

Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.



What are our aims?

- To support parents in their role as first educators.
- To empower families to access a wide range of care, play and support services.
- To be a centre for joined-up services with partners.

What are our priorities?

- Health and wellbeing.
- Childcare and employment.
- Parenting confidence and capacity.
- Child development and school readiness.

Can I use my Children and Family Centre?

We prioritise families using the following order:

- Children living in the North East locality (based on your postcode).
- Children living within the borough of Tower Hamlets.
- After 30 minutes the drop in play sessions are open to all families living in the borough.

Centre details

CENTRE	ADDRESS	TELEPHONE
Mile End	9 Bede Square, Joseph Street, E3 4GY	020 7364 7557
Mile End Pavilion	106 Locksley Street, E14 7EJ	
Marner	Devas Street, E3 3LL	020 7364 3534
Overland	60 Parnell Road, E3 2RU	020 7364 1925
Olga Centre	25 Medway Road, E3 5DS	020 7364 3100

MONDAY
Mile End
9.15am-5pm 0-19 Appointment Clinics ☎
10-11.30am Get Ready for School U For children 18 months - 5 years Parents Forum U Last Monday of the month
1.30-3pm Communication Stay and Play U
Marner
9.15am-5pm Supporting Families Employment Advisor ☎
9.15am-5pm 3-4 Month Review U☎
9.15am-5pm Healthy Child Start for Life Clinic U☎
10-11.30am Communication Stay and Play U
1.15-2.15pm Toilet Training Workshop 📞 7 October, 4 November, 2 December
3.15-4.30pm Twilight Stay and Play U
Overland
9.15am-5pm 8-12 Months Health Review U☎ Olga
9.15am-5pm 3-4 Months Health Review U☎
9.15am-5pm Midwife Clinic - Community Midwife Team U☎
10-11.30am Active Stay and Play U
10am-2pm NOUR Counselling ☎
1.30-3pm Little Talkers ☎✉

TUESDAY
Mile End
9.30am-12.30pm Healthy Child Start for Life Drop-in Clinic U
9.30am-4.30pm 0-19 Appointment Clinics ☎
10-11.30am Little Talkers ☎✉
1.30-3pm Sensory Play for Toddlers U For under 2s
Marner
9.30am-4.30pm 2-2½ Year Review U☎
10-11.30am Explore and Connect ☎✉
1.30-3pm Get Ready for School U
Overland
9.30-11am Sensory Play for Toddlers U Under 2s, Olga
11.15am-12.15pm Toilet Training Workshop 📞 Olga, Last Tuesday of the month
1-4pm Speech and Language Therapy ☎
2-3pm Baby Massage including Starting Solids U✉ Olga, for pre-crawlers only
3.15-4.30pm Twilight Stay and Play U



WEDNESDAY
Mile End
9.15am-5pm Midwife Clinic - Community Midwife Team U☎
9.15am-5pm Speech and Language Therapy ☎☎
10-11.30am Play and Connect ☎✉
Marner
9.15am-5pm 8-12 Months Health Review U☎
9.30-10.30am Sensory Play for Babies including Starting Solids U For babies under 12 months
9.30-11am Parents Forum U
Overland
9.15am-5pm Supporting Families Employment Advisor U☎
9.15am-5pm Speech and Language Therapy ☎
9.15am-5pm Docklands Outreach - Counselling ☎☎
9.30-11am Parents Forum U
9.30am-12noon Healthy Child Start for Life Clinic U Drop in clinic
9.30am-4.30pm 2-2½ Year Review U☎ Olga
10-11.30am Play Plus ☎✉

THURSDAY
Mile End
9.15am-5pm Supporting Families Employment Advisor ☎
9.30am-4.30pm 3-4 Month Review U☎
10-11.30am Active Play for Babies U Babies under 12 months including Starting Solids
11am-12noon Parents Forum U Last Thursday of the month
12.30-3.30pm Play in the Park U Mile End Play Pavilion
2-3pm Baby Massage including Starting Solids U✉ For pre-crawlers only
3-4pm Starting Solids U First Thursday of the month
Marner
10.30-11.30am Play Plus ☎✉
1.30-3pm Little Talkers ☎✉
Overland
9.15am-5pm Midwife Clinic - Community Midwife Team U☎
9.15am-5pm Midwife Clinic - Gateway Midwife Team ☎☎ Olga
9.30-11am Walk and Talk U Parent Forum walking group in Victoria Park
9.30am-4.30pm 2-2½ Year Review U☎
10-11.30am Childminders Group U Olga. For registered childminders only
10-11.30am Get Ready for School U For children 18 months to 5 years
1.30-3pm Communication Stay and Play U

FRIDAY
Mile End
9.15am-5pm Speech and Language Therapy ☎☎
9.15am-5pm NHS Talking Therapies Emotional Wellbeing Workshop U☎
10-11.30am Active Stay and Play U
1-4pm NOUR Counselling ☎
1.30-3pm Play Plus ☎✉
Marner
10-11am Baby Massage including Starting Solids U✉ Pre-crawlers only
11-11.45am Starting Solids Workshop U
1.30-3pm Active Stay and Play U
Overland
9.30am-4.30pm 0-19 Appointment Clinics ☎
10-11.30am Play and Connect ☎✉
12.30-2pm Baby Feeding and Wellbeing Service Drop-in U Drop in session for families needing baby feeding advice
2-3.30pm Active Play for Babies U Babies under 12 months including Starting Solids
2.30-3.30pm Parents Forum U Last Friday of the month
3.30-4.15pm Starting Solids Workshop U First Friday of the month



Opening times: Monday - Friday, 9.15am-5pm

Please note there will be no admittance to sessions 30 minutes before the end.

- U Universal
- ☎ By appointment only
- 📞 Call to book
- 📅 Term time only
- ✉ By invite only
- 👤 Virtual session
- 🎯 Targeted
- 👶 Crèche available