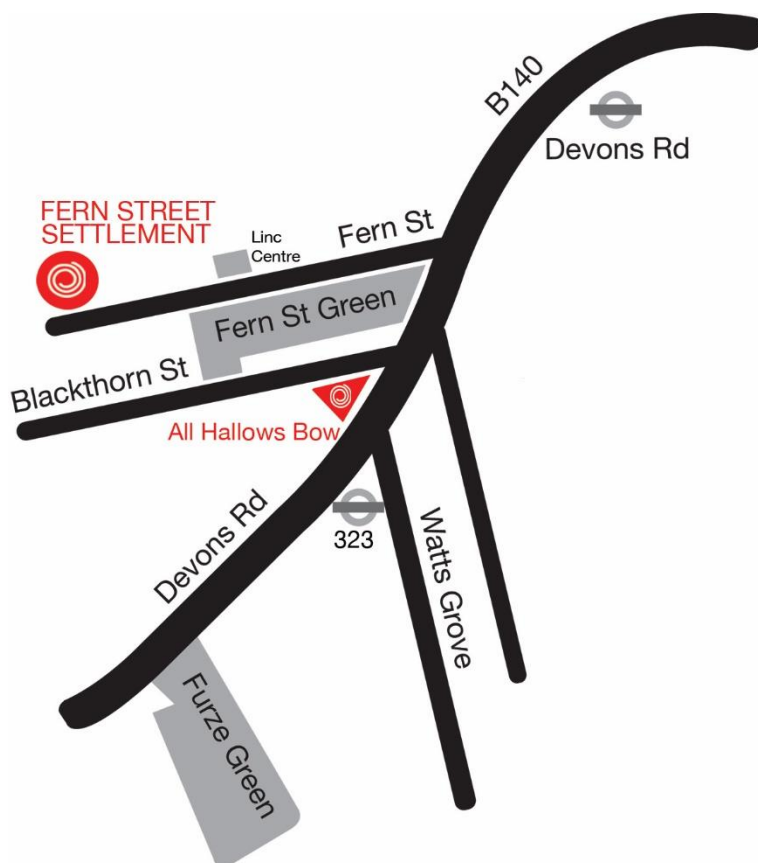


Families Flourishing – SUPPORT FOR PARENTS				
Activity	Description	Day and Time	Location	Make Contact
Family Support	<p><i>We offer caring and non-judgemental help to families with children aged 0-11 who need support to overcome challenges and build on their strengths.</i></p> <p><i>Families can self-refer for support or be referred by their GP, school, social worker or other professional.</i></p>	By appointment		Call or come along to our drop-in to self-refer or to refer a family, download a referral form from our website
Family Support Drop-in	<i>Drop in to get information, advice and support. From fussy eating to help filling in forms to finding debt advice, we are to listen and help.</i>	Wednesdays 10-12	Fern Street	Drop in
School Kit	<i>A short parenting course for parents who want to help their children get the best out of school. Looking at: helpful routines, building motivation and how to work well with your child's school.</i>	Starts: Tuesday 26 th Feb 1-3pm 3 weeks	Fern Street	Call to book
Cook Together	<i>Share your favourite recipes and get to know other parents as we cook, talk and EAT together</i>	Starts 10 th Jan Thursday 10-12 6 weeks	Fern Street	
Fun Family English	<i>A family learning ESOL programme for parents and their children aged 1-4. Develop language skills through storytelling, puppets and songs.</i>	Starts 28 th Feb Thursdays 10-12	Fern Street	Call to register and arrange an assessment
ESOL Café for women	<i>Conversation club for women to improve spoken communication and confidence in English. Mixed levels for ESOL EL1+. Play space for children 0-4</i>	Wednesdays 12-1pm	Fern Street	Drop in

Have your say				
Event	Description	Date and Time	Location	Make Contact
Parent Voice	<i>Share your thoughts and ideas to make life better for families in Bow with tea and cake!</i>	Tues 2 nd April 1-3pm	Fern Street	Drop in

Starting Strong - EARLY YEARS				
Activity	Description	Day and Time	Location	Make Contact
Babyplay	<i>Play and sensory activities for babies up to 15 months</i>	Wednesdays 1.30-3pm	Fern Street	Drop in
Sing Together	<i>A singing, movement and music for children aged 0-4</i>	Fridays 10.30 - 11.30 am	Fern Street	Drop in
Little Cherubs	<i>Stay-and-play for children aged 0-4 and parents/carers</i>	Thursdays 10am-12pm	All Hallows Bow church	Call Sandra for more info 07931 838 738
Fun Family English	<i>A family learning ESOL programme for parents and their children aged 1-4. Develop language skills through crafts, story-telling, puppets and songs.</i>	Starts 28 th Feb Thursdays 10-12	Fern Street	Call to register and arrange an assessment
Baby Massage	<i>Learn gentle massage techniques to soothe your baby aged birth - 7months 4 week course</i>	Next courses: Mon 28 th Jan Mon 11 th Mar 1.30-2.30pm	Fern Street	Call to register
Parenttalk	<i>Fun sessions of tips, ideas and activities. Children welcome with parents.</i> Understanding Behaviour <i>Encourage positive behaviour in children ages 18m+</i> Better Sleep <i>Tips for calmer nights for ages 18m+</i> Talking Together <i>Fun activities to enjoy together to develop your child's speaking and listening skills</i>	Tues 29 th Jan Tues 12 th Feb Tues 26 th Mar 1 – 3pm	Fern Street	Drop in
Growing and Developing (CHILDREN & YOUNG PEOPLE)				
Activity	Description	Day and Time	Location	Make Contact
After-School Club	<i>Games and crafts for 5-11s, with café for parents/carers</i>	Wednesdays 3.30-5pm	All Hallows Bow church	Drop-in
Fun Makers	<i>Cooking, crafts and active games for children ages 6-11</i>	Thursdays 4- 5.30pm	Fern Street	Turn up to try a taster session
StagE3	<i>Drama, dance and singing for children ages 4-7. Builds confidence and communications skills.</i>	Fridays 4.30- 5.30pm	Fern Street	Turn up to try a taster session
Gem	<i>Weekly girls-only fun for Year 6+, with trips and events, extending horizons and building confidence. With Eden Bow.</i>	Mondays 5- 6.30pm	Fern Street	Drop-in Girls only
Crafternoons	<i>Creative workshops for girls aged 11+ Learn and share the secrets to making beautiful things.</i>	1 st Saturday of the month 1-4pm	Fern Street	Drop-in

Connecting our community				
Activity	Description	Day and Time	Location	Make Contact
Time for Tea	Social drop-in with tea, coffee, cake and company especially for the over-50s	Thursdays 1-3pm	Fern Street	Drop-in
Woman's Trust Counselling	Counselling for female survivors of domestic abuse (Tower Hamlets residents only)	By appointment only	Fern Street	Contact Woman's Trust 020 7034 0303
Special Events				
Date and Time	What	Day and Time	Location	
Easter Egg Hunt	Fund our eggs and enjoy free games and activities for all the family!	Saturday 20 th April 12-3pm	Fern Street Green	Just turn up and enjoy!
Easter Garden Making Competition	Forage for materials in the woods and use what you find to make a winning Easter Garden together!	Friday 19 th April 3-5pm	Fern Street Family Centre	Just turn up and enjoy!



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