

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|---|
| Beavers Children's Centre The Hub Salisbury Road Hounslow TW4 7NW 020 8583 5576 | | | | | | |
| AM | Stay & Play 10.00 – 11.30 Starting on 7th January No Session on 14th January | Perinatal Support Appointments 9:00 - 12:00 Appointment only | Advice Information & Support Call to book an Appointment | Well Child Clinic 9:30 - 13:00 Appointments call 020 8973 3490 Breast Feeding Advice 10:00 - 11:15 | Young Parents Group 10.00 – 11.30 Please call for more details Starting on 11th January | fsd.hounslow.gov.uk The FSD is an online directory of local information and services including childcare and early education providers, activity clubs and community organisations, offering information and support services for parents with children and young people aged 0-19. |
| PM | | Non Walkers 1:30 - 2:45 Starting on 8th January | Library Time 1.30 - 2.30 Starting on 9th January | Stay & Play 1:30 - 3:00 Starting on 10th January | | |
| Cranford Children's Centre Cranford Primary School Berkeley Avenue Cranford TW4 6LB 020 8583 5590 | | | | | | |
| AM | Antenatal Clinic with WMUH Midwives Team Appointments Only | Non Walkers 10.00 - 11.30 Starting on 8th January | Talk English 9.30 – 11.30 Please call for more details Starting on 9th January | Stay & Play 10:00 - 11:30 Tiny Tots - Children over 18mths Starting on 10th January | Well Child Clinic 9:30 - 13:00 Appointments call 020 8973 3490 | |
| PM | | Advice Information & Support Call to book an Appointment | Stay & Play 1:30 - 3:15 Starting on 9th January | | | |
| Lampton Children's Centre, Neville Close, Off Lampton Rd Hounslow TW3 4JG 020 8583 5720 | | | | | | |
| AM | Stay & Play 10.00 - 11.30 Starting on 7th January | | Well Child Clinic 9:30 - 12:00 Appointments - 020 8973 3490 <i>Breastfeeding drop-in with NCT breastfeeding counsellor 9:45 - 11:45</i> | Music and Movement 10.00 – 11.00 Starting on 31st January | Advice Information & Support Call to book an Appointment | |
| PM | | Non-Walkers 1:30 - 3:00 Starting on 8th January | Stay & Play 1:30 - 3:00 Starting on 9th January | | | |
| Midsummer Park Children's Centre, 292 Staines Road Hounslow, TW4 5BA 020 8583 5805 | | | | | | |
| AM | | Child Development Reviews 9:00 - 12:30 Appointment only: 020 8973 3490 | Advice Information & Support Call to book an Appointment | Stay & Play * 9:30 - 11:00 Starting on 10th January No Session on 24th January | | Please don't bring food into Sessions to protect children who have food allergies. Thank you. |
| PM | Stay & Play * 1:30 - 3:00 Starting on 7th January | | Non Walkers 1.30 - 3.00 Starting on 9th January | | English Conversation Club 1.30 – 3.00 Starting on 11th January | |
| Cranford Library, Bath Road, Cranford TW5 9TL | | | | | | |
| AM | Story & Activity Time - 18 months and Over 10:00 - 11:00 BOOKINGS ONLY Term Time ONLY | | | | | |
| Cranford Memorial Hall, 39 High Street, Cranford, TW5 9RQ | | | | | | |
| | | | | | Amanda's Action Club 10.30 – 11.30 Starting on 11th January | |
| St Leonards Church, Heston Parish Church, 147 Heston Road, Heston, TW5 0RD | | | | | | |
| AM | | | Stay & Play 9:30 - 11:30 Starting on 9th January | Non Walkers 1:30 - 2:45 Starting on 10th January | | |
| PM | | | | | | |
| Convent Way Community Centre, Christie Court, Convent Way, Southall, UB2 5UH | | | | | | |
| AM | | | | | Lisa's Multi Sports - over 18mths 9:45 - 10:45 Starting on 11th January | |



Sessions marked with '*' require booking. Please call **020 8583 5805** on Mondays from 10am onwards to book. All other sessions are first come, first served. In order for everyone to have a safe and enjoyable time some sessions have a limit on the number of children who may attend at any one time. Unless stated all Stay & Play sessions are for children aged 0 – 5 years. All Children's Centre sessions are inclusive and children with special needs are welcome. Please call any Children's Centre for more information. **Baby Massage Sessions** – For babies aged 1-6 months. Please call your nearest Children Centre to book an appointment. **PLEASE NOTE: There is no charge for Baby Massage Sessions.**

Stay and Play

A time for children and their families to spend quality time together. Come along and share play and learning opportunities in our lovely playrooms and gardens.

Stay & Play Sessions at Midsummer Park Children Centre need to be booked at 11am on Monday Mornings on 0208 583 5805.

Non Walkers

This group is for non-walking children, they have space to crawl, roll and interact with other young children. Information and Advice for parents about weaning, childcare and child development.

Sorry - no older siblings.

West Middlesex Midwives Ante Natal Clinic

Please call West Middlesex Hospital on

020 8321 6420

Appointment Only

English Conversation Club

An informal group to improve parent skills in spoken and written English.

All children are welcome too.

Well Child Clinics & Child Development

Reviews

Please state which Centre you would like to attend

Appointment Only

Please ring **020 8973 3490**

Advice Information & Support

Come into the Children Centre for advice on any issues affecting your family.

Please call to book an appointment.

Library Time

Songs and Rhymes in the Library with Children Centre Staff. Each Session ends with an Arts & Crafts activity.

Story & Activity Time

Time to enjoy using the local library and story & rhyme time with Children Centre Staff.

Breastfeeding Clinics

Breastfeeding drop-in with NCT breastfeeding counsellor

Please ring your local centre for details as some criteria may apply.

Young Parents Group

This Stay and Play is perfect for Parents under 25.

Please ring Beavers Children Centre for more information on **020 8583 5576**.

Music & Movement

Fun fitness session for all the family.

Suitable for walking children.

Baby Massage

For babies aged 1-6 months. Please call your nearest Children Centre to book an appointment.

PLEASE NOTE: There is no charge for Baby Massage Sessions.

Amanda's Action Club

Music, movement and dancing.

Lisa Multi Sports

A fun sport session where children exercise and learn sharing, listening and learning skills.