



Summer holiday timetable

Saturday 22 July 2023
Saturday 2 September 2023

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 first aid, sleep, starting on solids 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 information about, 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)



All sessions are drop in, no need to book

Monday

10 – 12noon **0–5s Stay and Play**
Whittington Park, N19 4RS

11am **Baby Bounce**
Archway Library, Hamlyn House, Highgate Hill, N19 5PH

2 – 3.30pm **SEND Stay and Play**
Whittington Park, N19 4RS

2 – 3.30pm **Under 1s Stay and Play**
Archway Children’s Centre, N19 5HE

Tuesday

9.30 – 11.30am **Child Health Clinic**
Andover Community Centre , N7 7RN

10.30 – 11.30am **0–8s Outdoor Stay and Play**
The Peace Gardens, Elthorne Park, N19 3NF

11am **Under 5’s at the Library**
Cat and Mouse Library, 277 Camden Road, N7 0JN
and North Library, Manor Garden, N7 6JX

11.30am **Toy Library**
North Library, Manor Garden, N7 6JX

1.30 – 3.30pm **Child Health Clinic**
Archway Children’s Centre N19 5HE

2 – 3.30pm **Under 1s Stay and Play**
Hornsey Road Children’s Centre, N7 7EN

Wednesday

10am – 12noon **0–5s Stay and Play with Family Support Surgery**
Andover Community Centre, N7 7RN

11am **Under 5’s at the Library**
Archway Library, Hamlyn House, Highgate Hill, N19 5PH

1 – 3pm **Child Health Clinic**
Willow Children’s Centre, N7 0BF

2 – 4pm

0–8s Outdoor Stay and Play
Paradise Park, N7 8SE

Thursday

10 – 11.30am **Forest School (taster session)**
Caledonian Park, N7 9TP

10 – 11.30am **Under 1s Stay and Play**
Caledonian Park (Tolpudde Classroom near the clock tower), N7 9TP

11am **Baby Bounce**
Cat and Mouse Library, 277 Camden Road, N7 0JN

1.30 – 3pm **Breastfeeding Support Group**
Hungerford Children’s Centre, N7 9LH

2 – 3.30pm **Under 1s Stay and Play**
Willow Children’s Centre, N7 0BF

Friday

10am – 12noon **Under 1s Soft Play**
Hornsey Road Children’s Centre, N7 7EN

11am **Baby Bounce**
North Library, Manor Garden, N7 6JX

1.30 – 2.15pm **0–5s Jumping Beans**
Willow Children’s Centre, N7 0BF.

Open 28 July,
18, 25 August and
1 September

Saturday

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

2pm **Under 5’s at the Library**
North Library, Manor Garden, N7 6JX

All sessions are drop in, no need to book

Monday

9.30 – 11am **0–5s Stay and Play with Family Support Surgery**

New River Green Children's Centre, N1 2SX

9.30 – 11.30am **Child Health Clinic**

Conewood Children's Centre, N5 1DL

Open 24, 31 July
7, 14 August

10 – 11.30am **Under 1s Stay and Play**

Ambler Children's Centre, N4 2QX

Open 24, 31 July
7, 14 August

10am – 12pm **0–8s Outdoor Stay and Play**

Highbury Bandstand Wildlife Garden, N5 1QL

11am **Under 5's at the Library**

South Library, 115–117 Essex Road, N1 2SL

Tuesday

9.30 – 11.30am **Child Health Clinic**

The Factory children's centre, 107–109 Matthias Road, N16 8NP.

Open 25 July
1, 22, 29 August

10 – 11.30am **Under 1s Stay and Play**

Conewood Children's Centre, N5 1DL

Open 25 July
1, 8, 15 August

10am – 12noon **0–8s Outdoor Stay and Play**

Highbury Bandstand Wildlife Garden, N5 1QL

11am **Baby Bounce**

N4 Library, 26 Blackstock Road, N4 2DW

11am **Under 5's at the Library**

Central Library, 2 Fieldway Crescent, N5 1PF and Mildmay Library, 21–23 Mildmay Park, N1 4NA

1.30 – 3pm **Under 1s Stay and Play**

New River Green Children's Centre, N1 2SX

Wednesday

10am – 12noon **0–8s Outdoor Stay and Play**

Highbury Bandstand Wildlife Garden, N5 1QL

11am **Baby Bounce**

Central Library, 2 Fieldway Crescent, N5 1PF

2 – 3.30pm **0–5's Outdoor Extra Boost (SEND)**

Highbury Bandstand Wildlife Garden, N5 1QL

2 – 4pm

0–8s Outdoor Stay and Play

Paradise Park, N7 8SE

Thursday

9.30 – 11.30am **Child Health Clinic**

New River Green Children's Centre, N1 2SX

10am – 12noon **0–8s Outdoor Stay and Play**

Highbury Bandstand Wildlife Garden, N5 1QL

11am **Baby Bounce**

Central Library, 2 Fieldway Crescent, N5 1PF and Mildmay Library, 21–23 Mildmay Park, N1 4NA

11am **Under 5's at the Library**

N4 Library, 26 Blackstock Road, N4 2DW

11.30am **Toy Library**

Mildmay Library, 21–23 Mildmay Park, N1 4NA

Friday

9.30 – 11am **0–5s Stay and Play**

New River Green Children's Centre, N1 2SX

10am – 12noon **0–8s Outdoor Stay and Play**

Highbury Bandstand Wildlife Garden, N5 1QL

11am **Baby Bounce**

South Library, 115–117 Essex Road, N1 2SL

11am **Under 5's at the Library**

Central Library, 2 Fieldway Crescent, N5 1PF

1 – 2.30pm **Breastfeeding Support Group**

Ambler Children's Centre, N4 2QX

Open 28 July
4, 11 August

Saturday

10am – 12noon **0–5s Stay and Play**

Family 1st Saturday of the Month, Father's and Male Carers 3rd Saturday of the month. Highbury Bandstand Wildlife Garden N5 1QL

11am **Under 5's at the Library**

N4 Library, 26 Blackstock Road, N4 2DW

All sessions are drop in, no need to book

Monday

9.30 – 11am	0–5s Extra Boost (SEND) Golden Lane Children’s Centre, EC1Y 8JA	Open 24, 31 July 7 August
10am – 12noon	0–8s Outdoor Stay and Play King Square Gardens, Lever St EC1	
11am	Baby Bounce Lewis Carroll Library, 166 Copenhagen Street, N1 0ST	

Tuesday

10am – 12noon	0–8s Outdoor Stay and Play Barnard Park, N1 0ER	
11am	Under 5’s at the Library Finsbury Library, 245 St John Street, EC1V 4NB and West Library, Bridgeman Road, N1 2SL	
1.30 – 3pm	Under 1s Stay and Play Golden Lane Children’s Centre, EC1Y 8JA	Open 25 July 1, 8 August
2 – 3pm	0–8s Outdoor Stay and Play – Story Time Thornhill Square	

Wednesday

9.30 – 11am	Under 1s Stay and Play Bemerton Children’s Centre, N1 0DX	
10 – 11.30am	SEND 0–5s Outdoor Stay and Play Barnard Park, N1 0ER	
11am	Under 5’s at the Library Lewis Carroll Library, 166 Copenhagen Street, N1 0ST	
11am	Baby Bounce Lewis Carroll Library, 166 Copenhagen Street, N1 0ST	
2 – 4pm	0–8s Outdoor Stay and Play Paradise Park, N7 8SE	

Thursday

9.30 – 11am	Breastfeeding Support Group Moreland Children’s Centre, EC1V 8BB	Open 27 July 3, 10, 17 August
9.30 – 11am	Child Health Clinic Moreland Children Centre, Gard Street, EC1V 8BB	
10 – 11am	0–5s Song and Movement Betty Brunker Hall, EC1V 8BG	Open 27 July 3, 10, 17 August
10am – 12noon	0–8s Outdoor Stay and Play Barnard Park, N1 0ER	
11am	Baby Bounce Finsbury Library, 245 St John Street, EC1V 4NB	
11.30am	Toy Library Finsbury Library, 245 St John Street, EC1V 4NB	
2 – 4pm	0–8s Outdoor Stay and Play Barnard Park, N1 0ER	

Friday

9.30 – 11am	Under 1s Stay and Play Moreland Children’s Centre, EC1V 8BB	Open 28 July 4, 11, 18 August
10am – 12noon	0–8s Outdoor Stay and Play King Square Gardens, Lever St EC1	
11am	Baby Bounce West Library, Bridgeman Road, N1 2SL	
11.30am	Toy Library West Library, Bridgeman Road, N1 2SL	

Saturday

10am – 12noon	0–5s Stay and Play Family 1st Saturday of the Month, Father’s and Male Carers 3rd Saturday of the month. Highbury Bandstand Wildlife Garden N5 1QL
11.30am	Under 5’s at the Library Lewis Carroll Library, 166 Copenhagen Street, N1 0ST

Contact Details

For more information about any of our services please contact:



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

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