



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 targeted 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)



Bright Start services are delivered in the North, Central and South areas.

You can attend sessions in any area but for some services you will need to know which area you live in. You can use the local area finder on Islington's website, www.islington.gov.uk

All sessions
are drop in,
no need to
book

Monday

- 10 – 11.30am** **0–5s Extra Boost (SEND)** Family Hub North at Hornsey Road Children’s Centre, N7 7EN
- 10 – 11.30am** **0–5s Stay and Play with Family Support Surgery** Archway Children’s Centre, N19 5HE
- 1.30 – 3pm** **Under 1s Stay and Play** Archway Children’s Centre, N19 5HE

Tuesday

- 10 – 11.30am** **Childminder Group** Willow Children’s Centre, N7 0BF
- 10.30 – 11.30am** **0–5s Outdoor Stay and Play** Sunnyside Gardens, N19 3QL
- 1.30 – 3pm** **Under 1s Stay and Play**, Family Hub North at Hornsey Road Children’s Centre, N7 7EN
- 1.30 – 3.30pm** **Family Hub North** Hornsey Road Children’s Centre, N7 7EN
- 1.30 – 3.30pm** **Child Health Clinic** Archway Children’s Centre, N19 5HE
- 3.30 – 5pm** **0–5s Twilight Outdoor Stay and Play** North Islington Nursery School and Children’s Centre, N4 3RB

Wednesday

- 10 – 11.30am** **0–5s Stay and Play with Family Support Surgery** Andover Community Centre, N7 7RN
- 10 – 11.30am** **0–5s Stay and Play** Willow Children’s Centre, N7 0BF
- 10 – 11.30am** **Little Explorers** Whittington Park, N19 4RE

- 10.30 – 12noon** **Under 1s Relaxation and Movement** Ambler Children’s Centre, N4 2QX (term-time only)
- 1 – 3pm** **Child Health Clinic** Willow Children’s Centre, N7 0BF

Thursday

- 2 – 3.30pm** **0–5’s Stay and Play**, Family Hub North at Hornsey Road Children’s Centre, N7 7EN
- 3 – 4.30pm** **Under 1s Stay and Play** Willow Children’s Centre, N7 0BF

Friday

- 9.30 – 11am** **Child Health Clinic** Northern Health Centre, N7 6LB
- 10.30 – 11.30am** **Under 1s Soft Play**, Family Hub North at Hornsey Road Children’s Centre, N7 7EN
- 10.30 – 11.15am and 11.30 – 12.15pm** **0–5s Music and Movement** Willow Children’s Centre, N7 0BF
- 1 – 2.30pm** **Breastfeeding Support Group** Ambler Children’s Centre, N4 2QX
- 1.30 – 3pm** **Under 1s Stay and Play** Hungerford Children’s Centre, N7 9LH
- 2 – 2.45pm** **0–5s Jumping Beans** Willow Children’s Centre, N7 0BF

Saturday

- 10am – 12noon** **Father and Male Carers 0–5s Stay and Play** 2nd Saturday of every month Willow Childrens Centre N7 0BF
- 10am – 12noon** **Family 0–5s Stay and Play** 4th Saturday of every month Willow Childrens Centre N7 0BF

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Monday

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

Tuesday

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

Wednesday

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

Thursday

9.30 – 11.30am	Childminder Group Conewood Children's Centre, N5 1DL
9.30–10.30am	0–4s Stay and Play, Highbury Quadrant Primary School, St Augustine's Path entrance. N5
9.30 – 11.30am	Child Health Clinic, Family Hub Central at New River Green Children's Centre N1 2SX
10 – 11.30am	0–5s Outdoor Stay and Play Ecology Centre, Gillespie Park, N5 1PH
1.30 – 3pm	Under 1s Stay and Play, Minik Kardes @ The Factory Children's Centre, N16 8NP

Friday

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

Saturday

10am – 12noon	Family 0–5s Stay and Play, 1st Saturday of every month. Highbury Bandstand Wildlife Garden, N5 1QL
10am–12noon	Father and Male Carers 0–5s Stay and Play 3rd Saturday of every month. Highbury Bandstand Wildlife Garden, N5 1QL

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Monday

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

Tuesday

9.30–11am	Under 1s Stay and Play Paradise Park Children’s Centre , N7 8SE
10 – 11.30am	Childminder Group Golden Lane Children’s Centre, EC1Y 8JA
11am –12noon	Family Fitness King Square Community Centre, EC1V 8DY
1.30 – 3pm	Under 1s Stay and Play Golden Lane Children’s Centre, EC1Y 8JA
1.30 – 3pm	0–5s Stay and Play , Family Hub South at Bemerton Children’s Centre, N1 0DX
1.30 – 3pm	Breastfeeding Support Group , Family Hub South at Bemerton Children’s Centre, N1 0DX

Wednesday

9.30 – 11am	Under 1s Stay and Play , Family Hub South at Bemerton Children’s Centre, N1 0DX
9.30 – 11am	0–5s Stay and Play Moreland Children’s Centre, EC1V 8BB
9.30 – 11.30am	Child Health Clinic 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

9.30 – 11am	Child Health Clinic Moreland Children Centre, Gard Street, EC1V 8BB
10–11am	0–5s Family Relaxation and Movement , Paradise Park Children’s Centre, N7 8SE(Term Time Only)
10 – 11am	0–5s Song and Movement Betty Brunker Hall, EC1V 8BG
10 – 11.30am	0–5s Outdoor Stay and Play Barnard Park Wildlife Garden, N1 0ER
10.15 – 11.45am	Breastfeeding Support Group Moreland Children’s Centre, EC1V 8BB
1.30 – 3pm	0–5s stay and play , Family Hub South at Bemerton Children’s Centre, N1 0DX
3.40 – 5pm	0–5s Twilight Stay and Play Golden Lane Children’s Centre, EC1Y 8JA

Friday

9.30 – 11am	Under 1s Stay and Play Moreland Children’s Centre, EC1V 8BB
9.30am – 11.30am	Family Support Surgery , Family Hub South at Bemerton Children’s Centre, N1 0DX
10 – 11.30am	0–5’s Outdoor Stay and Play King Square Gardens, Lever St EC1

Saturday

10am–12noon	Father and Male Carers 0–5s Stay and Play 1st Saturday of every month, Bemerton Childrens Centre N1 0DX
10am –12noon	Family 0–5s Stay and Play , 3rd Saturday of every month. Bemerton Childrens Centre N1 0DX

Contact Details

For more information about any of our services please contact:

Bright Start

✉ brightstart@islington.gov.uk



Bright Start North

☎ 020 7527 8441



Bright Start Central

☎ 020 7527 8465



Bright Start South

☎ 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

🖱 www.islington.gov.uk/fis

www.islington.gov.uk/startforlife