Welcome to Limetrees Children’s Centre

At Limetrees we have a range of FREE activities for children aged 0-5 years and this is extended to 0-12 years after school and during school holidays. We run an After School Club (term time only-fees apply) and a Youth Club for 13-19 year olds (Thursdays). We also offer volunteering opportunities and provide advice and support to parents and carers.

Contact numbers for information and advice:

SAFE (Supportive Action for families in Ealing)
SAFE West (Greenford, Northolt, Perviale & Southall)
Phone: 020 8825 9800
SAFE East (Acton, Ealing & Hanwell)
Phone: 020 8825 7606
ECIRS (Ealing Children’s Integrated Response Service)
Phone: 020 8825 8000

March 2020

Diary dates
1st March St David’s Day
5th March World Book Day
9th March 10am-11:30am
Speech & Language Drop-in Advice
An opportunity for parents/carers to meet a Speech and Language Therapist to seek advice about their child’s speech, language and communication development. (during Stay & Play session)
17th March St. Patrick’s Day
22nd March Mother’s Day

Infant Feeding Support
(includes breastfeeding support)
For support & advice pop into the centre or phone:
020 8845 3807

Limetrees Children’s Centre
Thorndike Avenue
Northolt
Middlesex
UB5 5LA
Phone number: 020 8845 3807
Centre opening hours: Monday-Friday 10am-6pm
Head of Centre: AlexanderS@ealing.gov.uk
Administrator: LukemanT@ealing.gov.uk
Website: www.ealingfamiliesdirectory.org.uk
Timetables available in the centre or by e-mail request can also be downloaded in colour from the website.
<table>
<thead>
<tr>
<th>Monday</th>
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<td>6th 13th 20th 27th March</td>
<td>7th 14th 21st 28th March</td>
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<tr>
<td>Stay and Play 10am-11:30am Age 0-5 years</td>
<td>Baby Stay and Play 10am-11am Age 0-12 months</td>
<td>Toddler Stay &amp; Play 9:30am-11am Age 1-3 years</td>
<td>Stay and Play 9:30am-11am Age 0-5 years</td>
<td>Development checks (1 &amp; 2 year) 9:15am-12:35pm (appointment only)</td>
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<tr>
<td>Speech and Language Drop-in Advice (9th March) 10am-11:30am (during Stay &amp; Play) no booking required</td>
<td>Cheryl's Dance term-time 12:30pm–1:30pm Age 18 months-5 years</td>
<td>new session Baby Discovery term-time 12pm-12:45pm Age 0-12 months</td>
<td>new session Messy Play term-time 12pm-1pm Age 0-5 years</td>
<td>Children's Zumba term-time 1pm–2pm Age 2-5 years</td>
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<td>Child Health Clinic (Drop-in) no booking required 12:30pm–1:45pm</td>
<td>After School Club term-time 3pm-6pm Age 4-12 years</td>
<td>Northolt Library Story Song &amp; Rhyme term-time 2pm-3:45pm Age 0-2 years</td>
<td>After School Club term-time 3pm-6pm Age 4-12 years</td>
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### Limetrees Children’s Centre Timetable March 2020

- **Stay and Play** 10am-11:30am Age 0-5 years
- **Speech and Language Drop-in Advice** 9am-10:30am (during Stay & Play) no booking required
- **Cheryl’s Dance** term-time 12:30pm–1:30pm Age 18 months-5 years
- **After School Club** term-time 3pm-6pm Age 4-12 years
- **Drop-in Play** term-time 4:15pm-5:45pm Age 0-12 years

**Limetrees Children’s Centre** Thorndike Avenue, Northolt, Middlesex, UB5 5LA Tel: 020 8845 3807
The latest time you will be seen is at 1:45pm.

Baby Stay & Play (0-12 months) (every Tuesday)
Tues 10am-11am
A chance to meet other parents and carers with similar aged babies. Sensory play to support physical development.

Toddler Stay & Play (1-3 years) (every Wednesday)
Weds 9:30am-11am
A variety of activities to support social skills & physical development. Explore and learn through play. Session includes outdoor equipment and action songs.

Holiday Drop-in Play (0-12 years) (school holidays)
Tues-Thurs 11:30am-3:30pm Fri 1pm-3:30pm
These sessions give your child the opportunity to have fun, learn and to explore through play. Activities include art & craft small world play, creative & imaginative play, games and more. Children under 8 must be accompanied by an adult at all times.

Stay & Play (0-5 years) (every Monday & Thursday)
Mon 10am-11:30am Thurs 9:30am-11am

Child Health Clinic
(drop-in)
Mon 12:30pm-1:45pm
Clinic run by Health Professionals. A chance to get your baby weighed and seek information and advice on your child’s health.

Please note:
The latest time you will be seen is at 1:45pm.
Please arrive on time to avoid disappointment.
No booking required

Free Nursery places for 2 year olds
Find out instantly whether you qualify for this offer using the Two-year old FREE Childcare eligibility checker on Ealing’s Children & Families Directory
www.ealingfamiliesdirectory.org.uk

Open Monday to Friday – 8am to 6pm
For children aged 6 months to 5 years
For general enquiries phone: 020 8845 7540
or e-mail: twinkletotz@hotmail.com
Limetrees After School Club £9 per day (2 days min)
Collection from St. Raphael’s Primary School

Children have the opportunity to participate in various activities during the session. Applications can be downloaded from: www.ealingcouncil.gov.uk. Completed forms to be sent or e-mailed to playservice@ealing.gov.uk
For more information phone the Play Service Admin team on: 020 8825 8205

Child Health Clinic
(Barley Green)
Mon & Weds 12:30pm-1:45pm
Clinic run by Health Professionals. A chance to get your baby weighed and seek information and advice on your child’s health.

Please note:
The latest time you will be seen is at 1:45pm.
Please arrive on time to avoid disappointment.
No booking required

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Developmental checks
(1 & 2 year olds)
(appointments only)
Fri 9:15am-12:35pm Sat 9:15am-12:35pm
Please bring your completed questionnaire and your child’s red book to your appointment. Please arrive on time to avoid disappointment.
For bookings phone: 020 8102 5888

James Murray MP
(Ealing North)
Drop-in Advice Surgery
First Friday of the Month
10am-11am
Northolt Library
Church Road
UB5 5AS
For all surgery dates visit: jamesmurray.org/surgeries
No appointment required
No surgeries in August or on Bank Holidays

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