



**Bright
Start
Islington**

Every child | Every family



**South
area
weekly
timetable**

Autumn Term
4 September
– 20 December
2019

Early childhood services
for Islington children
and families

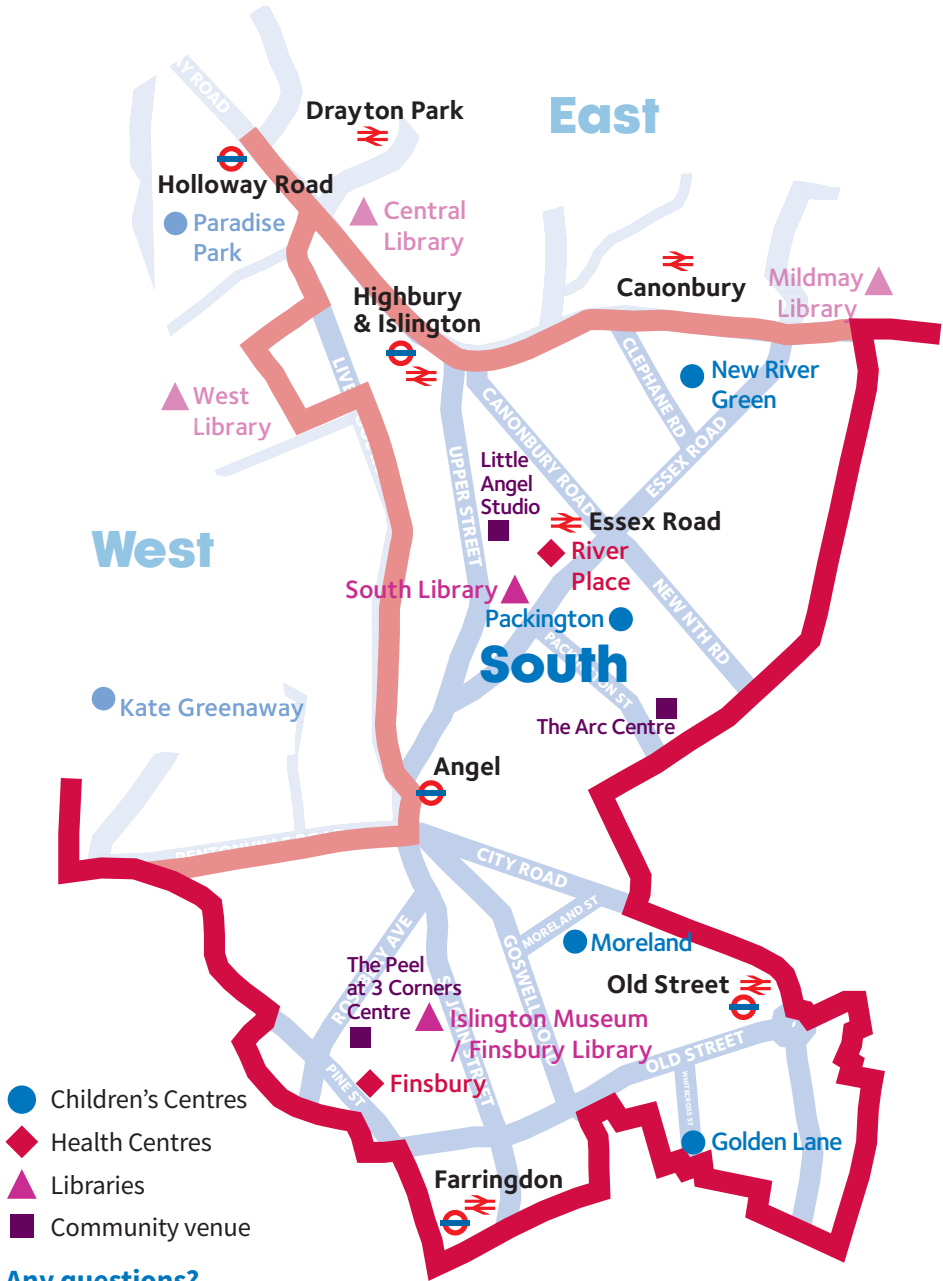

Whittington Health
NHS Trust



ISLINGTON

Working in partnership

Where to find us



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

 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:

Moreland Children's Centre	Tuesday (Whittington) Monday, Wednesday, Friday (UCLH)
Golden Lane Children's Centre	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 Autumn Term

4 September - 20 December 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	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
Childminders' Group 9.30-11.30am Moreland	0-5s Stay and Play 9.30-11am Moreland	0-5s Stay and Play 9.30-11am Moreland	Child Health Clinic 9-11am, Moreland	Under 1s Stay and Play 9.30-11am Moreland
0-5s Stay and Play 9.30-11am Golden Lane	Chatterpillars (by invitation) 9.30-11am Moreland	Family Support Surgery For an appointment call 0207 527 3500 9.30-11.30am Moreland	Breastfeeding Support 9.30-11am Moreland	0-5s Stay and Play 9.30-11am New River Green
Baby Massage 10-11.30am (4 week course, to book call 020 7527 4089) Herongate House	Introducing Solids Workshop 10am-12noon 4th Tuesday of the month For more information please call 020 3316 1094 Golden Lane	Under 1s Stay and Play 9.30-11am New River Green	0-5s Song and Movement Stay and Play 9.30-10.15 The Peel at 3 Corners	Childminders' Group 10.30-11.30am Little Angel Studio
0-5s Stay and Play 9.30-11am New River Green	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	First Aid Course for Parents Information sessions for parents. For more information or to book your place call 020 7527 4089 or email brightstartsouth@islington.gov.uk	0-5s Stay and Play 9.30-11am New River Green	Baby Bounce Rhyme Time 11am South Library
Under Fives Story and Rhyme Time 11am South Library	Childminders' Group 9.30-11.30am New River Green	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.	Family Support Surgery 9.30-11.30am For an appointment call 0207 527 4813 New River Green	Friday PM
Housing Surgery (For private renting tenants only) 9.30am-1pm 16/10, 21/10, 18/11, 16/12 Appointment only 020 7527 4089 New River Green	0-5s Stay and Play 10-11.30am Herongate House	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.	Baby Bounce Rhyme Time 11am Finsbury Library	0-5s Stay and Play 1.30-3pm Golden Lane
Look out for our area newsletters for other local activities happening throughout the week.	Under Fives Story and Rhyme Time 11am Finsbury Library	Adult Community Learning (ACL) offer a range of free courses; for information see www.adultlearning.islington.gov.uk	Story and Rhyme Time for Childminders 10.30-11am (1st Thursday of every month) Finsbury Library	Breastfeeding Support 1-2.30pm New River Green
Free Healthy Start vitamins are available at all children's centres and some health centres.	Tuesday PM	0-5s Stay and Play 1.30-3pm Golden Lane	Islington FIS drop-in 9am-12.30pm 222 Upper Street	Under 1s Stay and Play 1.30-3pm New River Green
	0-5s Stay and Play 1.30-3pm Golden Lane	Monday PM	Thursday PM	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.
	Child Health Clinic 1-3pm Introducing Solids drop-in during clinic 1st and 3rd Tuesday of the month New River Green	Under 1s Stay and Play 1.30-3pm Golden Lane	The Crib young parents drop-in (Under 25yrs) 1.30-3.30pm Little Angel Studio	SATURDAY ACTIVITIES
Extra Boost with Toy Library (SEND) 1.30-3pm New River Green		Wednesday PM	0-5s Stay and Play 3.30-5pm Packington at The Arc	Lego at the Library First Saturday of the month 2.30-4pm South Library
		0-5s Stay and Play 3.30-5pm Golden Lane	Chatterpillars (by invitation) 1.30-3pm New River Green	Fathers' Stay and Play 10am-12noon 14 & 28 Sept, 12 & 26 Oct, 9 & 23 Nov & 7 Dec New River Green
			Parent and Child Zumba 1.30-2.30pm The Peel at 3 Corners	