

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Brentford Children's Centre</b> <b>North Road,</b> <b>TW8 0BJ</b> <b>020 8583 5760</b>	<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30</li> <li><b>HENRY</b> 1:00-3:00 8 WEEK COURSE Starting 28<sup>th</sup> January Booking Required Term Time Only</li> </ul>	<ul style="list-style-type: none"> <li>Non Walkers 9:30-11:30</li> <li>Breastfeeding Clinic, West Middlesex Maternity Dept. 12:30-2:30</li> <li>Rhythm and Rhyme with Sign 1:00-1:30 0-18 months old 1:45-2:30 18 months- 5yr olds</li> </ul>	<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30</li> <li>West Middlesex Midwives Ante Natal Clinic Appointment Only</li> <li>Wellbeing for Mums 9:30-12:00 Invite Only</li> <li>See and Hear* 2:00 Starting 16<sup>th</sup> January</li> <li>Family Links 1:00-3:00 Starting 27<sup>th</sup> February</li> </ul>	<ul style="list-style-type: none"> <li>Well Child Clinic Appointment Only</li> <li>Let's Get Physical* 9:30- 10:15</li> <li>Sharing Their World* 1:00-2:30</li> </ul>	<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30</li> <li>ESOL 1:00-3:00</li> </ul>	<b>Stay and Play</b> <b>Chiswick Children's Centre</b> <b>12<sup>th</sup> January</b> <b>9<sup>th</sup> February</b> <b>9<sup>th</sup> March</b> <b>10:00-11:30</b>
<b>Chiswick Children's Centre</b> <b>9 Devonshire St,</b> <b>W4 2JR</b> <b>020 8583 5603</b>	<ul style="list-style-type: none"> <li>Non Walkers 10:00-11:30</li> <li>Weaning Party * 2:00-3:00 4<sup>th</sup> February</li> </ul>	<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30</li> <li>Queen Charlottes Midwives Clinic and Breastfeeding support 12:30-2:30 Queen Charlotte Patients Only</li> </ul>	<ul style="list-style-type: none"> <li>Registered Childminders Group 9:30-11:30</li> <li>Baby Massage 1:30:2:30 Booking required Term Time Only</li> </ul>	<ul style="list-style-type: none"> <li>Rhythm and Rhyme 10:00-10:30 0-18 months old</li> <li>Rhythm and Rhyme 10:45-11:30 18 months - 5yr olds</li> <li>Stay and Play 1:30-3:30</li> </ul>	<ul style="list-style-type: none"> <li>Mini Multiples 10:00-12:00</li> <li>Rhythm and Rhyme 2:00-2:30 0-5 years</li> </ul>	<b>Attention:</b> <b>Dads,</b> <b>Grandads,</b> <b>Stepdads and other male carers!</b> Tiny Sports Stars! Monthly Saturday morning group for Dads/ male carers and their under 5's @ <b>Alf King's Children Centre, Feltham,</b> 10.00-11.00am. Please call for <b>020 8583 3922</b> the next date.
<b>South Isleworth Children's Centre</b> <b>Worple Road,</b> <b>TW7 7AP</b> <b>020 8583 5885</b>	<ul style="list-style-type: none"> <li>Stay and Play 9:15-10:30 or 10:45-12:00</li> <li>Weaning Party* 2:00-3:00 29<sup>th</sup> April Booking Required from 1<sup>st</sup> April</li> </ul>	<ul style="list-style-type: none"> <li>Child Development Review Appointment Only</li> <li>YMAG 12:00-4:00 Appointment Only</li> <li>Young Parents Group* 1:00--3:00</li> </ul>	<ul style="list-style-type: none"> <li>Well Child Clinic Appointment Only</li> <li>Salopian Gardens 10:00-11:30 Please call the centre for more information</li> <li>Stay and Play 1:00-2:30</li> </ul>	<ul style="list-style-type: none"> <li>Non Walkers 9:30-11:30</li> <li>Baby Café Breastfeeding Support 10:00-11:30</li> </ul>	<ul style="list-style-type: none"> <li>Child Development Review Appointment Only</li> <li>Healthy Cooking 10:00-11:30 5 week course Starting 18<sup>th</sup> January Booking Required £10 per child</li> </ul>	
<b>Bridgelink Centre</b> <b>373 Summerwood Road, TW7 7QR</b> <b>020 8583 5885</b>				<ul style="list-style-type: none"> <li>Stay and Play 9:15-11:00am</li> </ul>		
<b>Cavendish Primary School Edensor Rd, Chiswick W4 2RG</b> <b>0208 583 5603</b>			<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30 Term time Only</li> </ul>			

All Children's Centres sessions are inclusive and children with special education needs are welcome. Please call any Children's Centre's for more information. **Please note for everyone to have a safe and enjoyable time we must limit the number of children who may attend at any one time.** Any comments or suggestions are appreciated, please use the comments books available or contact the centre directly on the number shown above. **All sessions marked with an \* are prioritised for Hounslow Residents.** All sessions are first come first served unless booking is required. Sessions are £1 voluntary donation.

### 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.

### Healthy Cooking

A fun opportunity to make and learn healthy recipes with your child.

5 Week Course

Booking Required

**£10 per child.**

Suitable for children 2 ½ – 5 years old

**020 8583 5885**

### See and Hear

This 5 week session is structured to support children in developing attention, listening and communication skills. **For more information please call 020 8583 5603**

### Baby Massage

Suitable for babies 6 weeks to rolling over.

Please bring oil that you have patch tested on your child and a towel.

Booking Required

Please call to book every Monday Between 9:30-12:00, for your place on Wednesday

Booking is weekly.

**020 8583 5603**

Spaces are limited.

Term Time Only

### 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.

### Sharing Their World\*

This stay and play session is for children with special educational needs and their siblings.

We have a range of toys and equipment to support children's learning and development, with a snack and singing time as well as access to our fantastic sensory room. **Please call 020 8583 5760 for more information**

### Registered Childminders Group

Attendance fee payable directly to the group organisers, call the centre for more information **0208 583 5603**

### Weaning Party\* at Chiswick CC

4<sup>th</sup> February

2:00-3:00

Is your child 6 months +, come along to our weaning party. We will have all stages of weaning, with great foods to explore and recipes to take home for all the family to try

Booking Required,

**Please call 020 8583 5760**

Please inform staff if you child has any medical allergies.

### Rhythm and Rhyme at Chiswick CC

Fun and interactive music session. Singing a mixture of traditional and new rhymes. To promote language development.

### Young Parents group\*

This session is for Parents under 25 years old with a child 0-5years. A friendly atmosphere to meet other parents and a lovely space for children to learn and play.

**Please ring 020 8583 5885 for more information**

### Well Child Clinics & Child Development Reviews

Please state which Centre you would like to attend

Appointment Only

**Please ring 020 8973 3490**

### Family Links Parenting Programme\* at Brentford CC

11 Week programme. Provides simple, effective tools to help parents build on their pre-existing parenting skills and develop self confidence in your own parenting.

**Starting Wednesday 27<sup>th</sup> February**

Please speak to a member of staff

Crèche available

### Rhythm and Rhyme with Supporting Signs at Brentford CC

Fun and interactive music session. Using Makaton signing along with songs to promote Language development.

### Let's Get Physical\*

An Active dance and fitness session for both parents and children. This group aims to promote healthy lifestyles by encouraging physical activity.

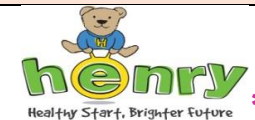
**2 year olds +**

### West Middlesex Midwives Ante Natal Clinic

Please call West Middlesex Hospital on

**020 8321 6420**

Appointment Only



### at Brentford CC

8 Week course to support the whole family to encourage a healthy lifestyle.

**Starts 28<sup>th</sup> January**

**Please speak to a member of staff If you would like to attend**

Term time only

Crèche available.

### Mini Multiples

This Stay and Play is perfect for multiple birth families to meet with other multiple birth families to share experiences and get helpful advice.

### Advice, Information and Support\*

Children's centre staff are providing a free confidential advice service for all parents and carers living in Hounslow, with

**Please call any children's centre, where a member of staff will be able to offer assistance.**

### Breastfeeding Clinics

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

### Salopian Gardens

Hounslow

TW7 4ES

Come and visit a community garden in all weathers, learning gardening skills and where fruit and vegetables come from.

**Every Wednesday**

**10:00-11:30**

**Please call South Isleworth CC for more information**

**020 8853 5885**