

# **Timetable and service information**

**April 2019 to March 2020**



**Merton's children's centres offer a range of services for parents and carers from pregnancy through to the end of their child's Reception year at school**

## Drop-ins

### Family Information and Support Hubs

Just ask at a hub about your child's development, work, training, money, housing, benefits or finding childcare. We can also support you to access other services.

**Portage Support Group** is a drop-in for parents with children aged under 4 with special needs or disabilities (invitation only).

**Young Parents Support Group** is a drop-in for parents aged under 24 and their children.

**Early Learning Together Groups** run at Abbey, Acacia, Ivy Gardens and Church Road Children's Centres (invitation only).

## Bookable programmes

### Early Learning Together (ELT) Baby Programme (0-7 months)

For all first-time parents and their babies, this programme supports parents to understand their baby's early brain development and teaches massage strokes to soothe and comfort their baby.

### Incredible Years (IY) Baby (0-8 months)

For parents and their babies, this programme provides information on how babies grow and develop and how parents can support them in the early months.

### Early Learning Together (ELT) Toddler Programme (8 months to child's 3<sup>rd</sup> birthday)

Helping parents to understand their child's development and giving them ideas of activities and games to enjoy with their child that support healthy development.

### ESOL Stepping Stones (0 to 12 months)

For parents with very little or no English, helping them to learn useful everyday language and support their child's health and development in a relaxed, informal setting with their babies.

### Incredible Years (IY) Toddler (12 months to child's 3<sup>rd</sup> birthday) and Nursery and Reception (3 years to end of Reception year at school)

Helping parents to understand their child's development and how they can best support them, encouraging positive behaviour and learning different ways to manage challenging behaviour.

### Early Learning Together (ELT) Preschool Programme

Children who are eligible for free early education for 2, 3 or 4-year-olds and their parents experience what it's like to go to nursery or preschool, helping parents and children to manage separation.

### Early Communication Group (2 years 2 months to start of Reception year at school)

Supporting children to interact with their parents and other familiar people. Children and their parents will develop communication with one another using sounds, gestures, pictures and symbols.

### Social Communication Group (2 years 8 months to 5 years)

Supporting children with ASD or social communication disorder (or currently being diagnosed) to interact with their parents and other familiar people using sounds, gestures, pictures and symbols.

### Incredible Years (IY) Autism and Language Delay Programme (2 years to end of Reception year)

Helping parents of children on the autistic spectrum (or currently being diagnosed) or with language delay, supporting emotional regulation, social and language skills, school readiness and relationships.

### Personalised Individualised Parenting Therapy (3 years to end of Reception year at school)

One-to-one programme for parents and children, often delivered in the family home. A parenting therapist helps families to encourage positive behaviour and manage difficult behaviour.

**Details of these programmes can be found at [www.merton.gov.uk/fsd](http://www.merton.gov.uk/fsd). If you think you could benefit from any of these programmes, speak to your health visitor, a member of children's centre staff or other practitioner who is working with you and your child.**

Other services may be available; please visit your children's centre to find out more.

# Children's Centre Services Timetable

April 2019 to March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Abbey	Family Information Hub 2:30 - 4:00pm	Closed	Appointments Child Health	Health Clinic 1:30 - 3:30pm	Closed
Acacia	ELT Preschool 1:30 - 3:30pm Appointments Midwifery SLT assessment	ELT Toddler 19 - 36 months 9:30 - 11:00am Appointments Child Health	Health Clinic 9:30 - 11:30am ELT Baby 1:30 - 2:30pm 3:30 - 4:30pm Appointments Weaning	Information Hub 9:30 - 11:00am Portage Support 10:00 - 11:30am ESOL 1.30 - 3.00pm Appointments Child Health Midwifery	Appointments Child Health
The Avenue	Appointments Child Health	ELT Baby 9:30 - 10:30am 11:00am - 12:00pm Health Clinic 1:30 - 3:30pm Appointments Child Health	ELT Toddler 19 - 36 months 9:30 - 11:00am Appointments Child Health Midwifery	ELT Baby 9:30 - 10:30am 11:00am - 12:00pm Appointments Child Health Midwifery	ELT Toddler 8 - 18 months 9:30 - 11:00am Appointments Child Health Midwifery
The Bridge	Closed	Closed	Closed	Closed	ELT Baby 9:30 - 10:30am 11:00am - 12:00pm
Church Road	Appointments Child Health	Childminders drop-in 9:30 - 11:00am Appointments Midwifery	Health Clinic 9:30 - 11:30am Breastfeeding support drop-in 1.00 - 2.30pm Young Parents 1:30 - 3:00pm Information Hub 3:30 - 4:30pm Appointments Child Health	ELT Baby 9:30 - 10:30am 11:00am - 12:00pm ELT Toddler 8 - 18 Months 1.30 - 3:00pm Appointments Midwifery	Closed
Ivy Gardens	Health Clinic 1:30 - 3:30pm Appointments Child Health	Childminders drop-in 9:00 - 11:00am Information Hub 1:30 - 3:00pm Appointments Child Health	Appointments Child Health Antenatal Group	ELT Toddler 8 - 18 months 9:30 - 11:00am ELT Baby 1:30 - 2:30pm 3:30 - 4:30pm Young Parents 1:30 - 3:00pm	Appointments Child Health

Timetable for more centres and contact details overleaf →

Abbey	Merton Abbey Primary School, High Path SW19 2JY
Acacia	230 Grove Road, Mitcham Eastfields CR4 1SD
The Avenue	Joseph Hood Primary School, Whatley Avenue SW20 9NS
The Bridge	Raynes Park Library, Approach Road SW20 8BA
Church Road	243 Church Road, Mitcham CR4 3BH
Ivy Gardens	Ivy Gardens, Mitcham CR4 1BR

# Children's Centre Services Timetable

April 2019 to March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Lavender Steers Mead	<b>Toddler IY</b> 9:30 - 11:30am <b>Social Comm.</b> 9:30 - 11:30am  <u>Appointments</u> <b>Child Health</b> <b>Midwifery</b> <b>Parentcraft Group</b> <b>Weaning</b>	<b>Autism / Language Delay IY</b> 9:30 - 11:30am <b>ELT Toddler 8 - 18 months</b> 1:30 - 3:00pm  <u>Appointments</u> <b>Midwifery</b> <b>Antenatal Group</b>	<b>Early Comm. Nursery and Reception IY</b> 9:30 - 11:30am <b>ELT Baby</b> 1:30 - 2:30pm 3:00 - 4:00pm  <u>Appointments</u> <b>Child Health</b> <b>Midwifery</b>	<b>Autism / Language Delay IY</b> 9:30 - 11:30am <b>Baby IY</b> 1:00 - 3:00pm  <u>Appointments</u> <b>Child Health</b>	<b>Health Clinic</b> 9:30 - 11:30am  <u>Appointments</u> <b>Child Health</b>
Lower Morden	Closed	Closed	<b>Health Clinic</b> 9:30 - 11:30am <b>ELT Baby</b> 1:30 - 2:30pm 3.00 - 4.00pm	<u>Appointments</u> <b>Child Health</b> <b>Midwifery</b> <b>Antenatal Group</b>	Closed
Newminster	<b>Childminders</b> 9:30 - 11.00am <b>Portage Support</b> 1:00 - 2:30pm  <u>Appointments</u> <b>Child Health</b>	<b>Health Clinic</b> 9:30 - 11:30am <b>ELT Baby</b> 1:30 - 2:30pm 3:30 - 4:30pm  <u>Appointments</u> <b>Child Health</b> <b>Midwifery</b>	<b>ELT Toddler 8 - 18 months</b> 9:30 - 11:00am  <u>Appointments</u> <b>Midwifery</b>	<b>ELT Toddler 19 - 36 months</b> 1:30 - 3:00pm  <u>Appointments</u> <b>Child Health</b>	<u>Appointments</u> <b>Weaning</b>

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Lavender Steers Mead	Veals Mead, Mitcham CR4 3HL
Lower Morden	Aragon Primary School, Morden SM4 4QU
Newminster	Newminster Road, Morden SM4 6HJ

## Contact Details

### Health services

**Drop-in services:** No booking is required for Health Clinics or Breastfeeding Support Drop-ins.

**Services by appointment:** For Child Health or Weaning appointments or Antenatal Groups, you must contact the Health Visiting Service. For Midwifery Antenatal or Postnatal appointments, you must contact the Midwifery Service. For all Health Service bookings and enquiries, please use the telephone numbers below.

**Health Visiting Service (CLCH)** 03300 539 264

**Midwifery - St George's (Steers Mead only)** 020 8725 4714

**Midwifery - Epsom and St Helier** 020 8296 2542

### Children's centre services

merton.gov.uk/childrenscentres 020 8274 5300 fsd@merton.gov.uk

All centres are closed between 12:00 and 1:00pm, except Steers Mead Children's Centre where Reception will be open during this time. All centres are closed on bank holidays. In addition, children's centre groups will not be running from 27 to 30 August 2019 and from 27 to 31 December 2019 (most health services will be running during these periods).