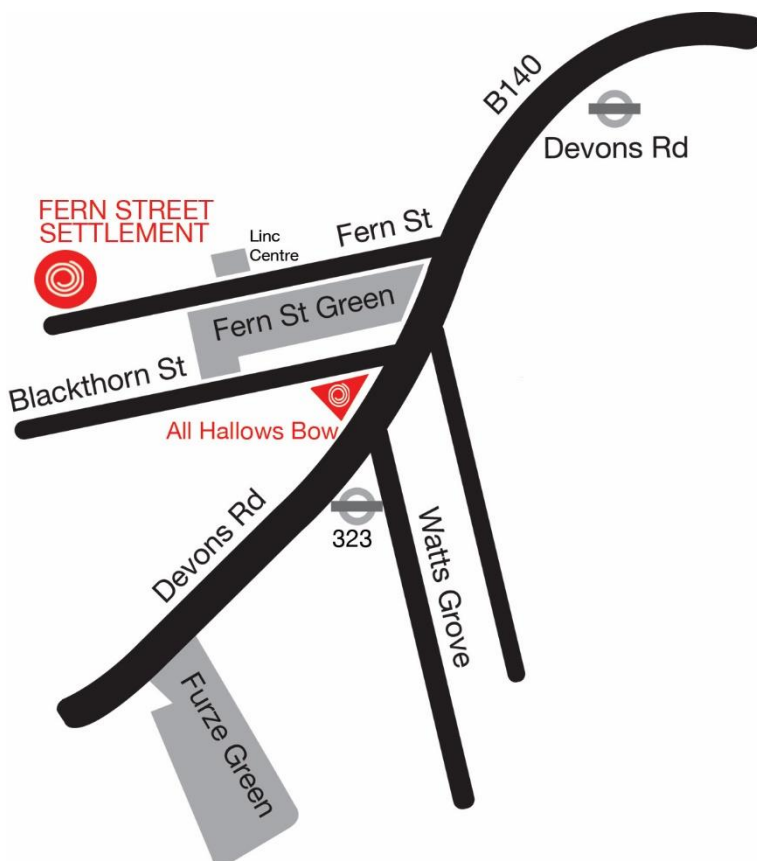


Families Flourishing – SUPPORT FOR PARENTS			
Activity	Description	Day and Time	Make Contact
Family Support	<i>We offer caring and non-judgemental help to families with children aged 0-11 who need support to overcome challenges and build on their strengths.</i>	By appointment	Families can self-refer or be referred by their GP, school, social worker or other professional. Referral forms are available on our website
Family Support Drop-in	<i>Drop in for information, advice and support - from fussy eating to filling in forms, we are here to listen and help.</i>	Wednesdays 10-12	Drop in
Fun Family English	<i>A family learning ESOL programme for parents and their children aged 1-4. Develop language skills through story-telling, puppets and songs.</i>	Thursdays 10-12	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	Drop in
ESOL for Well-being	<i>Improve your English, connect with others and discover simple keys to improve your well-being from relaxation to getting more active. Suitable for Entry Level 2 and 3+</i>	Thursdays 10-12 Starts 6 th June 6 week course	Call to register and arrange an assessment
Event	Description	Date and Time	Make Contact
Parent Voice	<i>Share your thoughts and ideas to make life better for families in Bow with tea, toys and cake!</i>	Wed 10 th July 10-12	Drop in

Starting Strong - Babies and Little Ones			
Activity	Description	Day and Time	Make Contact
Babyplay	<i>Play and sensory activities for babies up to 15 months</i>	Wednesdays 1.30-3pm	Drop in
Sing Together	<i>Singing, movement and music for children aged 0-4</i>	Fridays 10.30 -11.30 am	Drop in
Little Cherubs	<i>Stay-and-play for children aged 0-4 and parents/carers</i>	Thursdays 10am-12pm	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>	Thursdays 10-12 (until 23 rd May)	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 course starts: Mon 10 th June 1.30-2.30pm	Call to register
Parent Talk	<i>Fun sessions of tips, ideas and sharing for parents of 0-5s (with childcare if needed). This term:</i> Fussy Eating <i>Are meal times a battle? Ask questions and get tips and advice from nutritionist Sabine</i> Talking Together <i>Discover fun ways to develop your child's speaking and listening skills</i>	Mon 29 th April 1-3pm Mon 24 th June 1-3pm	Drop in
Growing and Developing (CHILDREN & YOUNG PEOPLE)			
Activity	Description	Day and Time	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 hall)	Drop-in
Fun Makers	<i>Cooking, crafts and active games for children ages 6-11</i>	Thursdays 4-5.30pm	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	Turn up to try a taster session
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	Drop-in
Super Summer Programme	<i>We have a fun-packed programme of holiday activities for children and families this summer! Drop in to the centre to pick up a programme or check our website for more info</i>	Check website or drop in for more info	

Connecting our community			
Activity	Description	Day and Time	Make Contact
Time for Tea	Social drop-in with tea, coffee, cake and company especially for the over-50s	Thursdays 1-3pm	Drop-in
Woman's Trust Counselling	Counselling for female survivors of domestic abuse (Tower Hamlets residents only)	By appointment only	Contact Woman's Trust 020 7034 0303
Special Events			
Date and Time	What	Day and Time	
Fern Street Big Lunch	Bring a dish and join our big community get-together! Fun, games, tug-of-war and help create an epic art piece celebrating families at Fern Street 😊	Saturday 20 th July 1-3pm At Fern Street Settlement	Just turn up and enjoy!



Fern Street Settlement

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