

Greenwich West Children's Centres

Delivered by
Quaggy Development Trust
Autumn Term Sept - Dec 2025



Quaggy Children's Centre
Orchard Hill London SE13 7QZ



Parkside Centre,
3 Copperwood Place, SE10 8GF



Charlton Family Centre
41 - 43 Shirley House
Drive, Charlton, SE7 7EL



IFS Cable Car Cafe Venue,
1-4 Edmund Halley Way,
Greenwich, SE10 0FR








Telephone: 020 8465 9785
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www.quaggydevelopmenttrust.org



Website

Greenwich West Timetable Autumn Term 2025

Monday	English Class at Parkside with Creche 9.30 – 11.30 Class for adults where English is not their first language	Small Talk 9.30 – 10.30 Speech and Language session for children aged 13 to 24 months 29th Sept and 13th Oct	Tiny Talk 11.00 – 12.00 Speech and Language session for children aged 0 to 12 months 29th Sept and 13th Oct			Cookery Club & Creche 1.00 – 3.00 A 5-week cookery group. Cooking delicious, healthy recipes. Starts 15th Sept	Small Talk 1.15 – 2.15 Speech and Language session for children aged 13 to 24 months 15th and 22nd Sept	Tiny Talk 2.15 – 3.15 Speech and Language session for children aged 0 to 12 months 15th and 22nd Sept	We have a community counselling service, QCCS offering counselling on a variety of issues. Visit our website to find out more.
	Parenting in a Digital World 9.30 – 11.30 Course on babies, children and screen time. Starts 18th Nov	Breastfeeding Network Infant Feeding Group 10.00 – 12.00 Drop-in group for support and advice	Caring Connections 10.00 – 12.00 3-week group for mums and mums-to-be to explore being a mum through activities and discussion. Starts 9th Sept	Baby and Child First Aid 10.00 – 12.00 Learn about burns, bleeds, shock, sepsis, choking. 16th Sept	Mindful Mums 12.00 – 1.30 A 5-week group for pregnant women and new parents. Starts 4th Nov	Baby Sensory Stay and Play 1.30 – 2.30 Fun, interactive session exploring the senses. Under 2s	Baby Music and Movement 2.00 – 2.45 Fun music session for babies 3 months to 18 months	Music and Movement 3.30 – 4.15 Learn through music and movement 18 months+	New Youth Theatre Group 5.30 – 7.00pm 8–12 year olds Chance to dance, act, sing 10 weeks starts 16th Sept
	Food Pantry 9.00 – 11.00 Subsidised food to help with the cost of living. £1 to join. 15 items for £3.50. RBG Residents only	Baby Sensory Stay and Play 10.00 – 11.00 Fun, interactive session exploring the senses. Under 2s Starts 10th September	Baby and Child First Aid 10.00 – 12.00 Learn about burns, bleeds, shock, sepsis, choking 17th Sept	Storytelling 10.30 – 11.15 Enjoy stories with your child. Every second Wednesday of the month	Baby Massage 10.30 – 11.30 Connect with your baby and learn massage techniques. 4 weeks £16 Starts 3rd Sept			Stay and Play 1.30 – 3.00 Exploring learning through play with your child	
	Solihull Approach and Creche 9.30 – 11.30 10-week free course for parents. Starts 25th Sept	Laugh, Sing and Play 9.30 – 10.15 Join Patricia for laughter, singing and playing	Laugh, Sing and Play 10.45 – 11.30 Join Patricia for laughter, singing and playing	Restore Group 10.30 – 12.00 A safe space for healing from pregnancy and birth trauma. 6 weeks Starts 11th Sept	Quaggy Diners 12.00 – 2.00 Healthy lunch club for local people over 60 years old. £5 for a 3 course meal.	South East London Slingers 1.00 – 2.30 Support using slings properly. 4th and 18th Sept 2nd and 23rd Oct 13th and 27th Nov 4th and 18th Dec	Tots Talking 1.30 – 2.30 A 5-week course to support you with your child's language development. Creche provided Starts 18th Sept	Infant Feeding 1-2-1 1.00 – 4.30 Free advice session with a Lactation Specialist. Book online	Football in the Ball Court 5.30 – 7.00 Fun session with a coach from Charlton Athletic open for all ages 8–16 years Starts 4th Sept
	Stirring Together 9.30 – 11.00 Enjoy this 4 week cooking group with your child from 12 months Starts 3rd Oct	Stay and Play 9.45 – 11.15 Exploring learning through play with your child	Baby Sensory Stay and Play 10.30 – 11.30 Fun, interactive session to explore senses. Under 2s	Bouncing Babies 10.30 – 11.30 A 5-week sing and sign group for babies 3mths – 15mths Starts 19th Sept	Infant Feeding Group 12.00 – 2.00 Drop-in group session with a Lactation Specialist. £2	Quaggy Children's Centre	Parkside Centre	Charlton Family Centre	Rachel Macmillan

Please note all groups, sessions and courses are for families living in the borough of Greenwich
All sessions are drop-in unless stated. Most sessions cost £1 per child payable at the session.
You can check more details on our 'What's On' page on our website for more details.

Where you see this icon you need to call to book a place or creche place:
 020 8465 9785



Where you see this icon you need to email to book
Mindful Mums: mindful.mums@selmind.org.uk



There are 3 Infant Feeding One to One Sessions on Thursdays. This needs to be booked online:
quaggydevelopmenttrust.org/quaggy-events/quaggycc/



@quaggycc1









@quaggycc



@quaggycc

Contact details on back page

Health Visitors Autumn Timetable 2025

Monday	2 Year Developmental Checks 9.30 – 12.00 Appointment only		Midwife Appointment 12.30 - 4.30 Appointment only	Infant Feeding Drop-in group 1.00 - 2.30	1 Year Review 1.00 - 3.30 Appointment only
Tuesday	Midwife Appointments 9.00 - 4.00 Appointment only	2 Year Review 9.30 – 12.00 Appointment only	Breastfeeding Network Infant Feeding Drop-in 10.00 - 12.00	1 Year Review 1.00 - 3.00 Appointment only	  
Wednesday	Well Baby Weighing Drop-in 9.30 – 11.45 Weighing and advice from a Nursery Nurse	Midwife Appointment 9.30 - 12.00 Appointment only			 Visit our website
Thursday	Midwife Appointment 9.00 - 5.00 Appointment only	1 Year Review 9.30 – 12.00 Appointment only	 Book Infant Feeding 1-2-1	Infant Feeding 1-2-1 1.00 - 4.30 Free advice session with a Lactation Specialist. Book online 	Well Baby Weighing Drop-in 1.00 - 3.30 Weighing and advice from a Nursery Nurse
Friday	1 Year Review 9.30 – 12.00 Appointment only	Midwife Appointment 9.00 - 5.00 Appointment only	Infant Feeding Group 12.00 - 2.00 Drop-in group session with a Lactation Specialist. £2	2 Year Reviews 1.00 – 4.30 Appointment only	2 Year Reviews 1.30 – 4.30 Appointment only

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