

Monday 30 March to Friday 10 April

Monday

Midwife Appointments

30 March
9am to 1pm
Book with Kingston
Hospital

Stay and Play £2.50

30 March
10 to 11.30am
[Book Online Here](#)

**Please note Monday 6
April is a Bank Holiday**

Tuesday

Midwife Appointments

31 Mar & 7 April
9am to 1pm
Book with Kingston
Hospital

Little Discoverers

31 Mar & 7 April
9.45 to 11.15am
Invitation Only

Wednesday

Midwife Appointments

1 April & 8 April
9am to 1pm
Book with Kingston
Hospital

Thursday

Well Baby Clinic

2 April & 9 April
9.30 to 11.30am
Drop in

Infant Feeding Support

9 April
9am to 1pm
Book with CLCH 033
0058 1679

Easter Arts & Crafts

3yrs+ £2.50

2 April
10 to 11am

[Book Online Here](#)

Friday

1 & 2 Year Health Reviews

10 April
Book with CLCH 033
0058 1679

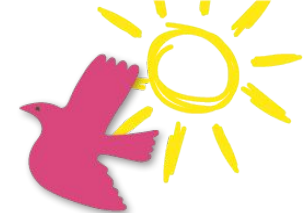
Stay and Play £2.50

10 April
9.30 to 11am
[Book Online Here](#)

**Please note Friday 3
April is a Bank**

Holiday





Monday 30 March to Friday 10 April

Monday**Midwife****Appointments**

30 March
9am to 1pm
Book with West
Middlesex Hospital

1 & 2 Year Health**Reviews**

30 March
12.30 to 4.30pm
Book with CLCH 033
0058 1679

Please note
Monday 6 April is a
Bank Holiday

Tuesday**1 & 2 Year Health****Reviews**

31 March & 7 April
9am to 12pm
Book with CLCH 033 0058
1679

Midwife Appointments

31 March & 7 April
1 to 4pm
Book with West Middlesex
Hospital

Wednesday**Midwife****Appointments**

1 April & 8 April
9am to 4pm
Book with West
Middlesex Hospital

1 & 2 Year Health**Reviews**

1 April & 8 April
9.30am to 4.30pm
Book with CLCH 033
0058 1679

Little Explorers

1 April & 8 April
9.30 to 11.15am
Invitation Only

Thursday**1 & 2 Year Health****Reviews**

2 April & 9 April
9.30am 12pm
Book with CLCH 033
0058 1679

Midwife**Appointments**

2 April & 9 April
9am to 1pm
Book with West
Middlesex Hospital

**Stay and Play
Session 1**

**(with Speech and
Language) £2.50**

2 April & 9 April
9.30 to 10.45am
[Book Online Here](#)

Friday**Baby Massage £2.50**

(8 weeks +)

10 April
11.15am to 12.15pm
[Book Online Here](#)

Holding &**Reassurance**

(newborn to 8 weeks)
10 April
12.15 to 12.45pm
Drop in

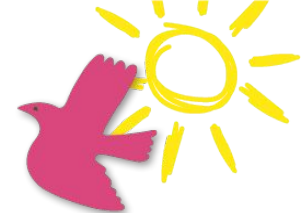
Please note Friday 3
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Family Hubs

Heathfield Children's Centre Cont'd



Monday 30 March to Friday 10 April

Monday

**Stay and Play
Under 2's £2.50**
30 March
2 to 3pm

[Book Online Here](#)

**Please note
Monday 6 April is
a Bank Holiday**

Tuesday

Baby Play
31 March & 7 April
1.45 to 2.30pm
Drop in

Wednesday

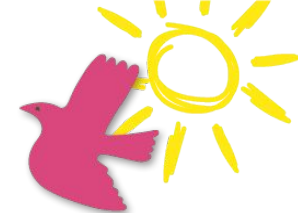
Thursday

**Stay and Play
Session 2 £2.50**
2 April & 9 April
11.15 to 12.30pm

[Book Online Here](#)

Friday

**Please note Friday 3
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Holiday**



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Monday

1 & 2 Year Health Reviews
30 March
9.30am 4pm
Book with CLCH 033
0058 1679

Stay and Play Under 2's £2.50
30 March
10 to 11am
[Book Online Here](#)

Judy's Rhyme Time £2.50
30 March
11 to 11.30am
Drop In

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Bank Holiday

Tuesday

1 & 2 Year Health Reviews
31 March & 7 April
Book with CLCH 033
0058 1679

Baby Play
31 March & 7 April
11am to 12pm
Drop In

Wednesday

Midwife Appointments
1 April & 8 April
9am to 4pm
Book with Kingston
Hospital

Thursday

Midwife Appointments
2 April & 9 April
9am to 5pm
Book with Kingston
Hospital

Stay and Play £2.50
2 April & 9 April
10 to 11.30am
[Book Online Here](#)

The Real Junk Food Project
2 April & 9 April
2.30 to 4.30pm
Drop in

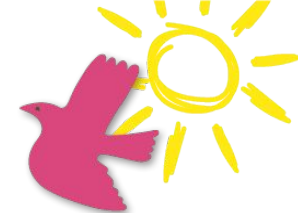
Friday

Midwife Appointments
10 April
9am to 4pm
Book with Kingston
Hospital

Stay and Play £2.50
10 April
10 to 11.30am
[Book Online Here](#)

Please note Friday 3
April is a Bank
Holiday





Monday 30 March to Friday 10 April

Monday**Midwife****Appointments**

30 March
9am to 5pm
Book with Kingston
Hospital

**Stay and Play
Under 2's £2.50**

30 March
10 am - 11.15 am
[Book Online Here](#)

**Please note Monday
6 April is a Bank
Holiday**

Tuesday**Midwife****Appointments**

31 March & 7 April
9am to 4pm
Book with Kingston
Hospital

**Stay and Play
Session 1 £2.50**

31 March & 7 April
9.30 to 10.45am
[Book Online Here](#)

**Stay and Play
Session 2 £2.50**
31 March & 7 April
11.15am to 12.30pm
[Book Online Here](#)

Wednesday**Midwife****Appointments**

1 April & 8 April
9am to 5pm
Book with Kingston
Hospital

Messy Play £2.50

1 April & 8 April
10 to 11am
[Book Online Here](#)

**Infant Feeding
Support**

1 April & 8 April
2 to 3.30pm
Drop in

Thursday**1 & 2 Year Health Reviews**

2 April & 9 April
9am 1pm
Book with CLCH 033 0058
1679

Well Baby Clinic

2 April & 9 April
9am to 1pm
Book with CLCH 033 0058
1679

Infant Feeding Support

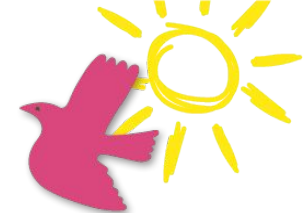
2 April
9am to 1pm
Book with CLCH 033 0058
1679

Friday**Maxine's Movement
and Music**

10 April
10 to 10.45am
[Book Online Here](#)

**Please note Friday 3
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Monday 30 March to Friday 10 April

Monday

Please note Monday
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Holiday

Tuesday

Stay and Play £2.50
(Sunflower Centre)
31 March & 7 April
9.30 to 11am
[Book Online Here](#)

Hampton Court
31 March
Meet at Main Entrance
10 am
[Express Interest Here](#)

Wednesday

Messy Play
(Sunflower Centre)
1 April & 8 April
10 to 11am
[Book Online Here](#)

Hampton Court
8 April
Meet at Main Entrance
10 am
[Express Interest Here](#)

Thursday

Friday

Kew Gardens
10 April
Meet at Victoria Gate
10 am
[Express Interest Here](#)

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Baby Massage

Perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc.

Baby Play

An informal group for parents and carers with new babies to meet each other.

Bookstart Reading and Songtime

Join us for a joyful Bookstart Reading & Song Time session, perfect for babies, toddlers, and their grown-ups! We'll share a lovely story together and enjoy singing cheerful nursery rhymes that little ones

love. This friendly, relaxed session encourages early reading, language development, and bonding through books and music. As part of the Bookstart initiative, every family who attends will receive

a Bookstart pack to take home, filled with resources to help you continue the fun and nurture a love of reading from the very beginning. Come along, connect with others, and make storytime extra special!

Crafty Tales

Discover why parents are simply amazing during our unique Music, Storytelling and BSL signing sessions for 0-12m, 1-2s, and 2-4s. Meet Boo-Boo the pop-up puppet, enjoy bubbles, parachute fun, hands-on instruments, and twirly lights with stardust to finish. Learn why it doesn't matter if you can't sing in tune, how party lights support early reading skills, why wiggling your fingers promotes early speech, why signing boosts your child's brain development, and so much more!

EarlyBird

EarlyBird is a 10 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis) We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond

It is self-referral for this programme.

Please email Beth Hitchens

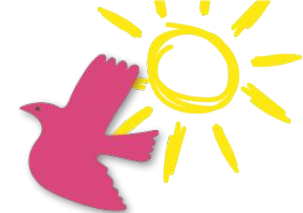
beth.hitchens@achievingforchildren.org.uk or speak with the Children's Centre to express your interest in this programme.

ESOL Level 1 & 2

English for Speakers of Other Languages. These are free English classes with a crèche provided. If you are interested, please call Heathfield Children's Centre on 020 8734 3405 or email richmondcc@achievingforchildren.org.uk

Family Mini Ninjas

For children aged and their carers. This course allows parents and carers and their little ones to participate together in learning karate and having fun. Watch your child's confidence soar as they master new karate techniques by your side.



Footie Tots

An introduction to the world of fitness and football for children aged 2 1/2- 5 years. Teaching basic ball skills, scoring lots of goals and having FUN on the way!

Happy Hour

Come along to The White House for an hour of fun. This session is aimed at children 4-8 but will accommodate their younger siblings.

This will give both children and adults an opportunity to play, chat and meet others. A healthy snack will be provided and an opportunity for children to complete their homework within the session. We can't wait to see you, for Happy Hour!

Home-Start Play and Support Group

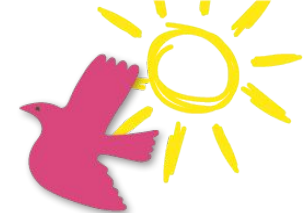
A safe, nurturing and creative environment for families to play, explore and gain support Invitation only - speak to the Children's Centre staff or call 020 8487 8500.

Holding and Reassurance

This session is suitable for parents with babies, new-born to 3 months. The session aims to increase parent's confidence in holding and handling their baby. Holding, handling and reassuring your baby through touch helps to promote strong bonds and attachment.

Expectant parents may wish to come along for advice and guidance on how to hold and handle a new baby. The Children's Centre staff will try to answer any questions parents have and give general advice and information as well as signposting to appropriate local services and further Children's Centre activities.





Judy's Rhyme Time

Join Judy for a fun interactive signing session!

Kingston/ West Middlesex Hospital

Midwives

Led by Midwives from Hospital. Appointment only.

Little Explorers

A creative, fun and stimulating play session for parents and children up to 5 years. Invitation only.

Mark's Story time and Rhyme Time 0 – 5yrs

Come and meet Mark for his fabulous music and storytelling.

Mini Disco 0 – 5yrs

Come and join Abigail in a really fun interactive dance class, taking the children on a journey with their adult. This class combines creative imaginative dance, with contemporary and pop music; it is designed to be an interactive class so both parties are moving together, finishing with a couple of adult fitness tracks at the end, while the children are supervised playing.

Maxine's Movement and Music

The session includes dancing, singing and a 10 minute story time with engaging gadgets and props. There are plenty of fun and sensory activities to keep the children entertained and learning through play.

Monday Music

Start the week with a burst of music, movement, and imagination! Monday Music is a lively, themed singing session designed especially for children and their grown-ups. Each week we explore a new theme—animals, weather, colour, transport, and more—through playful songs, actions, and simple props.

Music Fun with Otakar Kraus

Music therapy for young children provides early therapeutic intervention which can prevent crises, and we aim to provide sessions for children and parents to improve parent/child interactions. Music therapy can help children grow towards milestones in child development such as babbling, experimenting with voice, develop verbal and non-verbal communication skills, learn to play spontaneously and creatively, develop awareness of self and others, make eye contact and interact with others, have improved focus and listening skills, learn to take turns, have reduced anxiety and have improved confidence and mental well-being.

Online Potty Training

Would you like to know how and when to start potty training? Want to find out more about preparing you and your child for potty training? Why not join one of our monthly online Potty Training online talks! Please complete the online form to book your place. A member of the team will send you an online invitation.

Intro to Solids

- Do you have a baby aged 5-6 months?
- Are you unsure about how and when to start weaning your baby?
- Would you like to find out more about weaning and get your questions answered?
- Would you like to know more about caring for your babies teeth?

If so why not book on to one of our monthly baby weaning talks.

Parent Champions Advice

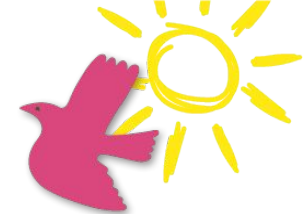
A time for parents and children age 10+ hosted by the parents.

Informal, confidential and friendly peer to peer weekly social with complimentary refreshments.

Relax, socialise and share good or bad news, strategies or resources with all things and anything for you and your tweens and teens.

Obtain signposting advice to parenting courses and support, organisations and services which may be able to help.

Join us and become part of a network of parents where you can be seen, heard and understood. Meet like minded people, get inspired and get empowered with information and knowledge.



Paediatric First Aid Workshops

The course consists of two 2 hour workshops covering accidents, emergencies and CPR. Please phone your nearest Centre or complete the booking form to be put on the waiting list.

Cooking with Relish and Grace

Allow your children to explore through food during this 6 week course. You and your child will learn how to make simple and healthy meals for you and your family to enjoy. The course will introduce children to a range of healthy foods for them to sample during these hands-on sessions.

Stay and Play 0 to 5 years

Planned sessions run by Children Centre staff to encourage children to learn through play, stories and singing, supported by their carers.

Stay and Play Under 2's

This group is aimed at babies who are discovering new things, up to crawling and new walkers. It is an opportunity to explore and play whilst practicing and developing those new physical skills.

Therapy Support Sessions

This session is run by children's therapy support team for them to host clinics in a community setting, bookings and invites are held direct with this service and cannot be booked via the children's centre.

Well Child Clinic/ 1 & 2 Yr Health Review

Run by our local Health Visiting Team, appointments only. Please call 0330 058 1679 to book your appointment at your nearest Children's Centre.

Postnatal Course

This 4 week course is designed to help support you and your baby in the first few months of life together, with informative discussion and sharing of information. This is an opportunity to connect with new mums locally and familiarise yourself with the family hub/ children's centres. This course is facilitated by the children's centre staff.

Jump Drama Stories

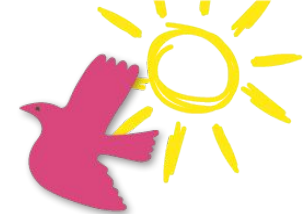
Bring your little ones on a storytelling adventure with Jump Drama Stories!

We jump into stories through drama, music, movement and sensory play.

Every week we explore a different story and work to develop a range of skills such as; confidence, vocabulary, spatial awareness, social skills and positive self image, along with many more.

Jump into a story, unleash your imagination!





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Form](#)

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[Intro to
Solids](#)

[Virtual
Potty
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[Baby
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Expression
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[Paediatric
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Expression
of Interest](#)

[Booking
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Platform](#)