Monday
Welcome Breakfast
9-10:30am
25 Jan, 29 Feb, 28 Mar
For children and mums, dads and carers who are new to the centre, haven’t been for a while, or just want to find out more about the centre.

Stay and Play
9:30-11:30am
Play and learning with your child. For children aged 0-3 years.

Developmental Review Clinic
9am-12:30pm
Booked appointments with the Health Visiting Team.

Cooking Session
1-2:30pm
Starting 11 January
A 6 week healthy eating and cooking programme for families with children aged 2-5 years. Childcare is provided. To book a place please contact Reception.

Perinatal Support Service
3-5pm
One-to-one support for parents experiencing emotional difficulties. Please contact reception for more information.

Tuesday
Basic ESOL  9:30am-12pm
Starting 12 January
A basic English language course for parents to improve their English skills. Childcare is provided. Please contact Reception to book a place.

Employment and Skills
9:30-11am
19 Jan, 9 Feb, 8 Mar
Would you like advice and support about going back to work or college? Contact Reception to book an appointment.

Mini Boost (in the library)
11:15am-12:15pm
Starting 12 January
A fun, 6 week exercise program led by a physical activities specialist. For children aged 2-5 years and their parents or carers. Please contact Reception to book a place.

Boost Mums (in the library)
1-2:30pm
Starting 12 January
Exercise and nutrition for parents with children under 2 years. To book a place please contact Reception.

Let’s Get Messy!
1:30-3pm
Starting 5 January
A messy play session for children aged 0-3 years. A messy play session for fun and learning with your child.

Wednesday
Women’s Group
9:30-11:30am
Starting 6 January
A 12 week program, for women who are isolated, lack confidence and are experiencing difficulties with their partners, past or present. Childcare is provided. Please contact Reception to book a place.

Talk Shop
1:30-3pm
27 Jan, 24 Feb, 23 Mar
A drop in session to discuss any concerns about your child’s speech and language development with the Speech & Language Therapists.

Explore and Play
3:30-4:45pm
A messy play session for children aged 2.5 - 5 years and siblings up to 7 years.

Thursday
Babies and Crawlers
9:30-11:30am
Exploring and play session for babies - from birth until they are walking.

Baby Clinic
9:30-11:30am
Do you have any questions about breastfeeding, or want to get your baby weighed? Come along and speak to the Health Visitor.

Parent’s Space
1-3pm
For all parents to develop skills, meet other parents and share ideas. Childcare is provided. Please book a place at reception.

Friday
Outdoor Learning
9:30-10:30am
Starting 26 February
For children who are confident walkers - 5 years. Explore and learn about the natural environment in the local park.

Developmental Review Clinic
9am-12:30pm
Booked appointments with the Health Visiting Team.

Support and Advice
9-10:30am
Advice and support with our Family Support Worker for completing forms, 2 year early education offer, benefits, housing, parenting or anything else that you might like help and advice about. Contact reception to book an appointment.

Baby Massage
1:30-2:30pm
A 4 week course to learn massage techniques which can help you to bond with your child, help your child with colic and to sleep better.
Advisory Board
Meeting dates: 21 Jan, 3 March 1-3pm

The Advisory Board provides support and challenges to the centre to help us to:
• Ensure service development reflects parents’ views and local needs in order to improve children and families outcomes.
• Contribute to the development and progress of the children’s centre.

Parent’s Space
Come along to meet other parents, learn new skills and let us know what activities you would like. Get involved in supporting the centre to become a better place for your children and the community.
To book a place please contact Reception

Play Sessions
We understand that you may have two or more children of different ages. You are welcome to bring siblings to Stay & Play, Let’s Get Messy and Explore and Play if you have one child within the age range for that play session.

Childcare
For Mums, Dads and Carers attending courses and groups at the centre, we provide a childcare provision for children aged 3 months - 5 years. Please book a space at Reception.

Educational Psychologist
If you have any concerns about your child’s learning, behaviour, their social and/or emotional well being, please speak to a member of staff to book a consultation with the Educational Psychologist.
The Educational Psychologist will be available to speak to you at the following play sessions:
14 January Babies and Crawlers
8 February Stay and Play
8 March Let’s Get Messy

Speech and Language
Are you concerned about your child’s speech? Come along to Talk Shop to speak to a Speech and Language Therapist.
The Speech and Language Therapist will be available to speak to you at the following play sessions:
Babies and Crawlers
28 Jan, 25 Feb, 24 March
Explore and Play
6 Jan, 17 Feb, 3 March

Are You Registered?
New Addition to the Family?
Please complete a registration form the first time you come to visit us or if your family has grown. It helps us to keep you updated on all the new and exciting things we plan to do within the centre. Please keep us up to date if you move home or change your number.

Centre opening times:
Monday 9-4:30pm
Tuesday 9-4:30pm
Wednesday 9-4:45pm
Thursday 9-4:30pm
Friday 9-4:30pm (closed 2:30-4)

We are CLOSED on bank holidays and for 2 weeks during the December holiday period. When the centre is closed, please contact Family Information Service for information on 0208 8871 7899

Half-Term Dates 15-19 February
A reduced timetable operates over the half-term period. Please contact Reception for more information.

Directions:
We’re an 8-10 minute walk from Clapham Junction Station (Grant Road exit). If you are taking the bus you can take the: 170, 295, or C3 to Hope Street, or the 44 to York Gardens.
Once inside the park, look out for the colourful railings.

Advisory Board Meeting dates: 21 Jan, 3 March 1-3pm

The Advisory Board provides support and challenges to the centre to help us to:
• Ensure service development reflects parents’ views and local needs in order to improve children and families outcomes.
• Contribute to the development and progress of the children’s centre.

Parent’s Space
Come along to meet other parents, learn new skills and let us know what activities you would like. Get involved in supporting the centre to become a better place for your children and the community.
To book a place please contact Reception

Play Sessions
We understand that you may have two or more children of different ages. You are welcome to bring siblings to Stay & Play, Let’s Get Messy and Explore and Play if you have one child within the age range for that play session.

Childcare
For Mums, Dads and Carers attending courses and groups at the centre, we provide a childcare provision for children aged 3 months - 5 years. Please book a space at Reception.

Educational Psychologist
If you have any concerns about your child’s learning, behaviour, their social and/or emotional well being, please speak to a member of staff to book a consultation with the Educational Psychologist.
The Educational Psychologist will be available to speak to you at the following play sessions:
14 January Babies and Crawlers
8 February Stay and Play
8 March Let’s Get Messy

Speech and Language
Are you concerned about your child’s speech? Come along to Talk Shop to speak to a Speech and Language Therapist.
The Speech and Language Therapist will be available to speak to you at the following play sessions:
Babies and Crawlers
28 Jan, 25 Feb, 24 March
Explore and Play
6 Jan, 17 Feb, 3 March

Are You Registered?
New Addition to the Family?
Please complete a registration form the first time you come to visit us or if your family has grown. It helps us to keep you updated on all the new and exciting things we plan to do within the centre. Please keep us up to date if you move home or change your number.

Centre opening times:
Monday 9-4:30pm
Tuesday 9-4:30pm
Wednesday 9-4:45pm
Thursday 9-4:30pm
Friday 9-4:30pm (closed 2:30-4)

We are CLOSED on bank holidays and for 2 weeks during the December holiday period. When the centre is closed, please contact Family Information Service for information on 0208 8871 7899

Half-Term Dates 15-19 February
A reduced timetable operates over the half-term period. Please contact Reception for more information.