<table>
<thead>
<tr>
<th>Day</th>
<th>Brentford Children’s Centre North Road, TW8 0BJ 020 8583 5760</th>
<th>Chiswick Children’s Centre 9 Devonshire St, W4 2JR 020 8583 5603</th>
<th>South Isleworth Children’s Centre Worples Road, TW7 7AP 020 8583 5885</th>
<th>Bridgelink Centre 373 Summerwood Road, TW7 7QR 020 8583 5885</th>
<th>Cavendish Primary School Edensor Rd, Chiswick W4 2RG 0208 583 5603</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>• Baby Massage* 10:30-11:30 Booking Required</td>
<td>• Non Walkers 9:30-11:30</td>
<td>• Family Cook Club* 10:00-11:30</td>
<td>• Music and Movement 18 Months+ *Ivy Bridge Residents Only 9:15-10:30am</td>
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<td></td>
<td>• Weaning Party* 10:30-11:30</td>
<td>• Breastfeeding Clinic, West Middlesex Maternity Dept. 12:30-2:30</td>
<td>• Well Child Clinic Appointment Only</td>
<td>• Stay and Play 9:30-11:00</td>
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<td></td>
<td>• Stay and Play 1:30-3:00</td>
<td>• Rhythm and Rhyme with Sign 1:00-1:30 0-18 months old 1:45-2:30</td>
<td>• Family Cook Club Appointment Only</td>
<td>• HENRY Workshop* Making Family Guidelines Work 1:00-2:30</td>
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<td></td>
<td>• Family Store* 1:30-4:00</td>
<td>• Queen Charlotte Midwives Clinic and Breastfeeding support 12:45-4:00 Queen Charlotte Patients Only</td>
<td>• Weaning Party* 18th September Booking Required</td>
<td>**Stay and Play Chiswick Children’s Centre 14th September 12th October 9th November 10th December 10:00-11:30</td>
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<td>• Stay and Play 10:00-11:30</td>
<td>• Weaning Party* 18th September Booking Required</td>
<td><strong>Please Note</strong> All Children’s Centre Group: – Monday 2nd September- Friday 20th December 2019 fsd.hounslow.gov.uk</td>
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<td>• Registered Childminders Group 9:30-11:30</td>
<td>• Baby Massage* 1:30-2:30 30th October Booking Required</td>
<td>**Stay and Play Chiswick Children’s Centre North Road, TW6 0BJ 020 8583 5760</td>
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<td>• Rhythm and Rhyme 10:00-10:30</td>
<td>• Stay and Play 9:30-11:00 Starting 30th October</td>
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<td>• Hand Crafts 10:00-10:30</td>
<td>• Well Child Clinic Appointment Only</td>
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<td></td>
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<td>• Music and Movement 10:00-10:30</td>
<td>• Family Links Referral Only Starting 13th September 9:30-11:30</td>
<td>**Stay and Play Chiswick Children’s Centre North Road, TW6 0BJ 020 8583 5760</td>
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<td><strong>Tuesday</strong></td>
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<td>• Music and Movement 10:00-10:30</td>
<td>• Family Links Referral Only Starting 13th September 9:30-11:30</td>
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<td>• Well Child Clinic Appointment Only</td>
<td>• Baby Cafe Breastfeeding Support 10:00-11:30</td>
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**Please Note** All Children’s Centres will be closed on Monday 14th October, due to staff training.

All Children’s Centres sessions are inclusive and children with special education needs are welcome. Please note for everyone to have a safe an 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.
### 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.

**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.

**For more information please call 020 8583 5760**

### Rhythm and Rhyme at Chiswick CC
Fun and interactive music session. Singing a mixture of traditional and new rhymes. To promote language development.

**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.

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

### 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.

**Spaces are limited. Please speak to a member of staff if you have patch tested on your child and a towel.**

### 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**

### 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**

### Young Parents group*
This session is for Parents under 25 years old with a child 0-5 years. 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

**Booking required from 14th September**

### 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 +**

### 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**

### Family Links Parenting Programme*
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 13th September**

**Please speak to a member of staff or to make a referral please visit fsd.hounslow.gov.uk**

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

**Spaces are limited.**

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### 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.**

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#### Henry
These workshops are designed to support the family, discussing aspects of healthy lifestyles.

### South Isleworth CC
**HENRY Workshop**
Food Portion Sizes
1:30-3:00
23rd September
Booking Required from 9th September
020 8583 5885

### Brentford CC
**HENRY Workshop**
Making Family Guidelines Work
1:00-2:30
8th November
Booking Required from 14th October
020 8583 5760

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healthy lifestyles
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