

Monday 13 April to Friday 17 July 2026

Monday

Midwife Appointments

13 Apr to 13 July
9am to 1pm

Book with Kingston Hospital

Stay and Play £2.50

13 Apr to 13 July
10 to 11.30am

[Book Online Here](#)

Little Explorers

13 Apr to 13 July
1.15 to 2.45pm
Invite Only

Tuesday

Midwife Appointments

14 Apr to 14 July
9am to 1pm

Book with Kingston
Hospital

Little Discoverers

14 Apr to 14 July
9.45 to 11.15am
Invitation Only

Homestart Play & Support

14 Apr to 19 May
2 June to 14 July
1 to 2.30pm
Invitation Only

Wednesday

Midwife Appointments

15 Apr to 15 July
9am to 1pm

Book with Kingston
Hospital

Therapy Support Sessions

15 Apr to 20 May
3 June to 15 July
9am to 12pm
Invitation Only

Postnatal Course £10

15 Apr to 6 May
2 to 4pm

[Book Online Here](#)

Thursday

Well Baby Clinic

16 Apr to 16 July
9.30 to 11.30am
Drop in

Infant Feeding Support

Every 2 weeks starting 23
April
9am to 1pm
Book with CLCH 033 0058
1679

Ballet by Baby Ballet £4.50

16 Apr to 21 May
4 June to 16 July
9.30 to 10.05

[Book Online Here](#)

Intro to Solids (face to face)

4th Thursday of the month
10 to 11am

[Complete expression of
interest form here](#)

Friday

1 & 2 Year Health Reviews

17 Apr to 17 July
Book with CLCH 033
0058 1679

Stay and Play £2.50

17 Apr to 17 July
9.30 to 11am
Book Online

Baby Massage £20 1

May to 22 May
1.30 to 2.30pm

[Book Online Here](#)





Monday 13 April to Friday 17 July 2026

Monday

Making Sense of Big Feelings Parenting Workshop

11 May
10am to 12pm
Please email
tom.maybey@achievingf
orchildren.org.uk for
more information

Digital Parenting Workshop

6 July
10am to 12pm
tom.maybey@achievingf
orchildren.org.uk for
more information

Tuesday

Happy Hour 4 - 8 yrs £2.50 (Younger siblings welcome)

14 Apr to 19 May
2 June to 14 July
3.30 to 4.45pm
[Book Online Here](#)

Wednesday

Bookstart Reading & Song Time FREE

6 May, 3 June, 1 July
10 to 10.30am
[Book Online Here](#)

Thursday

Crafty Tales £4.50

16 Apr to 21 May
4 June to 16 July
1 to 2 years
10.30 to 11am

0 to 12 months

11.30am to 12pm
[Book Online Here](#)

Baby Play

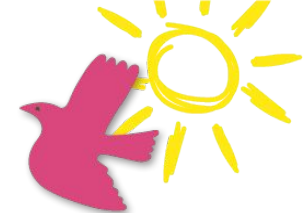
16 Apr to 21 May
4 June to 16 July
12 to 1pm
Drop In

Flip Tumble & Twist

Gymnastics £4.50

(18mths- 3 years)
23 April to 21 May
4 June to 16 July
2 to 2.30pm
[Book Online Here](#)

Friday



Monday 13 April to Friday 17 July 2026

Monday**Midwife****Appointments**

13 Apr to 13 July
9am to 1pm
Book with West
Middlesex Hospital

**1 & 2 Year Health
Reviews**

13 Apr to 13 July
12.30 to 4.30pm
Book with CLCH 033
0058 1679

**Bookstart
Reading & Song****Time FREE**

27 Apr to 13 July
11 to 11.30
[Book Online Here](#)

Tuesday**1 & 2 Year Health
Reviews**

14 Apr to 14 July
9am to 12pm
Book with CLCH 033 0058
1679

Midwife Appointments

14 Apr to 14 July
1 to 4pm
Book with West Middlesex
Hospital

Baby Ballet £4.50

14 Apr to 19 May
2 June to 14 July
9.30 to 10.05am
[Book Online Here](#)

123 Magic Parenting

21 April to 19 May
9.30 to 11.30am
Please email
tom.maybey@achievingforchil
dren.org.uk for more
information

Wednesday**Midwife****Appointments**

15 Apr to 15 July
9am to 4pm
Book with West
Middlesex Hospital

**1 & 2 Year Health
Reviews**

15 Apr to 15 July
9.30am to 4.30pm
Book with CLCH 033
0058 1679

Little Explorers

15 Apr to 15 July
9.30 to 11.15am
Invitation Only

Thursday**1 & 2 Year Health
Reviews**

16 Apr to 16 July
9.30am 12pm
Book with CLCH 033
0058 1679

Midwife**Appointments**

16 Apr to 16 July
9am to 1pm
Book with West
Middlesex Hospital

**Stay and Play
Session 1**

**(with Speech and
Language) £2.50**
16 Apr to 16 July
9.30 to 10.45am
[Book Online Here](#)

Friday**Baby Massage £2.50
(8 weeks +)**

17 Apr to 17 July
11.15am to 12.15pm
[Book Online Here](#)

Holding &**Reassurance**

(newborn to 8 weeks)
17 Apr to 17 July
12.15 to 12.45pm
Drop in

Jump Drama Stories

17 Apr to 22 May
5 June to 17 July
10.15 to 10.55am
[Book Online Here](#)





Family Hubs

Heathfield Children's Centre Cont'd



Monday 13 April to Friday 17 July 2026

Monday

Crafty Tales

1 to 2 years £4.50

13 Apr to 18 May

1 June to 13 July

1 to 1.30pm

[Book Online Here](#)

Tuesday

Crafty Tales

0 to 12 months £4.50

14 Apr to 19 May

2 June to 14 July

1 to 1.30pm

[Book Online Here](#)

Baby Play

14 Apr to 14 July

1.45 to 2.30pm

Drop in

Cooking with Relish and Grace £4.50

2 June to 14 July

10.30am to 12pm

[Book Online Here](#)

Wednesday

After School Mini

Ninja £4.50

15 Apr to 20 May

3 June to 15 July

3.45 to 4.45pm

[Book Online Here](#)

Parenting The Nurturing

Programme

29 April to 8 July

(excluding 20 and 28
May)

12.30 to 2.30pm

Please email
tom.maybey@achievingf
orchildren.org.uk for
more information

Thursday

Stay and Play

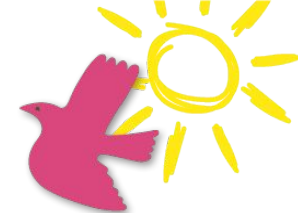
Session 2 £2.50

16 Apr to 16 July

11.15 to 12.30pm

[Book Online Here](#)

Friday



Monday 13 April to Friday 17 July 2026

Monday**1 & 2 Year Health Reviews**

13 Apr to 13 July
9.30am 4pm
Book with CLCH 033
0058 1679

Stay and Play Under 2's £2.50

13 Apr to 13 July
10 to 11am
[Book Online Here](#)

Judy's Rhyme Time £2.50

13 Apr to 13 July
11 to 11.30am
Drop In

Tuesday**1 & 2 Year Health Reviews**

14 Apr to 14 July
Book with CLCH 033
0058 1679

Crafty Tales £4.50

14 Apr to 19 May
2 June to 14 July
1 to 2 years
9.30 to 10am

0 to 12 months

10.30 to 11pm
[Book Online Here](#)

Baby Play

14 Apr to 19 May
2 June to 14 July
11am to 12pm
Drop In

Wednesday**Midwife Appointments**

15 Apr to 15 July
9am to 4pm
Book with Kingston
Hospital

Mini Ninja Karate (2 - 5 years) £4.50

15 Apr to 20 May
3 June to 15 July
10 to 11am
[Book Online Here](#)

Bookstart Reading & Song Time FREE

15 Apr to 15 July
11 to 11.30
[Book Online Here](#)

Thursday**Midwife Appointments**

16 Apr to 16 July
9am to 5pm
Book with Kingston
Hospital

Stay and Play £2.50

16 Apr to 16 July
10 to 11.30am
[Book Online Here](#)

Speech and Language in Stay and Play

30 April, 28 May, 25
June, 30 July

Friday**Midwife Appointments**

17 Apr to 17 July
9am to 4pm
Book with Kingston
Hospital

Baby Play

17 April to 22 May
5 June to 17 July
10 to 11am
Drop In

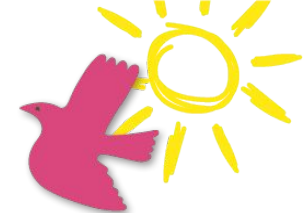
Ballet with Baby Ballet £4.50

17 April to 22 May
5 June to 17 July
10.45 to 11.20am
[Book Online Here](#)

Best Start In Life Outside

Garden Play FREE
17 April to 22 May
5 June to 17 July
9.45 to 10.45am
Drop In





Monday 13 April to Friday 17 July 2026

Monday

Footie Tots £4.50 (Ham Youth Centre)

13 Apr to 18 May
1 June to 13 July
1.15 to 2pm

[Book Online Here](#)

Pre and Post SEND parent/carer support

13 April 26
11 May 26
8 June 26
13 July 26
12 to 3pm
Invitation only

Tuesday

Managing Parental Conflict

2 June to 16 June
12.30 to 2.30pm
tom.maybey@achievingfor
children.org.uk for more
information

Digital Parenting Workshop

14 July
12.30 to 2.30pm
Please email
tom.maybey@achievingfor
children.org.uk for more
information

Wednesday

After School Stay and Play £2.50

15 Apr to 20 May
3 June to 15 July
3.30 to 4.45pm

[Book Online Here](#)

Thursday

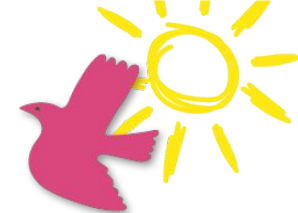
The Real Junk Food Project

16 Apr to 21 May
4 June to 16 July
2.30 to 4.30pm
Drop in

Friday

SEN Parent Engagement Team

Alternate weeks starting
24 April
12.30pm
Invitation Only



Monday 13 April to Friday 17 July 2026

Monday**Midwife****Appointments**

13 Apr to 13 July
9am to 5pm
Book with Kingston
Hospital

Stay and Play**Under 2's £2.50**

13 Apr to 13 July
10 to 11.15am
[Book Online Here](#)

Mini Disco £4.50

13 Apr to 18 May
1 June to 13 July
9.30 to 10.15am
[Book Online Here](#)

Tuesday**Midwife****Appointments**

14 Apr to 14 July
9am to 4pm
Book with Kingston
Hospital

Stay and Play**Session 1 £2.50**

14 Apr to 14 July
9.30 to 10.45am
[Book Online Here](#)

Stay and Play**Session 2 £2.50**

14 Apr to 14 July
11.15am to 12.30pm
[Book Online Here](#)

Wednesday**Midwife****Appointments**

15 Apr to 15 July
9am to 5pm
Book with Kingston
Hospital

Messy Play £2.50

15 Apr to 15 July
10 to 11am
[Book Online Here](#)

Sling Clinic

29 Apr, 20 May, 24 June,
15 July
1 to 2pm

Infant Feeding**Support**

15 Apr to 15 July
2 to 3.30pm
Drop in

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

16 Apr to 16 July
9am 1pm
Book with CLCH 033 0058
1679

Well Baby Clinic

16 Apr to 16 July
9am to 1pm
Book with CLCH 033 0058
1679

Infant Feeding Support

Every 2 weeks starting 16
April
9am to 1pm
Book with CLCH 033 0058
1679

Connect SEN

16 Apr, 7 May, 11 June, 9
July
10am to 12pm
Drop In

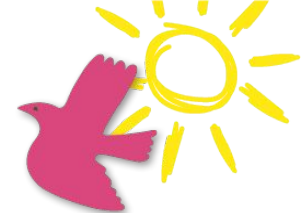
Friday**Maxine's Movement****and Music (NOW
with Bookstart!)**

17 Apr to 22 May
5 June to 17 July
10 to 10.45am
[Book Online Here](#)

**Making Sense of Big
Feelings Parenting****Workshop**

15 May
10am to 12pm
Please email
tom.maybey@achievingfo
rchildren.org.uk for more
information





Monday 13 April to Friday 17 July 2026

Monday

**Cooking with Relish
and Grace £4.50**
13 Apr to 18 May
11.30am to 1pm
[Book Online Here](#)

Tuesday

Wednesday

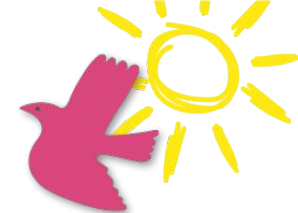
Thursday

Friday

Family Ninja Karate
16 Apr to 21 May
4 June to 16 July
10 to 11am
[Book Online Here](#)

67b Lower Richmond Road, Mortlake, SW14 7HJ

07904 556423 familyhubrichmond@achievingforchildren.org.uk



Monday 13 April to Friday 17 July 2026

Monday**Footie Tots £4.50
(Ham Youth Centre)**

13 Apr to 18 May
1 June to 13 July
1.15 to 2pm

[Book Online Here](#)

**Little Explorers at
Kew Gardens (2
years +)**

11 May
10.30am to 12pm

[Express Interest Online](#)

Tuesday**Stay and Play £2.50
(Sunflower Centre)**

14 Apr to 14 July
9.30 to 11am

[Book Online Here](#)

Virtual Potty Training

14 April, 12 May, 9 June, 7 July
10 to 11am

[Express interest online and
receive Google Invite](#)

**Book Start
(Sunflower Centre)**

14 Apr to 19 May
2 June to 14 July
2 to 2.30 pm

[Book Online Here](#)

**Music in Nature at Kew
Gardens (0 - 1 year)**

9 July
1.30 to 2.15am

[Express Interest Online](#)

Wednesday**Crafty Tales £4.50
(0 – 18 months)**

(Sunflower Centre)
15 Apr to 20 May
3 June to 15 July
2.15 to 2.45pm

[Book Online Here](#)

**Cooking with Relish and
Grace £4.50**

17 June to 15 July
11.45 to 12.45am

[Book Online Here](#)

**Baby Play
(Sunflower Centre)**

15 Apr to 20 May
3 June to 15 July
2.45 to 3.15pm

Drop In

**Music in Nature at Kew
Gardens (0 - 1 year)**

20 May
10.30 to 11.15am

[Express Interest Online](#)

Thursday**Virtual Introduction
to Solids**

2nd Thursday of the
month

1.30 to 2.30pm

[Express interest online
and receive Google Invite](#)

Friday**Judy's Bookstart
Outreach (schools)**

Monthly
10 to 11am
Invite Only

Art at Orleans House

29 May
2.30 to 4.30pm
Drop In



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

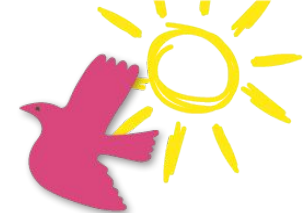
EarlyBird is a 10 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis) We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond It is self-referral for this programme. Please email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

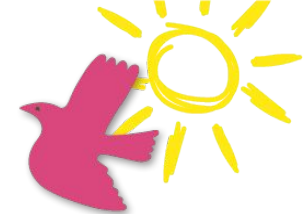
- Do you have a baby aged 5-6 months?
- Are you unsure about how and when to start weaning your baby?
- Would you like to find out more about weaning and get your questions answered?
- Would you like to know more about caring for your babies teeth?

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!

1-2-3 Magic

For families with children under 7 with ADHD or suspected ADHD. ADHD specialist advisor present in week 1. (No creche)

The Nurturing Programme

Parenting through praise and empathy from the Centre for Emotional Health. (No sessions 20 & 28 May. Creche to be confirmed).

Making Sense of Big Feelings

Brain science and practical strategies to de-escalate big emotions in children of all ages. (No creche)

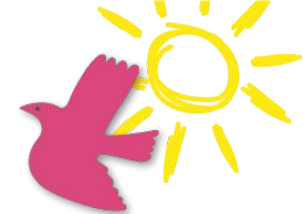
Parents In Conflict

Shift from destructive arguments and disagreements to positive co-parenting teamwork for parents who have separated or are still together. (Creche to be confirmed)

Digital Parenting Workshop

Manage screen time, set boundaries, and handle online-world conversations. (No creche)





[Online
Registration
Form](#)

[Facebook](#)

[Instagram](#)

[AfCinfo](#)

[Intro to
Solids](#)

[Virtual
Potty
Training](#)

[Baby
Massage
Expression
of Interest](#)

[Paediatric
First Aid
Expression
of Interest](#)

[Booking
Activity
Platform](#)

[Kew
Gardens
Outreach](#)