

ACTIVITY	DESCRIPTION	WHEN & WHERE?	GET INVOLVED
 Time for Tea <i>Grown-ups</i>	Social drop-in with tea, coffee, cake and company especially for the over-50s	Thursdays 1–3pm at <i>Fern Street</i>	Drop in
 Woman's Trust Counselling <i>Grown-ups</i>	Counselling for female survivors of domestic abuse (Tower Hamlets residents only)	By appointment only at <i>Fern Street</i>	Contact Woman's Trust on 020 7034 0303
 Easter Egg Hunt <i>Everyone</i>	Find our hidden eggs and enjoy free games and activities for all the family!	Easter Saturday 11th April 12-3pm <i>On Fern Street Green</i>	Just turn up and enjoy!
  Holiday activities <i>Children</i> <i>Grown-ups</i>	Join in our free and low-cost holiday activities and trips for children families. Drop in in March for more information	6-17 April <i>At Fern Street</i>	Just turn up and enjoy!



WHAT'S ON

Jan - Apr 2020



FERN STREET FAMILY CENTRE

Fern Street, London E3 3PS
 0207 987 1949
fernstreet@allhallowsbow.org.uk
www.fernstreet.org.uk



 **FERN STREET**
family centre

WHAT'S IMPORTANT RIGHT NOW?



Play Let's have fun together! The best way for children to learn and grow



Learn & Grow Pick up a new skill, try something new



Connect Strengthen family relationships, Make new friends



Share Give back, have your say. Let's make Bow better together.



Get Support Everyone needs advice, information and a listening ear sometimes.



Special events

ACTIVITY	DESCRIPTION	WHEN & WHERE?	GET INVOLVED
Family Support <i>Everyone</i>	We offer caring and non-judgemental help to families with children aged 0–11 who want support to overcome challenges and build on their strengths.	By appointment or Family Support drop-in	Call or come along to our Wednesday drop-in To refer a family, download a referral form from fernstreet.org.uk
Family Support Drop-in <i>Everyone</i>	Drop in to get information, advice and support. From fussy eating to help filling in forms or finding debt advice, we are here to listen and help.	Wednesdays 10–12 at Fern Street	Drop in
Fun Family English <i>Grown-ups Children ages 1-4</i>	A family learning ESOL group for parents with children aged 1-4. Develop language and literacy skills through storytelling, puppets and songs. Parents and children take part together in the group.	Every Thursday 10-12 Starts 16 Feb for 11 weeks at Fern Street	Call to register
ESOL Cafe <i>Grown-ups with creche</i>	Conversation club for women to improve spoken communication and confidence in English. Mixed levels for ESOL EL1+.	Wednesdays 12–1pm at Fern Street	Call to register
Parenttalk <i>Grownups with creche</i>	Fun relaxed workshops with tips, ideas and activities for parents of 0-5s Understanding Behaviour Encourage positive behaviour Talking Together How to develop your child's speaking and listening skills Toilet Training Help your child confidently move out of nappies	at Fern Street Monday 10th Feb 1-3pm Wednesday 26th Feb 10am-12pm Wednesday 25th Mar 10am-12pm	Drop in

ACTIVITY	DESCRIPTION	WHEN & WHERE?	GET INVOLVED
Parent Voice <i>Grown-ups</i>	Share your thoughts and ideas to make life better for families in Bow. With tea and cake!	Wednesday 12 Feb 10-11.30pm at Fern Street	Drop in
Babyplay <i>Babies</i>	Play and sensory activities for babies up to 15 months	Tuesdays 1.30–3pm at Fern Street	Drop in
Baby Massage <i>Babies</i>	Learn gentle massage techniques to soothe your baby aged birth – 7 months. 4 week course.	Next courses start Mon 3-24 Feb 10.30-11.30am Tues 5-26 May 1.30–2.30pm	Call to register
Sing Together <i>Babies & toddlers</i>	A singing, movement and music group for children aged 0–4 Lots of fun with bubbles, instruments and much more!	Fridays 10.30–11.30am at Fern Street	Drop in
Storyclub <i>Children ages 15m+</i>	Explore the wonderful world of stories with your child through play, songs, crafts and messy play. Great for building language and literacy skills .	Mondays 1-2.30 pm at Fern Street Starts 2nd March	Drop in
Little Cherubs <i>Babies & toddlers</i>	Stay-and-play for children aged 0–4 and parents/carers	Thursdays 10am–12pm at All Hallows Bow church	Call Sandra for more info on 07931838738
After-School Club <i>Children Grown ups</i>	Games and crafts and free play for 5–11s, with café for parents/carers. Siblings welcome	Wednesdays 3.30–5pm at All Hallows Bow Church	Drop in
Fun Makers <i>Children ages 6-11</i>	Cooking, crafts and active games for children ages 6–11	Thursdays 4–5.30pm at Fern Street	Turn up to try a taster session
StagE3 <i>Children ages 4-7</i>	Performing arts club for children ages 4–7 with drama, dance and singing. Builds confidence and communications skills.	Fridays 4.30–5.30pm at Fern Street	Turn up to try a taster session