West Twyford Children’s Centre

By Bus: 226, 83, 95 or 112
By Tube: The nearest tube stations are Hanger Lane and Park Royal
West Twyford Children’s Centre
Twyford Abbey Road
London NW10 7DN
Tel 020 8961 4974
Email: ccadmin@west-twyford.ealing.sch.uk

Activities

January to April 2020

**Baby Clinic**
A drop in session for parents to see the health visitor and get their baby weighed. Every 2nd and 4th Wednesday of the month during term-time.

**Stay and Play**
Join us for a fun packed drop-in session for children under 5 years. Toys, arts, stories and singing in every session. We have special sessions for babies under 18 months.

**Let’s Get Cooking!**
Parents and their children will learn about healthy eating habits each week and how to make healthy snacks together.

**Parent Gym**
Parent Gym is a 6-week parenting course. A crèche is also available on request.

**ESOL Classes**
A class for adults who want to improve their written and spoken English, with an opportunity to gain qualifications.

**Conversation Classes**
A safe, fun group of adults who wish to develop their speaking and listening English skills in an informal session.

**Development Checks**
Checks for 9 months to 1 year olds and 2 years to 2.5 years. By appointment only.

**Baby Massage**
This 6 week course is aimed at parents and babies before they start crawling.

**Sensory and Messy Play**
An engaging session for children to play with toys and materials that stimulate their senses—be prepared to get messy!

**Children’s Library**
Parents are welcome to come and borrow a book from our library at any time during the week (1 per child).
# Timetable – January to April 2020

## Monday

- **Stay and Play Extra**
  - 0-5 years
  - 9:15—11am
  - (£1 donation)

- **Let’s Get Cooking!**
  - 2-5 years
  - 11:30—1:30pm
  - £2 donation
  - Limited spaces, please book with the centre

- **Development Checks**
  - Every 3rd Monday of the month
  - 10am—12 noon
  - By appointment only

  - 20th January
  - 17th February
  - 16th March
  - 20th April

## Tuesday

- **Stay and Play**
  - 0-5 years
  - 9:15—11am

- **Baby Massage**
  - 26th Feb – 1st April
  - 12:30 – 1:30pm
  - Limited spaces, please book with the centre

- **Baby Weighing Clinic**
  - 0-5 years
  - 9:30 – 10:30am
  - Starting 22nd Jan
  - Every 2nd & 4th week of the month during term time.

## Wednesday

- **Stay and Play Extra**
  - 0-5 years
  - 9:15—11am
  - (£1 donation)

- **Baby Weighing Clinic**
  - 0-5 years
  - 9:30 – 10:30am
  - Starting 22nd Jan
  - Every 2nd & 4th week of the month during term time.

## Thursday

- **Stay and Play**
  - 0-5 years
  - 9:15—11am

- **Parent Gym Taster session on 13th February**
  - Main course:
    - 27th Feb – 2nd April
    - 12—2pm
    - (A crèche is available)

## Friday

- **Adult ESOL (English) class**
  - 10th Jan – 3rd Apr
  - 9:15-10:45am
  - Higher Level
    - (Level 1, 2 and Entry 2, 3)
  - 11:00am—12:30pm
  - Beginners
    - Elementary (Entry 1)

  - £4 donation per class
  - (A crèche is available)

## Saturday

- Closed