




West Area Children's Centres – Autumn Term Timetable: Monday 2nd September – Monday 23rd December 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Information	
Alf King Children's Centre – 7 Hanworth Road, Feltham, TW13 5AF Tel: 020 8583 3922							
AM	Stay & Play (0-5yrs) 10.00 – 11.30 am <u>No session 14/10/19</u> <hr/> Child Development Reviews * 9.00 am – 12.00 pm	Learning Together Through Play* (0-12 mths) 10.00 – 11.30 am 8 October – 26 November 2019	IAPT* 9.00 am – 3.00 pm Appointment Only Magical Maths* (30mths – 5years) 10.00 – 11.30 am 11 September – 4 December 2019 <u>No session 23/10/19</u>		First Steps Group (Walking: up to 2yrs) 10.00 - 11.30 am	<p>Sessions marked with * require booking. Please call the number listed to book.</p> <p>All other sessions are first come, first served. Some sessions have a limit on the number of children who may attend. Unless stated, all sessions are for children 0-5 years old. Siblings up to the age of 8 years old are welcome during the Half Term holiday (21st – 25th October 2019) if they are accompanied by a child aged 0-5 years.</p> <p>All Children's Centre sessions are inclusive and children with special needs are welcome.</p> <p>Please call for more information.</p>	
PM	Well Child Clinic* 1.30 – 3.30 pm Appointment only – Please call 020 8973 3490 for an appointment Baby Café (Breastfeeding support) 2.00 – 3.30 pm	Sharing Their World (0-5yrs) 1.00 – 3.00 pm Peer Support group for families with additional needs.	Lisa's Multi Sports (Walking - 5yrs) 1.30 – 2.30 pm		Young Parents Group For parents under the age of 25 1.30 – 3.00 pm		
Bedfont Children's Centre – Fairholme Primary School, Peacock Avenue, Feltham, TW14 8ET Tel: 020 8583 5581							
AM	Perinatal Mental Health Support 9.00 – 11.15 am Appointment via midwife <u>No session 14/10/19</u>	Stay & Play (Sleeping Bunnies) (0-5yrs) 9.00 – 11.00 am £1 Run by volunteers / childminders		Well Child Clinic* 9.00 am – 12.00 pm Appointment only. Please call 020 8973 3490 for an appointment Citizens Advice Bureau* (CAB) 10.00 – 12.00pm Please call any centre for an appointment Last Thursday each month	Stay & Play (0-5yrs) 10.00 – 11.30 am		
PM		Non-Walkers (0-18 mths) 1.30 – 3.00 pm	Story and Rhyme with Mark (0-5yrs) 12.30 – 1.15 pm <u>No session: 23/10/19</u>	Tiny Sports Stars! (18mths-5yrs) 1.00 – 2.00 pm			
Crane Park Children's Centre – Norman Avenue, Hanworth, TW13 5LN Tel: 020 8583 5866							
AM	Non-Walkers (0-18 mths) 10.00 – 11.30 am <u>No session 14/10/19</u>	Family Links* (families with at least one child under 5) 9.30 – 11.30 am 24 September – 3 December 2019	Stay & Play (0-5yrs) 10.00 – 11.30 am	Grub Club* (2 – 5yrs) No younger siblings permitted 10.30 – 12 pm 3 October – 14 November 2019 <u>No session: 24/10/19</u>	Story & Rhyme with Mark (0-5yrs) 10.00 – 10.45am		
PM	Stay & Play (0-5yrs) 1.30 – 3.00 pm <u>No session 14/10/19</u>		Well Child Clinic* 1.30 – 3.30 pm Appointment only. Please call 020 8973 3490 for an appointment.		Tiny Sports Stars! (18mths-5yrs) 1.15 – 2.15 pm		

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Session information:

Baby Café	Baby Café – Breastfeeding support, delivered by the National Childbirth Trust.
Child Development Reviews	1st & 2nd Year Reviews. Please call the Health Visitors Office on 0208 973 3490 to book an appointment.
Citizens Advice Bureau – CAB	Last Thursday of every month at Bedfont Children's Centre. Call one of the West Area Children's Centres to book an appointment.
Family Links	Family Links, The Nurturing Programme is an 11-week Parenting Programme (for families with at least one child under the age of 5) offering simple, effective tools to help parents and children understand and manage feelings and behavior. For information on how to book a place please contact your local children's centre.
First Steps Group	First Steps Group provides a relaxed and welcoming atmosphere, with stimulating play opportunities for babies (walking – up to two years old) to learn and develop in. Come and meet other families living in the area, which can widen your support network. You can obtain advice on topics like: Weaning, child development, supporting your child's development at home, fussy eating and childcare.
Grub Club	Grub club is a six-week course for children aged 2-5 years and their parent/carer. The sessions will give children the opportunity to prepare and eat a dish of food for themselves supported by their parent/carer. Families will learn six easy recipes that they can cook together at home on a budget. For a place please book with your local children's centre.
IAPT – Increasing Access to Psychological Therapies	These are a series of 1 to 1 sessions with a clinical psychologist delivering therapy based on cognitive behavioural methods for parents with symptoms of post-natal anxiety and/or depression. Referral only - contact on 0300 123 0739 or email houcgg.hounslowiapt@nhs.net
Learning Together Through Play	An eight-week course for children aged 0 - 12 months and their parents/carers that is designed to build on the skills, knowledge and the confidence that the parents/carers already have. Supporting them to build a firm foundation for their children's learning not only whilst at the children's centre but making it an integral part of everyday life. For a place please book with your local children's centre.
Lisa's Multi Sports	Sessions encourage and inspire children (15mth to 5 years) to participate in sports in a fun and effective way. Children learn new skills to the best of their ability and to meet their full potential. Sessions introduce sports at an early stage.
Magical Maths	A twelve-week parent and child working together programme (for children aged 30 months – 5 years), focusing on developing a love for maths through play. Helping you to build a firm home learning environment. Encouraging mathematical development through activities, games, stories and rhymes. For a place please book with your local children's centre.
Non-Walkers	Non-Walkers group provides a relaxed and welcoming atmosphere, with stimulating play opportunities for babies and non-walkers to learn and develop in. Come and meet other families living in the area, which can widen your support network. Age range – non-walking: 0-18 months. You can obtain advice on topics like: Weaning, child development, supporting your child's development at home, fussy eating and childcare.
Perinatal Mental Health Support	Referrals only – please speak to your Health Visitor or Midwife to book a session.
Sharing Their World	A parent/carer led drop in for parents/carers with children with additional needs (and their siblings) to provide advice, support and a friendly atmosphere. It will also provide a safe place for children to play. Experienced children's centre staff will also be available during the session to provide advice and support. Age range 0-5 years.
Stay and Play	Stay and Play sessions are for children to learn and develop through play. Parents are encouraged to be part of this process by interacting and supporting their child during the session. Age range 0-5 years.
Story & Rhyme with Mark	Sessions includes a variety of songs and rhymes, delivered by Mark with his guitar and several props. It also includes a story. Children are encouraged to join in with singing, actions and 'acting out' parts of the stories and rhymes (0-5 years). Parents are encouraged to be part of this session by interacting and supporting their children.
Tiny Sports Stars	Sport sessions for children aged 18 months to 5 years. Fun filled activities and games for boys and girls.
Well Child Clinic	Well Child Clinic with Health Visitors. Well Child Clinics are run in order to monitor and assess your baby's routine, growth, as well as your own emotional well-being.
Young Parents Group	A play group for parents under the age of 25 with children aged 0 to 5 years. At these sessions the parents and their children can play and learn together around different subjects such as the Early Years Foundation Stage, speech and language, nutrition, fussy eating and school readiness. This service is delivered as a partnership between Hounslow Children's Centres and the Family Nurse Partnership.