

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Beavers Children's Centre</b> The Hub Salisbury Road Hounslow TW4 7NW 020 8583 5576						
AM	Stay & Play 10.00 – 11.30	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	<a href="http://fsd.hounslow.gov.uk">fsd.hounslow.gov.uk</a>  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	Library Time 1.30 - 2.30	Stay & Play 1:30 - 3:00		
<b>Cranford Children's Centre</b> 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	Talk English 9.30 – 11.30 Please call for more details Last Session on 13 <sup>th</sup> February	Stay & Play 10:00 - 11:30 Tiny Tots - Children over 18mths BOOKINGS ONLY – Call 0208 583 5590	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 No Session on 20 <sup>th</sup> March			
<b>Lampton Children's Centre</b> , Neville Close, Off Lampton Rd Hounslow TW3 4JG 020 8583 5720						
AM	Stay & Play 10.00 - 11.30		Well Child Clinic 9:30 - 12:00 Appointments - 020 8973 3490 Breastfeeding drop-in with NCT breastfeeding counsellor 9:45 - 11:45		Advice Information & Support Call to book an Appointment	
PM		Non-Walkers 1:30 - 3:00	Stay & Play 1:30 - 3:00 No Session on 20 <sup>th</sup> March			
<b>Midsummer Park Children's Centre</b> , 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 No Session on 24 <sup>th</sup> January		Please don't bring food into Sessions to protect children who have food allergies. Thank you.
PM	Stay & Play * 1:30 - 3:00		Non Walkers 1.30 - 3.00 No Session on 20 <sup>th</sup> March		English Conversation Club 1.30 – 3.00	
<b>Cranford Library</b> , Bath Road, Cranford TW5 9TL						
AM	Story & Activity Time - 18 months and Over 10:00 - 11:00 BOOKINGS ONLY – Call 0208 583 5590 Term Time ONLY					
<b>Cranford Memorial Hall</b> , 39 High Street, Cranford, TW5 9RQ						
					Amanda's Action Club 10.30 – 11.30	
<b>St Leonards Church</b> , Heston Parish Church, 147 Heston Road, Heston, TW5 0RD						
AM			Stay & Play 9:30 - 11:00	Non Walkers 1:30 - 2:45		
PM						
<b>Convent Way Community Centre</b> , Christie Court, Convent Way, Southall, UB2 5UH						
AM					Lisa's Multi Sports - over 18mths 9:45 - 10:45	



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 Walking Babies

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**

### Baby & Toddler Group – Under 2's

This group is for non-walking children and Toddlers up to 2 years old. 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.

### 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.

### Advice Information & Support

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

Please call to book an appointment.