

# FREE Bright Start Activities - Online

(For Islington residents with a child under 5 years)

**8 January 2021** (all activities **MUST** be booked in advance)

**To book on our online activities** use the colour coding to contact the Bright Start areas that runs the session. You will be sent an email 24 hrs in advance with the zoom link.

Activities in white boxes are run by our partner organisations.

For details of 'In Person' sessions (in children's centres or parks) see the separate timetable available at [www.islington.gov.uk/brightstart](http://www.islington.gov.uk/brightstart)

## Bright Start North

brightstartnorth@islington.gov.uk  
020 7527 8441

## Bright Start Central

brightstartcentral@islington.gov.uk  
020 7527 8465

## Bright Start South

brightstartsouth@islington.gov.uk  
020 7527 4089

## Telephone Family Support

Our Family Engagement Workers are available every day Monday - Friday 9am - 12noon  
Ring: 020 7527 8376

Monday PM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
Housing Surgery (Private tenants) 9am -12.30 (25 Jan only) <b>North</b> * By phone	0-5s Come & Play 9.30 -10am <b>Central</b>	SENAdventures (by invitation) 9.30 - 10am <b>Central</b>	Song & Movement 9.30 -10.00am <b>South</b>	Story & Songs 10 -10.30am <b>Central</b>
CAMHS Toileting Workshop 10 - 11am (25 Jan only) <b>North</b>	Antenatal Yoga 9.30 -10.30am <b>South</b>	New Parent Group 10 -11am <b>South</b>	First Aid (1 -5 years) 10.30 -11.30am (28 Jan only) <b>North</b>	Discover play in the home 11-11.30am <b>South</b>
0- 5s Come & Play 10.15 - 10.45am <b>North</b>	Chatterpillars 10.15 -10.45am <b>Central</b>	Supporting Children in Nursery & Reception (Level 1) 10 am - 12noon (from 28 Jan)	SENAdventures (by invitation) 11.45am - 12.15pm <b>North</b>	Family Kitchen 10 - 11.30am (15 Jan - 19 Feb) To book visit: <a href="http://www.islington.gov.uk">www.islington.gov.uk</a>
Baby massage (4 week course) 10.30am -12noon <b>South</b>	Postnatal Yoga 10.30 -11.45am <b>South</b>	For assessment & enrolment details see <a href="http://www.islington.gov.uk/brightstartonline">www.islington.gov.uk/brightstartonline</a>	For online breastfeeding support visit <a href="https://www.facebook.com/breastfeedingislington">https://www.facebook.com/breastfeedingislington</a>	<a href="http://gov.uk/familiesforlife">gov.uk/familiesforlife</a>
Introducing Solids Workshops 11am -12noon (11 Jan, 1 Feb, 15 Mar) <b>Central</b>	Story and Rhyme Time (0-5s) with Islington libraries 11 am For booking details visit <a href="https://tinyurl.com/ybfoe8r">https://tinyurl.com/ybfoe8r</a>	Under 1s Come & Play 10.30 - 11am <b>South</b>	To use Bright Start services you will need to register. Click on the link <a href="http://www.islington.gov.uk/brightstart">www.islington.gov.uk/brightstart</a>	Through Islington's Covid-19 winter grant, families with under 5s who are receiving either Housing Benefit or Council Tax support will receive a letter with information on how to claim a supermarket voucher. For support or more information please contact our telephone family support surgery. See box bottom left.
Extra Boost 11 -11.30am <b>South</b>	Chatterpillars 11 - 11.30am <b>South</b>	Song & Movement 11.45am -12.15pm <b>North</b>	Supporting Children in Nursery & Reception (Level 1) 10 am - 12noon (from 28 Jan) For assessment & enrolment details see <a href="http://www.islington.gov.uk/brightstartonline">www.islington.gov.uk/brightstartonline</a>	
Under 1s Come & Play 11.45am - 12.30pm <b>Central</b>	Chatterpillars 11.45am - 12.15pm <b>North</b>	For Adult Learning courses including ESOL, Maths, English and Literacy visit <a href="http://www.islington.gov.uk/adultlearning">www.islington.gov.uk/adultlearning</a>		
Monday PM	Tuesday PM	Wednesday	Thursday PM	Friday PM
Introducing Solids Workshops 2 -3pm 18 Jan, 8 Feb & 1 Mar - <b>North</b> 4 Jan, 15 Feb & 29 Mar - <b>South</b>	First Aid (Under 1s) 1.30 -2.30pm (26 Jan only) <b>North</b>	Under 1s Come & Play (Dads) 1.30 - 2pm <b>North</b>	Zumba (parent and child) 1.30 -2.30pm <b>South</b>	Song & Movement 1.30 - 2pm <b>Central</b>
Speech & Language Therapy Workshops 2-3pm Special Time 18 & 25 Jan - <b>Central</b> Early Communication 1 Feb - <b>North</b> 22 Mar Talk and Play - <b>South</b>	Chatterpillars 1.30 - 2pm <b>North</b>	Growing Together workshops (parent with child aged 1-5yrs) 21/1 Mindfulness & parenting 12/2 Calmer Nights To book visit <a href="https://www.eventbrite.co.uk/o/growing-together-13053709783">https://www.eventbrite.co.uk/o/growing-together-13053709783</a>	New Parents' Group 2-3pm <b>North</b>	Under 1s Come & Play 2 -2.30pm <b>North</b>
Under 1s Come & Play 3.30 - 4pm <b>South</b>	0 -5s Come & Play 1.30 -2pm <b>South</b>		For British Library family workshops for 3 - 5 year olds visit <a href="https://www.bl.uk/events?eventsubtype=family-activity">https://www.bl.uk/events?eventsubtype=family-activity</a>	Subscribe to our BrightStart Bright Idea's newsletter <a href="http://bit.li/BSBIsubscribe">http://bit.li/BSBIsubscribe</a>
	Baby Massage 2.30 -3.30pm <b>North</b>			
	New Parents' Group 2.45 -3.45pm <b>Central</b>			