





West Area Children's Centre Group Spring Term Timetable: Wednesday 2nd January – Friday 30th April 2019

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	Monday	Tuesday	Wednesday	Thursday	Friday	Information
Alf King Children's Centre – 7 Hanworth Road, Feltham, TW13 5AF Tel: 020 8583 3922						
AM	Stay & Play (0-5 yrs.) 10.00 – 11.30 Child Development Reviews * 9.00 – 12.00pm	Learning Together Through Play* (16 – 36 mths) 10 -11.30am From 15 January – 23 April 2019 No Session on 19 February, 9 April & 16 April 2019	IAPT* 9.00 – 3.00 pm Appointment Only Sessions begin 9 January 2019. Messy Makaton* (30 mths – 5 years) 10 -11.30am From 9 January –13 February 2019 Invitation Only		First Steps Group (Walking: up to 2yrs) 10.00 - 11.30 am Sessions begin 11 January 2019 No Session on 19 April 2019	Sessions marked with * require booking or are invitation only. Please call the number listed to book. 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 half-term (18 th – 22 nd February 2019) and Easter Holidays (8 th – 18 th April 2019) if they are accompanied by a child aged 0-5 years. All Children's Centre sessions are inclusive and children with special needs are welcome. Please call for more information.
PM	Well Child Clinic* 1.30 – 3.30 pm Appointment only – 020 8973 3490 Baby Café (Breastfeeding) 2.00 – 3.30 pm	Sharing Their World (0-5yrs) 1.00 - 3.00 pm Peer Support group for families with additional needs. Sessions begin 8 January 2019.	Lisa's Multi Sports (Walking - 5yrs) 1.30 – 2.30 pm Sessions begin 9 January 2019	Tiny Sports Stars! (18mths-5yrs) 1 – 2pm Sessions begin 10 January 2019 No Session on 7 th March 2019	Young Parents Group 1.30 – 3.00 pm For parents under the age of 25 Sessions begin 11 January 2019 No Session on 19 April 2019	
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	Stay & Play (Sleeping Bunnies) (0-5yrs) 9.00 – 11.00 am £1 Run by volunteers / childminders Sessions begin 8 January 2019. During Half Term (19 February 2019) & Easter Holiday (9 April and 16 April 2019) session from 9.30 – 11.30 am	Hounslow Adult & Community Education Arts & Crafts (0-5yrs) 10.00 – 11.30 am Sessions begin 9 January 2019	Well Child Clinic* 9.00 – 12.00 pm Appointment only 020 8973 3490 Citizens Advice Bureau* (CAB) 10.00 – 12.00 pm Call for appointment Last Thursday each month	Stay & Play (0-5yrs) 10.00 – 11.30 am Sessions begin 11 January 2019 No Session on 19 April 2019	All Children's Centre sessions are inclusive and children with special needs are welcome. Please call for more information.
PM		Non-Walkers (0-18 mths) 2.00 – 3.30 pm Sessions begin 8 January 2019.	Story & Rhyme with Mark Sessions begin 9 January 2019 No Session on 20 February, 10 & 17 April 2019 12.30 – 1.15pm			
Crane Park Children's Centre – Norman Avenue, Hanworth, TW13 5LN Tel: 020 8583 5866						
AM			Stay & Play (0-5yrs) 10.00 – 11.30 am Sessions begin 9 January 2019	HENRY Course* (0-5yrs) 09.30 – 11.45 am From 3 January – 17 January 2019	Story & Rhyme with Mark (-5yrs) 10.00 – 10.45 am Sessions begin 11 January 2019 No Session on 19 April 2019	From 2 January to 4 January 2019, Children's Centres will be open for information, advice, clinics and the HENRY course only.
PM	Stay & Play (0-5yrs) 1.30 – 3.00pm		Well Child Clinic* 1.30 – 3.30 pm Appoint. only		Non-Walkers (0-18 mths) 1.30 – 3.00 pm Sessions begin 11 January 2019 No Session on 19 April 2019	
Southville Community Centre – Southville Road, Feltham, TW14 8AP						
AM					Hounslow Adult & Community Education Relax and Stretch with Baby (Non-walkers: 0-18mths) 10.00 – 11.30 pm Sessions begin 11 January 2019 No Session on 19 April 2019	From 2 January to 4 January 2019, Children's Centres will be open for information, advice, clinics and the HENRY course only.
PM					Tiny Sports Stars! (18mths-5yrs) 1.15 – 2.15pm Sessions begin 11 January 2019 No session on 8 th March 19 April 2019	
Feltham Hill Community Centre – Bedfont Road, Feltham, TW13 4LZ						
	Stay & Play (0-5yrs) 2 Hour stay 10.00 - 3.00pm					

Session information:

Stay & 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.
Child Development Reviews	1st & 2nd Year Reviews. Please call the Health Visitors Office on 0208 973 3490 to book an appointment.
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.
Baby Café	Baby Café - Breast Feeding Advice and Support, delivered by the National Childbirth Trust.
Learning Together Through Play	A term time only, 12-week learning together through play course. Helping parents to understand the importance of supporting their child's early learning through play. Booking required.
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.
IAPT – Increasing Access to Psychological Therapies	This is 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 houccg.hounslowiapt@nhs.net
Messy Makaton	An invitation only, parent and child, 6-week learning together course for families who are or will be working with the Speech and Language Team. The course will support parents to develop their child's speech and language in a fun and accessible way.
Lisa's Multi Sports	Sessions encourage and inspire children (walking 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 age.
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.
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 Early Years Foundation Stage, speech and language, nutrition, fussing eating and school readiness. This service is delivered as a partnership between Hounslow Children's Centres and the Family Nurse Partnership.
Perinatal Mental Health Support	Referrals only – please speak to your Health Visitor or Midwife to book a session.
Stay & Play – Sleeping Bunnies	This Stay and Play is run by volunteers and childminders. 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 or children during the session. Age range 0-5 years. Fee payable: £1 per family.
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.
HENRY Course	HENRY (Healthy Eating and Nutrition for the very Young) is an 8-week course designed to give parents with an under 5 the tools and skills they will need for a healthy family lifestyle. Topics will include: Healthy eating for the whole family, physical activities for the whole family, developing a positive attitude, techniques to support challenging behaviour and emotions and the importance of family time. Age range 0-5 years.
Tiny Sports Stars!	Sport sessions for children aged 18 months to 5 years. Fun filled activities and games for boys and girls.
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.
Story & Rhyme with Mark	Sessions include a variety of songs and rhymes, delivered by Mark Leach with his guitar and several props, it also includes a story. Children and parents are encouraged to join in with singing, actions and 'acting out' parts of the stories and rhymes. Age range 0-5 years.
Hounslow Adult & Community Education: Arts & Crafts	These sessions are for adults and children to have fun taking part in art and craft activities. By the end of the session parents and children will be able to: Plan, design and make art and craft items together • Use a variety of skills and techniques • Gain ideas for working at home with your child • Support your child's creative learning, the development of their social and communication skills, and their effort. Age range 0-5 years. For more information please call 0208 583 6000 or email communitylearning@hounslow.gov.uk or contact Bedfont Children's Centre on 020 8583 5581.
Hounslow Adult & Community Education: Relax and Stretch with Baby	Relax and Stretch with Baby are fun filled sessions for new parents and their babies (non-walking: up to the age of 18 months). Particularly helping mothers to start to exercise gently after giving birth, but also allowing them to do this with their babies. The session will include gentle exercises and a chance to chat with the trainer at the end of the session. Parents are asked to bring their own blanket for their baby to lie on. For more information please call 0208 583 6000 or email communitylearning@hounslow.gov.uk or contact Alf King Children's Centre on 020 8583 3922.