

FREE Bright Start Activities

(For Islington residents with a child under 5 years. All places **MUST** be booked)

Updated 23 October 2020

For more information on how to book on a session use the colour coding to contact the Bright Start area that runs the session.

Online sessions are the **blue shaded boxes**.

Face to face sessions in parks or children Centres are **shaded in orange**. All these sessions are COVID secure hence the rule of 6 does **not** apply.

Bright Start West

brightstartwest@islington.gov.uk
020 7527 8441

Bright Start East

brightstarteast@islington.gov.uk
020 7527 8465

Bright Start South

e: brightstartsouth@islington.gov.uk
t: 020 7527 4089

Telephone Family Support

Our Family Engagement Workers are available on Mondays, Wednesdays & Fridays between 9am - 12noon
Ring: 020 7527 8376

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
Family Support Surgery 9 -11am (by appointment) East (Hornsey Road)	0-5s Come & Play 9.30 -10am East	New Parent Group 10 -11am South	Family Support Surgery 9 -11.30am (by appointment) West (Hungerford CC)	Song & Movement 10 -10.30am East
Come & Play 10.15 - 10.45am West	Antenatal Yoga 9.30 -10.30am South	Chatterpillars (by invitation) 10 -11am (from 4 Nov) East	Family Support Surgery 10am - 12noon (by appoint) South (Golden Lane CC)	Discover the Parks 10.30 -11.30am South (venues vary)
Baby massage (4 week course) 10.30am -12noon South	Under 1s Stay & Play 10 -11am East (Conewood)	Freightliners Farm Visit 10.45 -11.45am (from 28 Oct) West	Song & Movement 9.30 -10.00am South	Baby Massage 11-12 noon East
Extra Boost 10.30 - 11.30am South (Golden Lane)	Postnatal Yoga 10.30 -11.45am South	Under 1s meet up 11am - 12noon South (Arlington Square)	First Aid (1 -5 years) 10.30 -11.30am (26 Nov) East	For online breastfeeding support visit https://www.facebook.com/breastfeedingislington
Under 1s Meet up 11.30am - 12.30pm East (Gillespie Park)	Chatterpillars (by invitation) 10.30 -11.30am South	Song & Movement 11.45am - 12.15pm West	Discover the Parks 10.30 -11.30am East (Gillespie)	
	Chatterpillars (by invitation) 11.15am - 12.15noon West (Archway)	Family Kitchen (4 Nov - 9 Dec) Visit: www.islington.gov.uk/familiesforlife	SENSory adventures 11.15am -12noon West (Archway)	
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
Discover the Parks 1.30 -2.30pm West (Whittington Park)	First Aid (Under 1s) 1.30 -2.30pm (24 Nov) East	Mindfulness Workshop 1.30 -2.30pm (11 Nov) East	Zumba 1.30 -2.30pm South	Under 1s Come & Play 2 -2.30pm West
Extra Boost 2 -2.30pm South (Golden Lane)	Chatterpillars (by invitation) 1.30 - 2.30pm West (Archway)	SENSory adventures 2 -2.45pm East (Andover)	Discover the Parks 1.30 -2.30pm West (Calendon Park)	Subscribe to our BrightStart Bright Idea's newsletter http://bit.ly/BSBSubscribe
Special Time (2 linked workshops) 2- 2.45pm (2 & 9 Nov) East	Bi-lingual Stories & Rhymes 2 - 2.30pm (Somali 3- 17 Nov) West	For Adult Learning courses including ESOL, Maths, English and Family Learning visit www.islington.gov.uk/adultlearning	SENSory adventures 13.45 - 14.30pm West (Archway)	
Introducing Solids 2 -3pm (9 Nov) West	New Parents' Group 2.45 -3.45pm East		New Parents' Group 2-3pm West	
Under 1s Stay & Play 3-4pm (from 2 Nov) West (Bemerton)			Under 1s Stay & Play 3-4pm (from Nov) West (Archway)	