

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

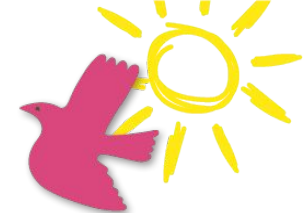
16 Apr to 21 May  
4 June to 16 July  
12 to 1pm  
Drop In

### 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**

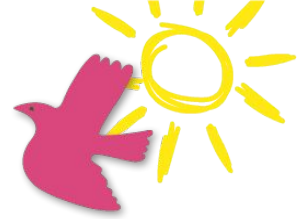
17 Apr to 22 May  
5 June to 17 July  
10.15 to 10.55am  
[Book Online Here](#)





**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

2 to 2.30pm

[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

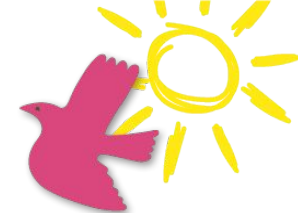
**Session 2 £2.50**

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

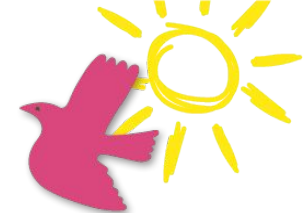
**Ballet with Baby Ballet £4.50**

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

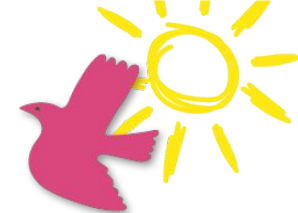
### The Real Junk Food Project

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

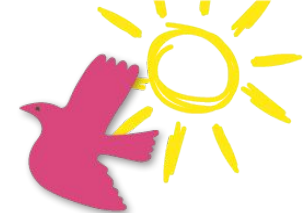
**Friday****Maxine's Movement****and Music (NOW  
with Bookstart!)**

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](#)

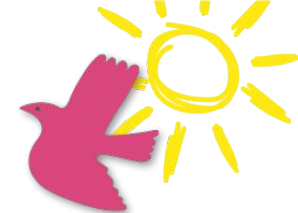
**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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



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**

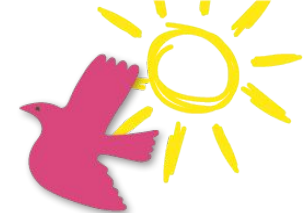
EarlyBird is a 10 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis) We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond It is self-referral for this programme. Please email Beth Hitchens [beth.hitchens@achievingforchildren.org.uk](mailto: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](mailto: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**

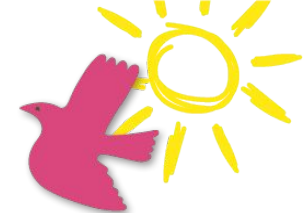
- Do you have a baby aged 5-6 months?
- Are you unsure about how and when to start weaning your baby?
- Would you like to find out more about weaning and get your questions answered?
- Would you like to know more about caring for your babies teeth?

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)

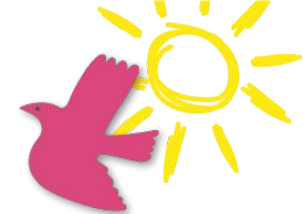
### **Parents In Conflict**

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](#)

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[Instagram](#)

[AfCinfo](#)

[Intro to  
Solids](#)

[Virtual  
Potty  
Training](#)

[Baby  
Massage  
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of Interest](#)

[Paediatric  
First Aid  
Expression  
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[Booking  
Activity  
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[Kew  
Gardens  
Outreach](#)