On **Wednesday 30th October** the Children’s Centre is closed due to staff training.

**October Half-term** is **21st – 25th October**. We will only run stay and play on Thursday 24th and Baby hour on Friday 25th at John Perryn.

**21st Oct.: Kew Gardens Trip** Limited spaces, please ask Lindsey and Nicole to put your name of the list. Families will be randomly selected and notified.

**Parent Gym - Starting 1st November**
A very exciting 6-weeks programme where we discuss different topics of parenting such as Love, Together and Behaviour. It starts with a Taster session on 1st November for 45 minutes followed by 6 weekly 2-hour workshops. Parent Gym is for parents with children between 2-11 years old. Refreshments will be provided. Please contact Nicole to book your place. 
**vandegrn@ealing.gov.uk** or call 020 8222 6399

**Weighing Clinic** this month will take place on: Thursday 3rd & 17th October, please bring your Red Book 9.30-11am.
<table>
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<th>Monday</th>
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| **Stay and Play** (sand play/water play)  
9:30-11:00am  
Please bring a change of clothes  
**Not on 21**th | **South Acton Children's Centre**  
Stay and Play with Nicole  
(sand play/water play)  
9:30-11:00am  
Please bring a change of clothes | **Messy Fingers**  
9:30-11.00am  
A fun and messy play session  
**NOT 23**rd & **30**th October | **Stay and Play and Baby weighing**  
3**rd & 17**th Oct  
9:30-11.00am  
Please bring child's red book. | **Baby Hour**  
10.00-11.00am  
For families with babies up to 14 months old  
(Or pre-confident walkers) | The bus routes 283, 70, 260, 7 stop locally, the tube station East Acton is the closest with a short walk (uphill). |
| **Trip to Kew Gardens**-allocated spaces will be offered to families if you receive an email you have been successful. | **Midwife QCH**  
All day | **Development Checks**  
Please bring completed questionnaires  
11.30am-2.30pm (appointments only) | **Development Checks**  
Please bring completed questionnaires  
11.30-2.30pm | | | |
| **Baby Massage**  
1:00-2.45pm  
Pre-booked only | | **Messy Fingers**  
9.30-11.00am  
A fun and messy play session  
**NOT 23**rd & **30**th October | | **Postnatal Clinic**  
9.00-12.00pm  
(appointments only) | | |
| **Midwife QCH**  
All day | | | | | | |
| **South Acton Children's Centre**  
Movers and Grover's with Lindsey  
9.30-10.30am  
**NOT 23**rd & **30**th October | | **Sing Rhyme and Baby Sign with Sally**  
1.30pm - 2.30pm  
newborn - 2 years  
**NOT 23**rd & **30**th October. | | **South Acton Children's Centre:**  
Messy Fingers  
9.45-11.00am  
**NOT 25**th Oct. | | |
| | | | | | | |
| **John Perryn:**  
Development Checks | **South Acton Children's Centre**  
Movers and Grover's with Lindsey  
9.30-10.30am  
**NOT 23**rd & **30**th October | **Sing Rhyme and Baby Sign with Sally**  
1.30pm - 2.30pm  
newborn - 2 years  
**NOT 23**rd & **30**th October. | | **Little Explorers-Heuristic Play**  
1.30-2.15  
Sitters - 2 years  
**NOT 25**th Oct. | | |
| **South Acton Children's Centre**  
Movers and Grover's with Lindsey  
9.30-10.30am  
**NOT 23**rd & **30**th October | | | | | | |
| **Midwife QCH**  
All day | | **Acton Library:**  
Sing and Storytime- with Nicole  
10.30-11.15am  
18 months- 5 years & 11.30am-12.15pm  
Birth-18 months  
**NOT 24**th Oct. | | **Acton Library:**  
Sing and Storytime- with Nicole  
10.30-11.15am  
18 months- 5 years & 11.30am-12.15pm  
Birth-18 months  
**NOT 24**th Oct. | | |
| **Midwife QCH**  
All day | | | | | | |
| **Midwife QCH**  
All day | | | | | | |
| **Midwife QCH**  
All day | | | | | | |

Please note, parking is available at the children's centre, there are pay machines on the roadsides, or pay by phone. Spaces are sometimes limited.
Our activities

Stay and Play
Drop in session for parents, carers and children. Play, socialise, have lots of fun.

Baby Hour
Enjoy an hour of baby friendly activities including baby sing-along and sensory activities, getting the chance to chat with others in a friendly environment (0-12 months) Drop-in

Baby Clinic – John Perryn Children's Centre
Bring along your child's Red Book to Baby Clinic, meet the team from Acton Health Centre who will weigh babies and are also on hand to give advice and guidance.

Baby clinic is only on the 1st and the 3rd Thursday of each month

Health Visitor Development Checks
This is run by CLCH and is for pre-booked appointments only

Movers and Groovers (babies - 5 years)
A fun and active session for parents/carer's and babies/toddlers to get involved together in a structured programme of singing, dancing, action rhymes and using instruments, as well as soft play and parachute activities. The session is planned to help you support your children's coordination, concentration, communication and social skills and of course for their enjoyment!

Midwives QCH
Antenatal/ postnatal clinic managed by Queen Charlotte’s Hospital; we are working in partnership to ensure the community receive an excellent antenatal experience. This is an appointment only service.

Parent Gym
A very exciting 6-weeks programme around parenting. It starts with a Taster session for 45 minutes followed by 6 weekly 2 hour workshops, free of charge.
For parents with children between 2-11 years old.

You must book a space in advance for this programme. Please email Nicole on vandegrn@ealing.gov.uk or call 020-8222 6399. Alternatively speak to Lindsey or Nicole when you next visit the children's centre.

Baby Massage
Hands-on five-week course in massaging your baby for bonding, relaxation and colic routines.

Suitable from newborn to pre-crawlers
Meet new mums and dads and share tips.
Email: hillsl@ealing.gov.uk for a place.

Messy Fingers (Crawlers - 5 years)
A fun and messy session! We make our own playdoh, paint using cars, play with shaving foam, oats, sand water, cooked pasta - even jelly and cornflakes! Please remember to bring a change of clothes for your child.

John Perryn Children's Centre 0208 222 6399