



Early Years Newsletter



20/03/2026 Spring Issue 4

#shineatpriorweston

Virtual tour @ <https://bit.ly/32RoLWi>

#unitedagainstbullying

We aim high * We are resilient * We are curious learners * We value diversity * We are respectful

Dear Prior Weston and Golden Lane families,

Today's Early years newsletter has a focus on Bright start Islington.

Bright start is here in Islington to support families from pregnancy through your child's first five years, offering a friendly network of services designed to help every child get the best possible start in life.

Whether you're looking for parenting advice, health and wellbeing support, fun learning activities, or simply a welcoming space to connect with other families, Bright Start brings it all together in your local community.

Across children's centres (including here at Golden Lane campus), health hubs, parks, and community venues, you'll find a wide range of free activities—from stay-and-plays and baby groups to breastfeeding support, speech and language sessions, and practical guidance for parents and carers. Bright Start Islington is all about empowering families, nurturing early development, and making sure you feel supported every step of the way.

Please visit their website for further information.

<https://www.islington.gov.uk/children-and-families/bright-start-islington-start-for-life-and-family-hubs>

Kind regards,

Bev and Rae



Dates for your Diary

March 2026	
Friday 27th March	Last day of term—2pm finish No Night Owls & No home alone passes are allowed to be used
Monday 30th March - Friday 10th April	Easter Break
April 2026	
Monday 13th April	Welcome Back
Wednesday 22nd - Friday 29th April	Year 4 Con dover Residential Trip
May 2026	
Friday 15th May	Parliament class assembly @ 9.15am
Friday 22nd May	Kew class assembly @ 9.15am
Monday 25th- Friday 29th May	Half term
July 2026	
Friday 17th July	End of Summer Term 2pm finish

All sessions are drop in, no need to book

brightstart@islington.gov.uk
020 7527 4089

South

Monday

- | | |
|-------------|-----------------------------------------------------------------------------------------------------------|
| 9.30 – 11am | 0–5’s Stay and Play with Information, Advice and Guidance,
Moreland Children’s Centre, EC1V 8BB |
| 9.30 – 11am | 0–5’s Extra Boost (SEND)
Golden Lane Children’s Centre, EC1Y 8JA |
| 9.30 – 11am | Child Health Clinic, Family Hub South at Bemerton Children’s centre, NI 0DX |
| 1.30 – 3pm | Under 1’s Stay and Play, Family hub South at Bemerton Children’s Centre, NI 0DX |
| 1.30 – 3pm | 0–5’s Stay and Play with Information, Advice and Guidance, Golden Lane Children’s Centre, EC1Y 8JA |

Tuesday

- | | |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 9.30 – 11am | Under 1’s Stay and Play
Paradise Park Children’s Centre , N7 8SE |
| 10 – 11.30am | Little Seedling, Starts 20 January
Barnard Park Wildlife Garden, NI 0ER |
| 10 – 11.30am | Social Communication Team Therapy and Play session (Term-time ONLY) Family Hub South at Bemerton Children’s Centre, NI 0DX |

For children on a journey with the Social Communication Team / Have a diagnosis of Autism.

- | | |
|---------------|--------------------------------------------------------------------------------------------------------------------------|
| 10 – 11.30am | Childminder Group (Term-time ONLY)
Golden Lane Children’s Centre, EC1Y 8JA |
| 11am – 12noon | Family Fitness
King Square Community Centre, EC1V 8DY |
| 1.30 – 3pm | Under 1’s Stay and Play
Golden Lane Children’s Centre, EC1Y 8JA |
| 1.30 – 3pm | 0–5’s Stay and Play with information, advice and guidance, Family Hub South at Bemerton Children’s Centre, NI 0DX |
| 1.30 – 3pm | Breastfeeding Support Group
Family Hub South at Bemerton Children’s Centre, NI 0DX |

Wednesday

- | | |
|-------------|------------------------------------------------------------------------------------------|
| 9.30 – 11am | Under 1’s Stay and Play
Family Hub South at Bemerton Children’s Centre, NI 0DX |
|-------------|------------------------------------------------------------------------------------------|

9.30 - 11am **0-5's Stay and Play**, Moreland Children's Centre, EC1V 8BB, No session on 24 December

3 - 4.30pm **0-5s outdoor Stay and Play**
Barnard Park Wildlife Garden, N1 0ER, No session on 24 December

Thursday

9.30 - 11am **Child Health Clinic**, Moreland Children Centre, Gard Street, EC1V 8BB

10 - 11am **0-5's Song and Movement**
Betty Brunker Hall, EC1V 8BG

10 - 11.30am **0-5's Outdoor Stay and Play**
Barnard Park Wildlife Garden, N1 0ER

10 - 11.30am **Breastfeeding Support Group**
St Lukes Community Centre, 90 Central Street, EC1V 8AJ

10am - 12.30pm **Sling Library**, Paradise Park Children's Centre 164 Mackenzie Road N7 8SE.
8 January, 12 February, 12 March

1.30 - 3pm **0-5's Stay and Play**, Family Hub South at Bemerton Children's Centre N1 0DX

3.45 - 5pm **0-5's Twilight Stay and Play**
Golden Lane Children's Centre, EC1Y 8JA

Friday

9.30 - 11am **Under 1's Stay and Play**
Moreland Children's Centre, EC1V 8BB.

10 - 11.30am **0-5's Outdoor Stay and Play**
King Square Gardens, Lever St EC1V 7AN.

3 - 4.30pm **0-5's Stay and Play**, Paradise Park Children's Centre, N7 8SE.

Saturday

10am - 12noon **Father and Male Carers 0-5's Stay and Play (partners welcome)**
1st Saturday of every month.
Barnard Park Wildlife Garden, N1 0ER

10am - 12noon **Family 0-5's Stay and Play**
3rd Saturday of every month.
Barnard Park Wildlife Garden, N1 0ER

Weekly timetable
Thursday, 4 September 2025 - 17 July 2026

South





Would you like to be a Parent Champion?

What do volunteer champions do?

- Talk to parents about free under 5 childcare
- Encourage families to access services
- Share health and wellbeing messages
- Contribute to peer-to-peer information networks and be a voice for Islington parents
- Help shape and develop Bright Start Islington services, linking in with managers to input ideas
- Enhance own skills, boost personal development and gain a new qualification

Calling on dads, mums and carers who:

- > Live in Islington
- > Have child/ren under 5
- > Use Bright Start services
- > Enjoy talking to other parents
- > Can volunteer two to three hours a week



Scan me to find out more



Parent Champion training course

29 April - 17 June 2026
Each Wednesday for 7 sessions
10am-1pm

Minik Kordes @ The Factory Children's Centre
107-109 Motthias Road
London N16 8NP

What's on offer?

- Flexibility to fit volunteering around your daily routine, whether you are working or not
- Great networking opportunities
- Accredited Level 1 training course
- Crèche and travel expenses paid during training
- Information, ongoing support and further training opportunities

Interested? Contact us!

Selda Aygun, Parent Participation Officer
t: 020 7527 6835
e: selda.aygun@islington.gov.uk
or speak to your local children's centre



Bright Start
Islington

Every child | Every family



Extra Boost

A space for under 5s with additional needs to explore, play and learn.

Information for
parents and
carers

What is Extra Boost?

A specialist group activity for under 5s with additional needs and who benefit from a quieter space where their individual needs can be met.

Run by Bright Start Practitioners, each session runs for 60 - 90 minutes.

Sessions will help your child to:

- Feel comfortable playing and exploring in the children's centre in a small group
- Build attention with you during play
- Experience taking turns when playing

Sessions will help you to:

- Increase your knowledge of how your child is communicating with you
- Feel confident about how you are supporting your child's communication development
- Feel able to share any concerns and experiences with the member of staff and other parents
- Support and interact with your child in a calm environment

What other parents say

"Attending Extra Boost has been extremely helpful with my daughters needs and challenges, I have been able to get advice on any topic I ask about. The staff helped me try new ways of communicating with my daughter through play. The progress in my daughter since starting Extra Boost is extraordinary, she has learnt to try and socialise, communicate and play."

"We used to attend Extra Boost sessions every Monday morning. Staff were very involved in giving us advice and guidance to improve our communication with our son and support his behaviour. We were also signposted to other activities that met our child's needs and interests including Chatterpillars and Family Kitchen. Attending the different activities with Bright Start were really helpful and made an huge impact on meeting our son's needs. It gave us as parents, the chance to 'grow' with him."

"The group had allowed my daughter to enjoy sensory fun in a safe/smaller environment with fewer people. An ideal place for her to be amongst other children, learning social rules and grasping some understanding of communication and just having a good time in general."

What's involved?



Free play

The session begins by giving the children opportunities to explore and enjoy various sensory and natural resources.



Focussed activity

Children are shown various objects to support their learning and development. Parents are offered tips for using this activity at home.



Discovery baskets

A variety of textures, colours and sounds will be hidden in these baskets for the children to discover and explore with you, using all their senses.

For further information

If you think your child would benefit from attending this group, please speak to your health visitor or just come along.





Are you pregnant or have children under the age of 4?

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.



SCAN ME

You could get up to £800* a year

if you are on a low income and getting certain benefits

Visit the Healthy Start website to find out more and apply for a prepaid card. For help applying, contact Islington Information, Advice and Guidance Surgery at your local

Children's Centre or call 020 7527 8376

Ask your Health Visitor or Children's Centre about vitamins

*A pregnant mum with a baby under 1 and a child under 4 would receive £800 a year. You get £440 a year for each child under 1, about £140 while pregnant and another £220 a year for each child under 4.



www.healthystart.nhs.uk

  @NHSHealthyStart

Bright Start Quick Tips



Teaching your little one to get dressed

When getting ready to go outdoors it's important to involve children to help them learn and develop their dressing skills.



Start small by talking your child through the steps. For example, "coat on first", "hat on next". Let your child see you putting on your outdoor clothes, children learn from watching others. Remember to be patient, let your child have a go before stepping in.

For more information, have a look at this advice from Occupational Therapists in Great Glasgow and Clyde, and scroll down to dressing skills.

Supporting Independence Skills

Hand gym for fine motor development

Now's the perfect time to raid the cupboards and drawers for everyday items and create a fun "hand gym" at home. Many children find fine motor skills tricky, which can affect writing, doing up buttons and zips, using cutlery and joining in with play.



The simple activities you put together will help strengthen your child's hand control and coordination, using fun, hands-on play to support their learning and independence. Watch the video below for some ideas and inspiration.

Hand Gym for fine motor development