



# Physiotherapy Drop-In Clinic 2026



Do you have any concerns or questions about your child's development?

Drop In is for children and young people aged 0-18yrs. Is it a short 15 min Consultation by a Physiotherapist

Children and young people will be screened by a physiotherapist where advice will be given. Onward referrals will be made where necessary

**Location:** Hackney Ark

**Address:** Downs Park Road, E8 2FP

**Clinic Hours:** 13.00-17.00

**Clinic Dates:**

12 <sup>th</sup> January	9 <sup>th</sup> February	9 <sup>th</sup> March
13 <sup>th</sup> April	11 <sup>th</sup> May	8 <sup>th</sup> June
13 <sup>th</sup> July	10 <sup>th</sup> August	14 <sup>th</sup> September
12 <sup>th</sup> October	9 <sup>th</sup> November	14 <sup>th</sup> December

**Location:** Lubavitch Children's Centre

**Address:** 1 Northfield Road, N16 5RL

**Clinic Hours:** 09:00 – 11:00

**Clinic Dates:**

15 <sup>th</sup> January	19 <sup>th</sup> March	May- Break
16 <sup>th</sup> July	17 <sup>th</sup> September	19 <sup>th</sup> November

**Location:** Gainsborough Children Centre

**Address:** Berkshire Road, E9 5ND

**Clinic Hours:** 09:00 – 11:00

**Clinic Dates:**

19 <sup>th</sup> February	16 <sup>th</sup> April	18 <sup>th</sup> June
20 <sup>th</sup> August	15 <sup>th</sup> October	17 <sup>th</sup> December

**How do I book?**

We have an online booking system:

<https://bit.ly/physiodropin>



**How do I book?**

Please contact them on:

**020880  
99050**

**How do I book?**

We have an online booking system:



You will be asked to register as a new user for your contact details. Please enter your child's name and date of birth as this is a children's service with age restrictions (Under 18). If you have any difficulties accessing the link above, please contact us on 020

7014 7025.