

# FREE Bright Start Activities

(For Islington residents with a child under 5 years, older siblings up to 8 years welcome)

**26 July – 27 August 2021** (see box on left for **booking information**)

**In person** sessions in Children Centres or Parks are shaded in **yellow**.

**Online sessions** are the **purple** shaded boxes and **must** be booked in advance. Contact area shown.

**No booking** is needed for indoor or outdoor activities. However numbers may be limited in line with current COVID guidelines.

Where indicated a **free** 'lunch in a bag' will be given to children.



## 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  
'In person' appointments can be booked

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
0-5s Stay & Play 10 - 11.30am <b>New River Green (Central)</b>	Antenatal Yoga: 9.30 - 10am Postnatal Yoga: 10.30 - 11.45am <b>South</b> * Online	0-5s Stay & Play (with lunch) 10am - 12noon <b>Andover Community Centre (North)</b>	0-5s Discover the Park (with lunch) 10.30am - 12noon <b>Caledonian Park, N7 9PL (North)</b>	0-5s Stay & Play (with lunch) 10am - 12noon <b>Paradise Park (North)</b>
0-5s Stay & Play (with lunch) 10am - 12noon <b>Whittington Park, N19 4RS (North)</b>	Under 1s Stay & Play 10.30am - 12noon (27 Jul, 3 & 10 Aug) <b>Ambler (Central)</b>	Family Support Surgery 10.30am - 12 noon (28 Jul, 4 & 11 Aug) <b>SEnsory</b>	0-5s Song & Movement (with lunch) 10:30 - 12noon <b>Barnard Park One O'clock Club</b>	Under 1's Stay & Play 10 - 11.30am (30 July, 6 & 13 August) <b>Moreland (South)</b>
Extra Boost (By Invitation) 10.30 - 12noon <b>Golden Lane (South)</b>	0-5s Discover the Park (with lunch) 10.30am - 12noon <b>Elthorne Park, N19 3QL (North)</b>	SEnsory session (by invitation) 10.30 - 11.30am <b>New River Green (Central)</b>	0-5s Stay & Play 10 - 11.30am <b>Ambler: 29, Jul, 5 &amp; 12 Aug Factory 19 &amp; 26 Aug (Central)</b>	0-5s Discover the Park (with lunch) 10.30am - 12 noon <b>Kings Square Gardens, EC1V 8DD (South)</b>
0-5s Discover the Park (with lunch) 11am - 12.30pm <b>Highbury Bandstand (Central)</b>	0-5s Discover the Park (with lunch) 10.30 - 12noon <b>Thornhill Park N1 1BE (South)</b>	0-5s Discover the Park (with lunch) 11am - 12.30pm <b>Highbury Bandstand (Central)</b>	Under 1s Stay & Play 10.30 - 12pm <b>Highbury Bandstand (Central)</b>	0-5s Discover the Park (with lunch) 11 - 12.30pm <b>Highbury Bandstand, N5 1QL (Central)</b>
Baby Massage * Online 10.30am - 12noon <b>South</b>	0-5s Discover the Park (with lunch) 11-12.30pm <b>Highbury Bandstand (Central)</b>	Under 1s Stay & Play 10 - 11.30am <b>Bemerton (South)</b>	0-5s Discover the Park (with lunch) 10.30 - 12noon (29 Jul, 5 & 12 Aug) <b>Fortune Park, EC1Y 0SB (South)</b>	Finding parenting a challenge? You are not alone. Register for one of our Incredible Years Parenting Programmes startin in September visit: <a href="http://www.islington.gov.uk/parenting-programmes">www.islington.gov.uk/parenting-programmes</a>
Housing Advice Surgery - by phone (for private tenants only) 10am - 1pm 26 July - <b>North</b>	Paddington Story (British Library) 20 & 27 July 11.15am - 12:15pm 17 & 24 Aug 10 - 11 am To book t: 0207 527 4089 or e: <a href="mailto:brightstartsouth@islington.gov.uk">brightstartsouth@islington.gov.uk</a>	0-5s Stay & Play (with lunch) 10.30am - 12noon (28 Jul, 4 & 11 Aug) <b>Moreland (South)</b>	For information on <b>breastfeeding support</b> including One to One, Group and Online support visit: <a href="http://www.islington.gov.uk/breastfeeding">www.islington.gov.uk/breastfeeding</a>	
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
0-5s Discover the Park (with lunch) 1 - 2.30pm <b>Barnard Park One O'Clock Club</b>	Under 1s Stay & Play 1.30 - 3pm <b>New River Green (Central)</b>	Under 1s Stay & Play 2 - 3pm <b>Arlington Square, N1 7DR (Central)</b>	Introducing Solids Workshop 1 - 2pm (29 July) <b>Willow (North)</b>	SEnsory session (by invitation) 2 - 3pm <b>New River Green (Central)</b>
0-5s Stay & Play 2.30 - 4pm (from 16 Aug) <b>The Factory (Central)</b>	Under 1s Stay & Play 1.30 - 3pm (27 Jul, 3 & 10 Aug) <b>Golden Lane (South)</b>	0-5s Stay & Play 2 - 3.30pm (28 Jul, 4 & 11 Aug) <b>Ambler (Central)</b>	0-5s Discover the Park 2 - 3 pm <b>Gillespie Park (Central)</b>	0-5s Family Yoga 2 - 3pm (20 Aug) <b>Elthorne Park, N19 3QL (North)</b>
0-5s Stay & Play (SEND) Early Years Hub 2 - 3.30pm <b>Whittington Park, N19 4RS (North)</b>	Freightliners Farm Visit (N7 8PF) 2.30 - 4.30pm (timed 30mins slots plus a short activity) To book visit: <a href="https://bit.ly/3B5nsmj">https://bit.ly/3B5nsmj</a>	National Play Day 12noon - 4pm (4 Aug) <b>Paradise Park (North)</b>	Zumba (parent & child) 1.30 - 2.30pm <b>South</b> * Online	0-5s Stay & Play 2 - 3.30pm (20, 27 Aug) <b>Factory (Central)</b>
Under 1s Stay & Play 3 - 4pm <b>Archway (North)</b>	0-5s Family Yoga 2 - 3pm (17 & 24 Aug) <b>Elthorne Park, N19 3QL (North)</b>	0-5s Stay & Play (by Invitation) 1.30 - 3pm <b>Golden Lane (South)</b>	Under 1s Stay & Play 3 - 4pm <b>Willow (North)</b>	Under 1s Stay & Play 3 - 4pm <b>Hungerford (North)</b>
For more information about Bright Start services visit <a href="http://www.islington.gov.uk/brightstart">www.islington.gov.uk/brightstart</a>	Under 1s Stay & Play 3 - 4pm <b>Hornsey Road (North)</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>	For Adult Learning courses including ESOL, Maths, English, Literacy and Family Learning visit <a href="http://www.islington.gov.uk/adultlearning">www.islington.gov.uk/adultlearning</a>	0-5s Stay & Play 3.30 - 5pm (29 Jul, 5 & 12 Aug) <b>Golden Lane (South)</b>	0-5s Stay & Play 2 - 3.30pm <b>Paradise Park (North)</b>
			First Aid (0-5s) 1.30 - 2.30pm 29 July - <b>North</b>	* Online First Aid (Under 1s) 2.30 - 3.30pm 30 July - <b>North</b> * Online