



**Bright  
Start**  
ISLINGTON

# Weekly timetable

Wednesday 6 September  
2023 – Friday 26 July 2024



**Free  
services**

for Islington  
under 5s and  
their families

**Family Hubs, Start for Life**

# Bright Start services, what's on offer



## Antenatal and Postnatal Midwifery Clinics

Clinics are run by UCLH (**020 3447 9400**) and Whittington (**020 7288 3482**) midwives – Contact your midwife for further information.

## Breastfeeding Support

For individual support feeding your baby contact the Breastfeeding Support Team, **020 3316 8439**. Groups listed on the timetable provide general information, support and an opportunity to meet other breastfeeding mothers.

## Health Visiting

Appointments with your health visiting team will be sent at regular intervals to discuss your child's health and development needs. You can also see them at a child health clinic **t: 020 3316 8008**.

## New Parents Group

A 6-week group for first time parents and their new born babies dealing with a variety of topics and creating supportive

networks. To book a place please contact your local Bright Start area or your Health Visitor.

## Parenting Programmes

There are a range of parenting programmes on offer that cover different ages and different situations. For more information speak to a member of staff or visit **islington.gov.uk/parentingprogrammes**

## Workshops

Bright Start teams deliver workshops for parents covering a range of topics such as sleep, starting solid foods and early communication development. For more information speak to a member of our team.

## CAMHS and Growing Together

Child and Adolescent Mental Health Service (CAMHS) and Growing Together support families with a range of emotional, well-being and behavioural needs. For more information pick up a leaflet in one of our children's centres or speak to a member of staff.

## Family Support Surgeries

If you have a question, need some information, advice or guidance you can speak to one of our Family Engagement Workers on the phone or in person at one of our surgeries. telephone service: Monday, Wednesday and Friday 9am-12noon, **t: 020 7527 8376**

## Housing Surgery

A monthly surgery for families in privately rented accommodation. To book a place please contact your local Bright Start area via email.

## Parent Champions

Did you know there are opportunities to volunteer with Bright Start as a parent champion? For more information contact Selda Aygun **e: selda.aygun@islington.gov.uk, t: 020 7527 6835**

## Childcare and Free Early Education

Islington's high-quality nurseries and childminders provide childcare for working or studying parents and free early education hours for 2, 3 and 4 year olds. Speak to our staff about providers in your area or drop in to meet childminders at one of our groups.

## Stay and Plays

All our Stay and Plays are accessible and inclusive but

we also offer sessions for more specialist support. Outdoor stay and plays follow forest school principles.

## Special Educational Needs and Disabilities (SEND)

The following activities are by appointment only and support children and families with a range of SEND run by Bright Start staff. For more information speak to a member of staff.

## Chatterpillars

Communication focussed Stay and Play course, sharing strategies with parents to support their child's expressive language needs.

## SENDSory Adventures

SENDSory Adventures is a small specialist group for parents and children who have been referred to the Social Communication Team (SCT) and are awaiting an assessment.

## Speech and Language Therapy

Bright Start Speech and Language Therapists support children with speech, language and communication needs by sharing strategies and advice with parents during visits to Stay and Plays and parent workshops. For more information please speak to a member of staff.



'I have learned two new parenting skills that have been very helpful and empowering: special time and specific praise' (Incredible Years parenting programme)

'Extra boost has become an important service for myself and my daughter...However, the main and most important part is how much my daughter has grown, learned and overcome at Extra Boost, from not being able to be close to another child to now being able to join in with another child during an activity and that's just one example of many!'

(Extra Boost SEND stay and play)

'I've found the course very helpful and it has definitely improved the relationship with my son'

(Incredible Years parenting programme)



## Monday

<b>10 – 11.30am</b>	<b>0–5s Extra Boost (SEND)</b> Hornsey Road Children's Centre, N7 7EN
<b>10 – 11.30am</b>	<b>0–5s Stay and Play with Family Support Surgery</b> Archway Children's Centre, N19 5HE
<b>1.30 – 3pm</b>	<b>Under 1s Stay and Play</b> Archway Children's Centre, N19 5HE

## Tuesday

<b>9.30 – 11.30am</b>	<b>Child Health Clinic</b> Andover Community Centre , N7 7RN
<b>10 – 11.30am</b>	<b>Childminder Group</b> Willow Children's Centre, N7 0BF
<b>10.30 – 11.30am</b>	<b>0–5s Outdoor Stay and Play</b> Sunnyside Gardens, N19 3QL
<b>1.30 – 3pm</b>	<b>Under 1s Stay and Play</b> Hornsey Road Children's Centre, N7 7EN
<b>1.30 – 3.30pm</b>	<b>Child Health Clinic</b> Archway Children's Centre, N19 5HE
<b>3.30 – 5pm</b>	<b>0–5s Twilight Stay and Play</b> North Islington Nursery School and Children's Centre, N4 3RB

## Wednesday

<b>10 – 11.30am</b>	<b>0–5s Stay and Play with Family Support Surgery</b> Andover Community Centre, N7 7RN
<b>10 – 11.30am</b>	<b>0–5s Stay and Play</b> Willow Children's Centre, N7 0BF
<b>10 – 11.30am</b>	<b>Little Explorers</b> Whittington Park, N19 4RE

<b>10.30 – 12noon</b>	<b>Under 1s Relaxation and Movement</b> Ambler Children's Centre, N4 2QX (term-time only)
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<b>1 – 3pm</b>	<b>Child Health Clinic</b> Willow Children's Centre, N7 0BF
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## Thursday

<b>2 – 3.30pm</b>	<b>0–5s Stay and Play</b> Hornsey Road Children's Centre , N7 7EN
<b>3 – 4.30pm</b>	<b>Under 1s Stay and Play</b> Willow Children's Centre, N7 0BF

## Friday

<b>10.30 – 11.30am</b>	<b>Under 1s Soft Play</b> Hornsey Road Children's Centre, N7 7EN
<b>10.30 – 11.15am and 11.30 – 12.15pm</b>	<b>0–5s Music and Movement</b> Willow Children's Centre, N7 0BF
<b>1 – 2.30pm</b>	<b>Breastfeeding Support Group</b> Ambler Children's Centre, N4 2QX
<b>1.30 – 3pm</b>	<b>Under 1s Stay and Play</b> Hungerford Children's Centre, N7 9LH
<b>2 – 2.45pm</b>	<b>0–5s Jumping Beans</b> Willow Children's Centre, N7 0BF

## Saturday

<b>10am – 12noon</b>	<b>0–5s Stay and Play</b> Father's and Male Carers 2 <sup>nd</sup> Saturday of the month Family 4 <sup>th</sup> Saturday of the month Willow Childrens Centre, N7 0BF
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## Monday

<b>9.30 – 11am</b>	<b>0–5s Stay and Play with Family Support Surgery</b> Family Hub Central at New River Green Children's Centre, N1 2SX
<b>9.30 – 11.30am</b>	<b>Child Health Clinic</b> Conewood Children's Centre, N5 1DL
<b>9.30 – 11am</b>	<b>Under 1s Stay and Play</b> Paradise Park Children's Centre, N7 8SE
<b>10 – 11.30am</b>	<b>0–5s Outdoor Stay and Play</b> Highbury Bandstand Wildlife Garden, N5 1QL
<b>1.30 – 3pm</b>	<b>Breastfeeding Support Group,</b> Family Hub Central at New River Green Children's Centre N1 2SX
<b>3 – 4.30pm</b>	<b>0–5s Stay and Play with Family Support Surgery</b> Minik Kardes @ The Factory Children's Centre, N16 8NP

## Tuesday

<b>9.30 – 11.30am</b>	<b>Childminder Group</b> Family Hub Central at New River Green Children's Centre, N1 2SX
<b>9.30 – 11.30am</b>	<b>Child Health Clinic</b> The Factory Children's Centre, 107–109 Matthias Road, N16 8NP
<b>10 – 11.30am</b>	<b>Under 1s Stay and Play</b> Conewood Children's Centre, N5 1DL
<b>10 – 11.30am</b>	<b>0–5s Stay and Play</b> Herongate House, N1 8TJ
<b>2 – 3.30pm</b>	<b>0–5s Stay and Play With Family Support Surgery</b> Conewood Children's Centre, N5 1DL
<b>1.30 – 3pm</b>	<b>Under 1s Stay and Play</b> Family Hub Central at New River Green Children's Centre N1 2SX

## Wednesday

<b>10 – 11.30am</b>	<b>0–5s Outdoor Stay and Play</b> Highbury Bandstand Wildlife Garden, N5 1QL
<b>10 – 11.30am</b>	<b>0–5s Extra Boost (SEND),</b> Family Hub Central at New River Green Children's Centre N1 2SX
<b>3.30 – 5pm</b>	<b>0–5s Twilight Stay and Play</b> Conewood Children's Centre, N5 1DL

## Thursday

<b>9.30 – 11.30am</b>	<b>Childminder Group</b> Conewood Children's Centre, N5 1DL
<b>9.30 – 11.30am</b>	<b>Child Health Clinic,</b> Family Hub Central at New River Green Children's Centre N1 2SX
<b>10 – 11am</b>	<b>0–5s Family Relaxation and Movement</b> Paradise Park Children's Centre, N7 8SE (term-time only)
<b>10 – 11.30am</b>	<b>0–5s Outdoor Stay and Play</b> Ecology Centre, Gillespie Park, N5 1PH
<b>1.30 – 3pm</b>	<b>Under 1s Stay and Play</b> Minik Kardes @ The Factory Children's Centre, N16 8NP

## Friday

<b>9.30 – 11am</b>	<b>0–5s Stay and Play,</b> Family Hub Central at New River Green Children's Centre N1 2SX
<b>11.30 – 12.30pm</b>	<b>Family Support Surgery</b> Mildmay Community Centre, N16 8NA
<b>3 – 4.30pm</b>	<b>0–5s Outdoor Stay and Play</b> Highbury Bandstand Wildlife Garden, N5 1QL

## Saturday

<b>10am – 12noon</b>	<b>0–5s Stay and Play</b> Family 1st Saturday of the Month, Father's and Male Carers 3rd Saturday of the month. Highbury Bandstand Wildlife Garden N5 1QL
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## Monday

<b>9.30 – 11am</b>	<b>0–5s Stay and Play with Family Support Surgery</b> Moreland Children's Centre, EC1V 8BB
<b>9.30 – 11am</b>	<b>0–5s Extra Boost (SEND)</b> Golden Lane Children's Centre, EC1Y 8JA
<b>1.30 – 3pm</b>	<b>Under 1s Stay and Play</b> Bemerton Children's Centre, N1 0DX
<b>1.30 – 3pm</b>	<b>0–5s Stay and Play with Family Support Surgery</b> Golden Lane Children's Centre, EC1Y 8JA

## Tuesday

<b>10 – 11.30am</b>	<b>Childminder Group</b> Golden Lane Children's Centre, EC1Y 8JA
<b>11am – 12noon</b>	<b>Family Fitness</b> King Square Community Centre, EC1V 8DY
<b>1.30 – 3pm</b>	<b>Under 1s Stay and Play</b> Golden Lane Children's Centre, EC1Y 8JA
<b>1.30 – 3pm</b>	<b>0–5s Stay and Play</b> Bemerton Children's Centre, N1 0DX
<b>1.30 – 3pm</b>	<b>Breastfeeding Support Group</b> Bemerton Children's Centre, N1 0DX

## Wednesday

<b>9.30 – 11am</b>	<b>Under 1s Stay and Play</b> Bemerton Children's Centre, N1 0DX
<b>9.30 – 11am</b>	<b>0–5s Stay and Play</b> Moreland Children's Centre, EC1V 8BB
<b>9.30 – 11.30am</b>	<b>Child Health Clinic</b> Bingfield PCC, 8 Bingfield Street, N1 0AL

**3.15– 4.45pm**

**0–5's Twilight Extra Boost ( SEND)**  
Moreland Children's Centre, EC1V 8BB

## Thursday

<b>9.30 – 11am</b>	<b>Breastfeeding Support Group</b> Moreland Children's Centre, EC1V 8BB
<b>9.30 – 11am</b>	<b>Child Health Clinic</b> Moreland Children Centre, Gard Street, EC1V 8BB
<b>10 – 11am</b>	<b>0–5s Song and Movement</b> Betty Brunker Hall, EC1V 8BG
<b>10 – 11.30am</b>	<b>0–5s Outdoor Stay and Play</b> Barnard Park Wildlife Garden, N1 0ER
<b>3.40 – 5pm</b>	<b>0–5s Twilight Stay and Play</b> Golden Lane Children's Centre, EC1Y 8JA

## Friday.30

<b>9.30 – 11am</b>	<b>Under 1s Stay and Play</b> Moreland Children's Centre, EC1V 8BB
<b>9.30am – 11.30am</b>	<b>Family Support Surgery</b> Bemerton Children's Centre, N1 0DX
<b>10 – 11.30am</b>	<b>0–5's Outdoor Stay and Play</b> King Square Gardens, Lever St EC1

## Saturday

<b>10am – 12noon</b>	<b>0–5s Stay and Play</b> Father's and Male Carers 1 <sup>st</sup> Saturday of the month Family 3 <sup>rd</sup> Saturday of the month Bemerton Childrens Centre, N1 0DX
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## Contact Details

For more information about any of our services please contact:



### **Bright Start North**

✉ [brightstartnorth@islington.gov.uk](mailto:brightstartnorth@islington.gov.uk)

☎ 020 7527 8441



### **Bright Start Central**

✉ [brightstartcentral@islington.gov.uk](mailto:brightstartcentral@islington.gov.uk)

☎ 020 7527 8465



### **Bright Start South**

✉ [brightstartsouth@islington.gov.uk](mailto:brightstartsouth@islington.gov.uk)

☎ 020 7527 4089

## Health Visiting

We are working with you face to face if you are happy to see us in your home or in a community setting but can make it virtual too. Do call the number in your child's red book or alternatively we can help if you call us on 020 3316 8008.

## Family Information Service, FIS

If you need support looking for childcare or free early learning, finding fun activities for your child or need information about services to support you, contact:

☎ 020 7527 5959

✉ [fis@islington.gov.uk](mailto:fis@islington.gov.uk)

🖱 [www.islington.gov.uk/fis](http://www.islington.gov.uk/fis)

[www.islington.gov.uk/startforlife](http://www.islington.gov.uk/startforlife)