






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 <i>at 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 <i>at Fern Street</i>	Contact Woman's Trust on 020 7034 0303
 Xmas Family Adventure <i>Everyone</i>	Come and join us for our annual Xmas adventure! Festive fun for all the family.	Friday 20th Dec 5-7pm Starts 5pm <i>at Fern Street</i>	Just turn up and enjoy!
 The Nativity Service <i>Everyone</i>	Take part in All Hallows Bow's annual family Nativity service. Children come dressed up as kings, donkeys, angels and help us recreate that very first Christmas!	Sunday 15th Dec Starts 10.30am <i>at All Hallows Bow Church</i>	Just turn up and enjoy!
 Carols on the Block <i>Everyone</i>	Join All Hallows Bow church for a Christmas sing-a-long outside around the Lincoln estate. Free hot chocolate and everyone welcome!	Sunday 22nd Dec Starts 6pm from <i>All Hallows Bow Church</i>	Just turn up and enjoy!



FERN STREET FAMILY CENTRE

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



WHAT'S ON

Sep - Dec 2019



 **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 Make new friends, strengthen family relationships



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 Everyone	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 Everyone	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
The Nurturing Programme Grown-ups	A 10 week course for parents and carers. Over 10 weeks we explore why children behave as they do, the feelings behind the behaviours, different approaches to discipline and learn the importance of looking after ourselves.	Taster and Introduction Monday 23rd Sept 12.30-2pm Every Monday 12.30-3pm for 10 weeks at Fern Street	Call to register or come along to the taster
Cook Together Grown-ups	Share your favourite recipes, build confidence and get to know other parents as we cook, talk and EAT together. With creche	Starts Thurs 26th Sept Thursdays 10–12 at Fern Street	Call to register
Start With English Grown-ups	Pre-entry beginner ESOL course for women who struggle to read and write letters of the alphabet and short words	Sept 2019 - July 2020 5 hours per week £20 admin fee Thursday and Fridays at Fern Street	Call to arrange testing and registration
ESOL café for women Grown-ups	Conversation club for women to improve spoken communication and confidence in English. Mixed levels for ESOL EL1+. With creche	Wednesdays 12–1pm at Fern Street	Drop in

ACTIVITY	DESCRIPTION	WHEN & WHERE?	GET INVOLVED
Parent Voice Grown-ups	Share your thoughts and ideas to make life better for families in Bow with tea and cake!	Friday 6th Dec 11.30am-1pm at Fern Street	Drop in
Babyplay Babies	Play and sensory activities for babies up to 15 months	Tuesdays 1.30–3pm at Fern Street	Drop in
Sing Together Babies & toddlers	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
Little Cherubs Babies & toddlers	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
Baby Massage Babies	Learn gentle massage techniques to soothe your baby aged birth – 7 months. 4 week course.	Next courses: Tues 5th Nov Tues 21st Jan 1.30–2.30pm at Fern Street	Call to register
Parenttalk Everyone	Fun sessions of tips, ideas and activities. Children welcome with parents or creche available Talking Together Fun activities to enjoy together to develop your child's speaking and listening skills Understanding Behaviour Encourage positive behaviour in children aged 18m - 4 years	Thursday 31st Oct Thursday 28th Nov 10am - 12pm at Fern Street	Drop in
After-School Club Children	Games and crafts for 5–11s, with café for parents/carers	Wednesdays 3.30–5pm at All Hallows Bow Church	Drop in
Fun Makers Children	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 Children	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