2DW 020 7527 7800	<b>Northern Health Centre</b> 580 Holloway Road, N7 6LB 020 3316 1820

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
<b>0-5s Stay and Play</b> 9.30am-1pm, £3 per adult. Caxton House	<b>Under 1s Stay and Play</b> 10-11.30am Birchmore Hall	<b>0-5s Stay and Play with Family Support Surgery</b> 10-11.30am, Ambler	Islington FIS run an advice session from 9am to 12.30pm at 222 Upper Street, N1 1XR	<b>0-5s Stay and Play</b> 9.30am-1pm, £3 per adult. Caxton House
<b>0-5s Stay and Play with Family Support Surgery</b> 10-11.30am Hornsey Road	<b>Childminders' and Parents' Stay and Play</b> 9.30am-1pm, St John's	<b>0-5s Stay and Play</b> 10-11.30am The Factory	<b>Childminders' Group</b> 9.30-11.30am Hornsey Road	<b>Under 1s Stay and Play</b> 10-11.30am North Islington
<b>Under 1s Stay and Play</b> 10-11.30am Ambler	<b>Chatterpillars</b> 10-11.30am (by invitation) Call 020 7527 8465 for information Hornsey Road	<b>Baby Bounce Rhyme Time</b> 11am, Central Library	<b>Childminders' Group</b> 9.30-11.30am Ambler	<b>0-5s Stay and Play with Family Support Surgery</b> 10-11.30am Hornsey Road
<b>Childminders' Group</b> 9.30-11.30am The Factory	<b>Under 5s Stay and Play</b> 10am-12noon Brickworks, £2	<b>Under 5s Stay and Play</b> 10am-12noon Brickworks, £2	<b>Under 5s Story and Rhyme Time</b> 11am, N4 Library	<b>Baby Bounce Rhyme Time</b> 11am, North Library
<b>Under 5s</b> 9.30-11.30am £2 per child Highbury Fields Bandstand	<b>Child Health Clinic</b> 9.30-11.30am The Factory	<b>Childminders' and Parents' Stay and Play</b> 9.30am-1pm St John's	<b>Baby Bounce Rhyme Time</b> 11am, Central Library	<b>Child Health Clinic</b> 9.30-11am Northern
<b>Breastfeeding</b> 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	<b>Baby Bounce Rhyme Time</b> 11am, N4 Library	<b>Childminders' and Parents' Stay and Play</b> 9.30am-1.30pm Highbury Roundhouse	<b>Baby Bounce with Toy Library</b> 11am, Mildmay Library	<b>Child Health Clinic</b> 9.30-11.30am Highbury Grange
<b>Monday PM</b>	<b>Under 5s Story and Rhyme Time</b> 11am, Central Library	<b>Adult Community Learning</b> There are a range of free courses available. See <a href="http://www.adultlearning.islington.gov.uk">www.adultlearning.islington.gov.uk</a> for more information	<b>Under 5s Stay and Play</b> 10am-12noon Brickworks, £2	<b>Under 5s Story and Rhyme Time</b> 11am, Central Library
<b>Child Health Clinic</b> 1-3pm, Hanley Road	<b>Under 5s Story and Rhyme Time</b> 11am, Mildmay Library	<b>Wednesday PM</b>	<b>Childminders' and Parents' Stay and Play</b> 9.30am-1.30pm Highbury Roundhouse	<b>Friday PM</b>
<b>Breastfeeding Support</b> 1-3.30pm (by appointment) Call 020 3316 8439 to book Hornsey Road	<b>Under 5s Story and Rhyme Time with Toy Library</b> 11am, North Library	<b>Chatterpillars</b> 1.30-3pm (by invitation) Call 020 7527 8465 for information Ambler	<b>Introduction to solids</b> Information sessions for parents run at various locations. Please email <a href="mailto:brightstarteast@islington.gov.uk">brightstarteast@islington.gov.uk</a> for more information	<b>Breastfeeding Support</b> 1-2.30pm Ambler
<b>Child Health Clinic</b> 1.30-3.30pm Conewood Street	<b>Tuesday PM</b>	<b>Under 1s Stay and Play</b> 1.30 - 3pm Hornsey Road		<b>0-5s Stay and Play</b> 1.30-3pm The Factory
<b>Breastfeeding Support</b> 1.30 - 3.30pm Conewood Street	<b>Under 5s</b> 1-3pm, £2 Highbury Fields Bandstand	<b>0-5s Stay and Play</b> 1.30-3pm Conewood Street	<b>Thursday PM</b>	
<b>Under 5s</b> 1-3pm, £2 Highbury Fields Bandstand	<b>New Parents Group</b> 2-3.30pm, The Factory Call 020 7527 8465 to book	<b>0-5s Stay and Play</b> 3.30-5pm, The Factory	<b>Child Health Clinic</b> 1-3pm Hornsey Rise	<b>SATURDAY ACTIVITIES</b>
	<b>0-5s Stay and Play</b> 3.30-5pm North Islington	<b>Under 5s</b> 1-3pm, £2 Highbury Fields Bandstand	<b>0-5s Stay and Play and Family Support Surgery</b> 1.30-3pm The Factory	<b>Fathers' Stay and Play</b> 10am-12noon Willow Children's Centre, N7 0BF 7,14,21,28 Sept 2,9,16,23,30 Nov 5,12,19,26 Oct 7,14 Dec First Saturday of the month - all family members welcome