

	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>• Baby Massage* 10:30-11:30 Booking Required</li> <li>• Weaning Party* 10:30-11:30 28<sup>th</sup> October Booking from 1<sup>st</sup> October</li> <li>• Stay and Play 1:30-3:00</li> <li>• Family Store* 1:30-4:00</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>• Family Cook Club * 10:00-11:30 11<sup>th</sup> September Booking Required</li> <li>• West Middlesex Midwives Ante Natal Clinic Appointment Only</li> <li>• Wellbeing for Mums Invite Only 9:30-12:00</li> <li>• Stay and Play 9:30-11:00 Starting 30<sup>th</sup> October</li> </ul>	<ul style="list-style-type: none"> <li>• Well Child Clinic Appointment Only</li> <li>• Sharing Their World* Peer Support Group for Families with Additional Needs 1:00-2:30</li> <li>• See and Hear* 1:30 Referral Only Starting 12<sup>th</sup> September</li> </ul>	<ul style="list-style-type: none"> <li>• Stay and Play 9:30-11:00</li> <li>• HENRY Workshop* Making Family Guidelines Work 1:00-2:30 8<sup>th</sup> November</li> </ul>	<p><b>Stay and Play</b>  <b>Chiswick</b>  <b>Children's Centre</b>  <b>14<sup>th</sup> September</b>  <b>12<sup>th</sup> October</b>  <b>9<sup>th</sup> November</b>  <b>10<sup>th</sup> December</b>  <b>10:00-11:30</b></p> <hr/> <p>All Children's Centres sessions are inclusive and children with special education needs are welcome. 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. 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. Due to allergies we are unable to agree to families bringing their own snacks.</p>
<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> </ul>	<ul style="list-style-type: none"> <li>• Stay and Play 10:00-11:30</li> <li>• Queen Charlottes Midwives Clinic and Breastfeeding support 12:45-4:00 Queen Charlotte Patients Only</li> </ul>	<ul style="list-style-type: none"> <li>• Registered Childminders Group 9:30-11:30</li> <li>• Weaning Party* 18<sup>th</sup> September Booking Required 2:00-3:00</li> <li>• Baby Massage* 1:30-2:30 30<sup>th</sup> October Booking Required</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> </ul>	
<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>• HENRY Workshop* Food Portion Sizes 1:30-3:00 23<sup>rd</sup> September</li> <li>• Weaning Party 1:30-2:30 9<sup>th</sup> December Booking Required from 25<sup>th</sup> November</li> </ul>	<ul style="list-style-type: none"> <li>• Family Cook Club* 5<sup>th</sup> November</li> <li>• Child Development Review Appointment Only</li> <li>• YMAG 12:00-4:00 Appointment Only</li> <li>• Young Parents Group* 12:30--2:30</li> </ul>	<ul style="list-style-type: none"> <li>• Well Child Clinic Appointment Only</li> <li>• Stay and Play 1:00-2:30</li> </ul>	<ul style="list-style-type: none"> <li>• Non Walkers 10:00-11:30</li> <li>• Baby Café Breastfeeding Support 10:00-11:30</li> </ul>	<ul style="list-style-type: none"> <li>• Family Links Referral Only Starting 13<sup>th</sup> September 9:30-11:30</li> </ul>	
<b>Bridgelink Centre</b> <b>373 Summerwood Road, TW7 7QR</b> <b>020 8583 5885</b>	<p><b>Please Note:</b> All Children's Centres will be <b>closed</b> on Monday 14<sup>th</sup> October, due to staff training.</p>					
<b>Cavendish Primary School Edensor Rd, Chiswick W4 2RG</b> <b>0208 583 5603</b>		<ul style="list-style-type: none"> <li>• Family Cook Club* 10:30-12:00 10<sup>th</sup> September Booking Required</li> </ul>	<ul style="list-style-type: none"> <li>• Stay and Play 9:30-11:30 Term time Only</li> </ul>	<ul style="list-style-type: none"> <li>• Music and Movement 18 Months+ *Ivy Bridge Residents Only 9:15-10:30am</li> </ul>		

### 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.

### See and Hear\*

This 5 week session is structured to support children in developing attention, listening and communication skills.

**For more information please call 07807 286 163**

### 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**

### 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**

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

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

### Music and Movement\*

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

**18 Months +**

### 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.

### 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 every**

**Thursday 1:30-3:00 for the following week's session.**

**Please call 020 8583 5760**

**Spaces are limited**

**Hounslow Residents Only**



These workshops are to support the family, covering aspects of healthy lifestyles.

### **South Isleworth CC**

HENRY Workshop\*

Food Portion Sizes

1:30-3:00

23<sup>rd</sup> September

Booking Required from 9<sup>th</sup> September  
020 8583 5885

### **Brentford CC**

HENRY Workshop\*

Making Family Guidelines Work

1:00-2:30

8<sup>th</sup> November

Booking Required from 14<sup>th</sup> October  
0208 583 5760



Family Store is similar to a foodbank, but for clothes, toys and equipment for babies and children up to the age of 5. It is by Referral only, however if you do not have a referral but wish to use the service, please call the Children's Centre.

**Donate, Get support,  
Volunteer.**

**Every Monday 1:30-4:00  
at Brentford Children's Centre for  
more information please call 020  
8583 5760**

### Well Child Clinics & Child Development Reviews

Please state which Centre you would like to attend

Appointment Only

**Please ring 020 8973 3490**

### Weaning Party\*

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

**Please inform staff if you child has any allergies or intolerances**

If you cannot make our weaning parties, our staff are happy to support with any weaning related question

**Hounslow Residents Only**

### West Middlesex Midwives Ante Natal Clinic

Please call West Middlesex Hospital on

**020 8321 6420**

Appointment Only

### Family Links Parenting Programme\* at South Isleworth 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 Friday 13<sup>th</sup> September

Please speak to a member of staff or to make a referral please visit

fsd.hounslow.gov.uk

Crèche available

### Breastfeeding Clinics

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

### Family Cook Club\*

Cook up fast, tasty food every week- and take it home for lunch!

With ideas on how to sneak loads of veggies into lunch and dinner

**Booking Required**

**Please ring the children's centre that you would like to attend to book your place.**

**Spaces are limited.**