

## Bromley by Bow Centre

### Monday

**Teenage Parent advice & guidance**  
9am–5 pm  
Bromley by Bow Centre Office  
(by appointment)

### Tuesday

**Teenage Parent advice & guidance**  
9am–5 pm  
Bromley by Bow Centre Office  
(by appointment)

**Family Learning with Play support**  
9am–11am  
(with ESOL)  
Old Palace School

**Learning Ambassadors Course Information, advice & Guidance sessions**  
10am–12 pm  
Bromley by Bow Health Centre reception  
020 8709 9842

### Wednesday

**Teenage Parent advice & guidance**  
9am–5 pm  
Bromley by Bow Centre Office  
(by appointment)

**Children and Families Market Place**  
1pm–3 pm  
Bromley by Bow Health Centre reception.

### Thursday

**Teenage Parent advice & guidance**  
9am–5 pm  
Bromley by Bow Centre Office  
(by appointment)

**Ante Natal Clinic**  
9.30am–5pm  
Bromley by Bow Health Centre

**Family Learning with Play support (with ESOL)**  
10am–12 pm  
Project Room

**Family Learning with Play support (with ESOL)**  
1pm–3pm  
Project Room

### Friday

**Teenage Parent advice & guidance**  
10am–12 pm  
Bromley by Bow Centre (Drop in)

**Children's Centre Advice & Guidance**  
10am–12 pm  
Bromley by Bow Centre Office  
(Drop in)

### Saturday

**Low Cost Homeopathy Clinic for families**  
Inside out Health  
Stroudley Walk E3  
020 8534 9580

## Bromley by Bow Centre Learning Programme

If you are looking to learn something new in a friendly, supportive environment with experienced helpful tutors, the courses for adults at the Bromley by Bow and Marner Centre may be just right for you. Courses include: ESOL, sewing, IT, cookery, arts and crafts. For those seeking to develop skills for a career we offer nationally recognised qualifications at all levels in Childcare, Health and Social Care and Customer Service. Our Children's and Learning Ambassador teams will be happy to discuss your options with you.

### The Bromley by Bow Children's Centre Team

**Julia Davis**  
Deputy Director  
BBBC & GP  
davis@nhs.net  
020 8983 7082

**Margy Creber**  
Programme Manager  
margycreb@bbbc.org.uk  
020 7093 1501

**Lilu Ahmed**  
Head of Family Support & Outreach  
lilu@bbbc.org.uk  
020 7093 1501  
020 8709 9716

**Sonia Zac-Williams**  
Office Manager  
020 7093 1501

**Akash Sottar**  
Information Officer  
akash@bbbc.org.uk  
020 8709 9716

**Maria Finn**  
Outreach Development Worker  
maria@bbbc.org.uk  
020 7093 1501

**Rubena Chowdury**  
Outreach Development Worker  
rubena@bbbc.org.uk  
020 8709 9746

**Nazma Sultana**  
Family Support Worker  
020 7093 1501

**Rumi Begum**  
Creche Manager & Family Support  
020 7093 1501

**Amina Begum**  
Play Support  
020 7093 1501

**Jan Blake**  
Health Visitor  
jan.blake@nhs.net  
020 8983 4155 ext 311

**Florence Okeiyi**  
Health Visitor  
florence.okeiyi@nhs.net  
020 8983 4155 ext 216

**Bola Olaleye**  
Health Visitor  
thelma.corless@nhs.net  
020 8983 4155 ext 216

**Margaret White**  
Health Visitor  
margaret.white@nhs.net  
020 8983 4155 ext 218

**Sultana Begum**  
Bi-Lingual Support Worker  
sultana.begum@nhs.net  
020 8983 4155 ext 217

**Terry Bateman**  
Crèche Manager  
terry@bbbc.org.uk  
020 7093 1501

**Terri Daniels**  
Bow Childcare Manager  
tudorlodge@bowchildcare.com  
020 8983 7973

**Shaina Begum**  
Under-18 Parent Advisor  
shaina@bbbc.org.uk  
020 8709 9732

## Marner Centre

### Monday

**Help at Hand Group**  
with story telling  
10am–2 pm  
and Child and Family Support Service Drop in

**Snappy Smile Oral Screening**  
10am–12 pm  
Marner Centre

**Mother & Toddler Swimming**  
11.30 am–2 pm

**Social Care Advice Surgeries**  
11am–2pm

**Post Natal Clinic**  
1pm - 5pm

**Baby Caff**  
1pm–3 pm

**Bow kids Club@ Marner School**  
3.30–6pm

### Tuesday

**Parent Counsellor (by appointment)**  
9.30 am–12.30 pm

**Fathers Forum**  
10am–12pm

**Mothers Forum**  
with play support  
1pm–3pm

**Parent Support to Employment**  
2pm–4pm

**Bow kids Club@ Marner School**  
3.30–6pm

### Wednesday

**Parent Counsellor**  
9.30 am–12.30 pm  
(by appointment)

**Boom Bang Bees**  
with stay and play  
10am–12 pm

**Family Learning**  
with play support  
10am–12pm

**Sewing & Silk Painting**  
with creche  
1pm–3 pm

**Bow kids Club@ Marner School**  
3.30–6pm

### Thursday

**Strengthening Families Strengthening communities** with play support  
9.30am–12.30pm

**Child Development Check**  
with Toy Library Service  
1.15pm–3pm

**Bow kids Club@ Marner School**  
3.30–6pm

### Friday

**Extended School Parents Forum**  
9.30am–11.30am

**Boom Bang Bees**  
with stay and play  
10am–12 pm


**Bow kids Club@ Marner School**  
3.30–6pm

### The Bromley by Bow Centre

The Bromley by Bow Centre is a focal point for our community. We help local parents gain new skills, meet their health and family needs, and support them into employment. The Bromley by Bow Centre is a place where people build relationships, find encouragement and develop the confidence to achieve their own goals.

### The Marner Centre

The Marner Centre runs the majority of the Bromley by Bow Children's Centre under 5's activities. We have a friendly and supportive early years team who run a weekly programme for parents and children. Our family support workers are available to give one to one guidance and will make home visits.



## Bromley by Bow Sure Start Children's Centre

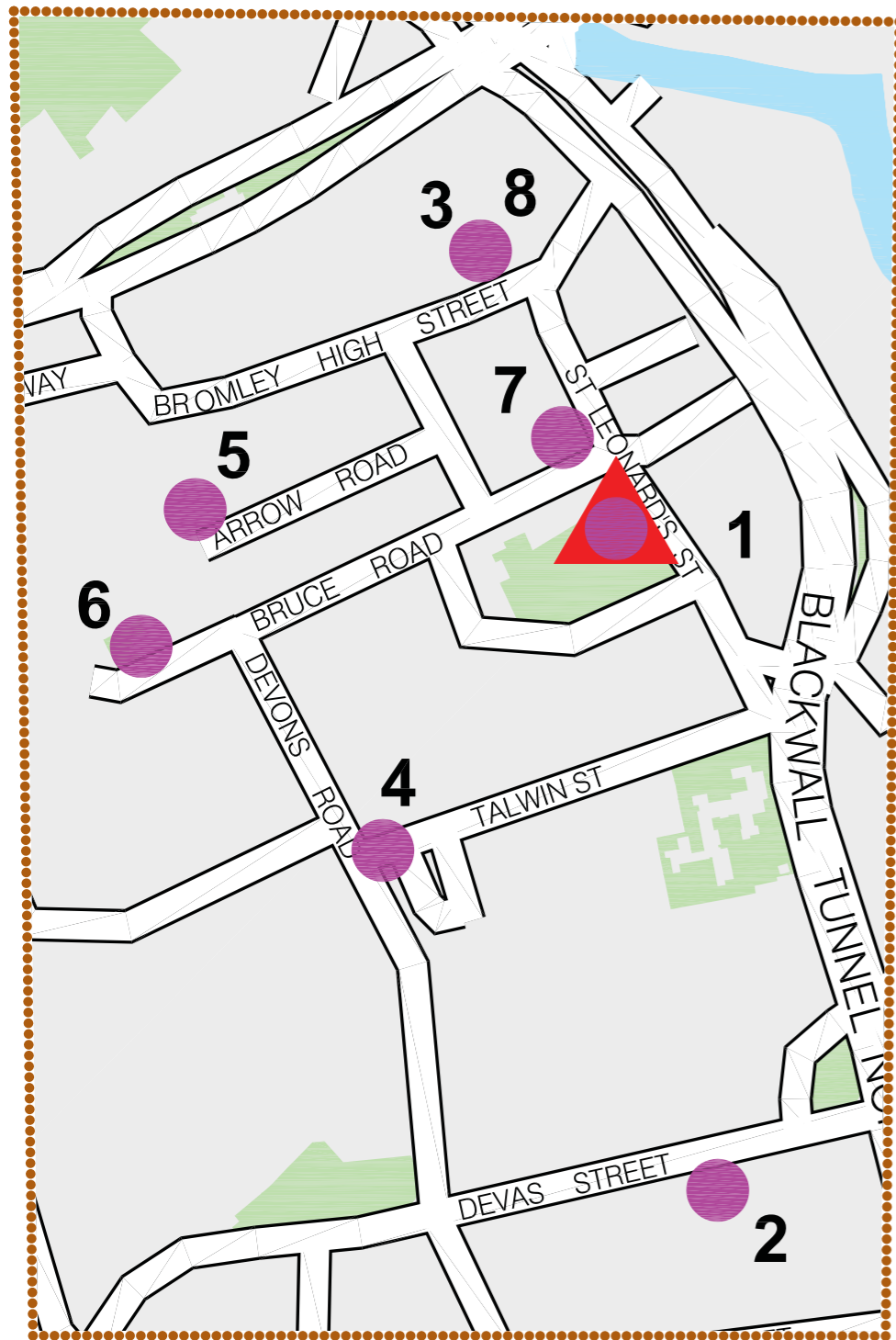
Summer Activities 2008  
for families with children under 5

Bromley by Bow Children's Centre aims to help give your child the best start in life. If you are expecting a baby or are a parent or carer with a child under 5, we can provide family support, early education, child and family health services, childcare advice, volunteering, and training support.

We look forward to seeing you soon at Bromley by Bow Children's Centres.

For more information please call:  
**Bromley by Bow Centre**  
020 8709 9716 (10am - 6pm)  
**Marner Centre**  
020 7093 1501 (9am - 3pm)

# Bromley by Bow Sure Start Children's Centres



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## Bow Childcare

Providing full day care for children 6 months to 5 years old, and offering a range of fee subsidies or other supportive services. Their high quality, affordable childcare aims to meet the needs of local community.  
020 8983 7973  
tudorlodge@bowchildcare.com

## Employment Service at the Bromley by Bow Centre

Providing advice, training and work placements to help local people into employment. Various times, please contact Helal Uddin for information:  
020 8709 9745  
helalu@bbbc.org.uk

## Family support and registration provided at:

**Dr Nichal's Surgery**  
Tuesday  
1pm - 2pm  
020 8980 1888

**Stroudley Health Centre**  
Wednesday  
10am - 12pm  
020 8981 4237

## Bromley by Bow Children's Centres:

**1 The Bromley By Bow Centre**  
St Leonard's Street  
London E3 3BT  
020 8709 9700

**2 The Marner Centre**  
Devas Street  
London E3 3LL  
020 7093 1501

**3 Tudor Lodge Community Hall**  
Bromley High Street  
London E3 3EN  
020 8983 7987

**4 Dr Nichal's Surgery**  
Birchdown House  
Devons Road  
London E3 3NS  
020 8980 1888

**5 Stroudley Health Centre**  
Stroudley Walk  
Bruce Road  
London E3 3EW  
020 8981 4237

**6 Children's House Nursery School**  
92 Bruce Road  
London E3 3EV  
020 8980 4662

**7 Bow Nursery Centre**  
1 Bruce Road  
London E3 3HN  
020 8981 0483

**8 Bow Childcare at Tudor Lodge**  
95 Bromley High Street  
London E3 3EN  
020 8983 7973

## Services

### Baby Cuff

Weekly sessions for mothers and 0 – 8 month babies designed to give support and advice on a variety of topics. Baby massage is taught and breastfeeding support available.

### Chat-a-Way Team – Speech & Language Boom Bang Bees

A parent and child group for under 5's to help with LISTENING, TALKING and COMMUNICATION, personal development and self esteem.

### Children and Families Market Place

A variety of health information and support with play activities, including child health clinic.

### Children's Centre Advice and Guidance

Signposting for local parents who want to access services or obtain one to one advice from family support workers.

### ESOL

ESOL (English for Speakers of Other Languages) aims to improve the four language skills of speaking, listening, reading and writing. We provide a basic course (ESOL E1B) and a more advanced course (ESOL E2B).

### Family Learning

This course is aimed at parents and carers of children from 12 months to 5 years and aims to explore issues around language, literacy and communication and the promotion of creative play for your child.

### Fathers' Forum

This group meets for accredited and nonaccredited training opportunities for fathers of under 5 year olds. Employment advice is available.

### Mothers' Forum

We invite mothers of under 5 year olds to meet weekly for a range of training opportunities and share lunch. Play support is provided. Employment advice is available.

### HARCA Housing Surgery

A once a week service for Harca residents.

### Help at Hand Group with Child and Family Support Service Drop in

Inclusive group supporting families and children under 5 where there are behavioural concerns or other problems. Families who have concerns about their children's behaviour, are invited to come along to our 'Help at Hand' Group and see a child psychotherapist and health visitor.

### Parent Counsellor

(by Appointment)  
Parents who have emotional difficulties such as depression, anxiety or stress are referred or self-referred to our adult counsellor.

### Sewing

You will learn how to use a domestic sewing machine for different stitches and embroidery. As part of the class you can make a range of clothes and learn aspects of hand sewing and embroidery.

### Stay and Play

An opportunity for parents to play with their children in a safe space and access professional support for their child's development. Activities are themed and range from cooking, arts and crafts, music and storytelling.

### Toy Library

Toy libraries offer a lending service to under eights. The toy libraries provide play and stay sessions with the opportunity for parents and children to play together with family support.

### Women Only Swimming group

Mothers of under 5 year olds are invited to join our Women Only weekly swimming group. We meet at the Marner Centre and transport is provided to the pool.

### Teenage Parent Advisor

Borough wide support for under-18 parents with children aged 0-12 months.

