South area weekly timetable

Spring Term
2 January - 17 April 2020

Early childhood services for Islington children and families

Bright Start Islington
Every child | Every family

Working in partnership

Whittington Health NHS Trust

Islington
Working in partnership
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.

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 7561 1689.

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:

<table>
<thead>
<tr>
<th>Centre Name</th>
<th>Days</th>
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<tbody>
<tr>
<td>Moreland Children’s Centre</td>
<td>Tuesday (Whittington)</td>
</tr>
<tr>
<td>Golden Lane Children’s Centre</td>
<td>Monday, Wednesday, Friday (UCLH)</td>
</tr>
<tr>
<td>New River Green Children’s Centre</td>
<td>Monday, Tuesday, Wednesday (UCLH)</td>
</tr>
<tr>
<td></td>
<td>Thursday, Friday (Whittington)</td>
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</tbody>
</table>

Saturday antenatal classes are also run at some children’s centres. Contact your midwife for Saturday antenatal classes.

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
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### Venue details

<table>
<thead>
<tr>
<th>Venue Name</th>
<th>Address</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moreland Children's Centre</td>
<td>2 Gard Street, EC1V 8BX</td>
<td>020 7527 3500</td>
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<tr>
<td>Golden Lane Children's Centre</td>
<td>101 Whitecross Street, N1 1XR</td>
<td>020 7786 4800</td>
</tr>
<tr>
<td>New River Green Children's Centre</td>
<td>23 Ramsay Walk, N1 2SL</td>
<td>020 7527 4089</td>
</tr>
<tr>
<td>Islington FIS drop in</td>
<td>Islington Customer Centre, 32a Popham Road, N1 5X</td>
<td>020 7527 4813</td>
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<tr>
<td>South Library</td>
<td>115–117 Essex Road, N1 3DL</td>
<td>020 7527 7860</td>
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<tr>
<td>Finsbury Library</td>
<td>245 St John Street, EC1V 4NB</td>
<td>020 7527 7960</td>
</tr>
<tr>
<td>Little Angel Studio</td>
<td>132 Sebonn Street, N1 2EH</td>
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### Monday AM

- **Childminders’ Group**
  - 9.30-11.30am, Moreland
- **0-5s Stay and Play**
  - 9.30-11.30am, 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

### Tuesday AM

- **0-5s Stay and Play**
  - 9.30-11am, Moreland
- **Chatterpillars (by invitation)**
  - 9.30-11am, Moreland
- **Introducing Solids Workshop**
  - 10am -12noon
  - 4th Tuesday of the month
- **0-5s Stay and Play**
  - 9.30-11am, New River Green
- **This Girl Can: Antenatal and Postnatal Yoga**
  - 9.30-10.30am, Antenatal
  - 10.30-11.30am, Postnatal
  - To book call 020 7572 4089

### Wednesday AM

- **0-5s Stay and Play**
  - 9.30-11am, Moreland
- **Child Health Clinic**
  - 9-11am, Moreland
  - Introducing Solids drop-in during clinic 1st and 3rd Tuesday of the month, New River Green
- **0-5s Stay and Play**
  - 9.30-11am, Golden Lane

### Thursday AM

- **0-5s Stay and Play**
  - 9.30-11am, Moreland
- **Breastfeeding Support**
  - 9.30-11am, Moreland
- **0-5s Song and Movement Stay and Play**
  - 9.30-10.15am, Moreland
- **Under 1s Stay and Play**
  - 9.30-11am, New River Green
- **New Parents Group**
  - 10-11.30am
  - To book call 020 7527 4089

### Friday AM

- **0-5s Stay and Play**
  - 9.30-11am, Moreland
- **Breastfeeding Support**
  - 9.30-11am, New River Green
- **Childminders’ Group**
  - 9.30-11am, Little Angel Studio
- **Baby Bounce Rhyme Time**
  - 11am, South Library

### Saturday Activities

- **Lego at the Library**
  - Ages 11months+, 1-3pm
  - First Saturday of the month
- **Family Support Surgery**
  - 9am-12noon
  - For more information please call 020 7527 4813
  - New River Green

### For more information visit

- [www.islington.gov.uk/brightstart](http://www.islington.gov.uk/brightstart) call 020 7527 5959 or email brightstartsouth@islington.gov.uk