

# Summer Half Term Programme 2018



## West Cluster Children's Centres serving:

Hampton, Hampton Hill, Teddington, Twickenham, Whitton, Hampton Wick and St Margarets

## Further information

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### Find us online:

Twitter: [@AforC\\_info](#)

Facebook: [@AfCinfo](#)

Website: [www.afcinfo.org.uk](http://www.afcinfo.org.uk)

### AfC xxxx Children's Centre

Email: [Westcc@achievingforchildren.org.uk](mailto:Westcc@achievingforchildren.org.uk)

### AfC xxx Children's Centre

Email: [Westcc@achievingforchildren.org.uk](mailto:Westcc@achievingforchildren.org.uk)

### Outreach phone number:

### Translation advice

Translation Advice

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.

Phone: 020 8891 1411.

# Summer Programme: Heathfield

28.05.2018 – 1.06.2018

## Monday

**Bank Holiday**  
**Children's Centre closed**

## Tuesday

**1 & 2 yr Health Reviews \*\*\***  
29 May  
1:00pm – 5:00pm  
Call the health team to book an appointment 03300581679

**Midwife Appointments\*\***  
1:00pm – 4:00pm

**Baby Play\***  
29 May  
1:45pm – 2:30pm

**Mini Movement Warriors\***  
29 May  
**3.15pm – 4.00pm**  
Come and fun and enjoy a dance and movement session with Karl

**Refuge Domestic Abuse Advice\***  
12noon – 4:00pm

## Wednesday

**Little Explorers \*\***  
30 May  
9:30am – 11:00am  
Invitation only

**LK Fitness Fun and Fitness\***  
30 May  
11:45am – 12:30pm  
Fun drop in session for you and your child

**Story & Rhyme time with Mark\***  
2:45pm – 3:15pm  
30 May  
Join Mark with his guitar to sing and listen to some stories.

**Pregnancy Complimentary Therapies \*\***  
9:30am – 4:00pm  
West Middlesex Hospital

## Thursday

**Refuge Domestic Abuse Advice\***  
9:00am – 12:00 noon  
Confidential advice for people experiencing domestic/ emotional abuse and/ or controlling behaviour. Please contact the centre for details.

**Bollywood Dance\***  
**31 May**  
11.45am – 12.30pm  
Come and have fun with your children learning to keep fit through dance.

### Outreach Sessions

**Tatty Bumpkins\* 2 – 4 yrs**  
**31 May**  
1:30pm – 2.30pm  
Fun filled yoga inspired classes for you and your toddler with Kate Gait.

## Friday

**Stay and Play\***  
1 June  
9:30am -11:00am  
Your local NHS Speech and Language Assistant will be available to answer your questions on your child's speech, language & communication skills.

**Pregnancy Complimentary Therapies**  
9:30am – 4:00pm  
West Middlesex Hospital Team

**Richmond Wellbeing Service Richmond Royal Hospital\*\***  
1 June – 20 July  
1:30pm – 3:00pm  
Facilitated Wellbeing in motherhood (postnatal depression) Course. Please contact 020 8548 5550/ 07983 5244355 or email [hadiss.khosravi@elft.nhs.uk](mailto:hadiss.khosravi@elft.nhs.uk)

## Information

**Healthy Start Vitamins**  
Available at the Centre for you and your child. Please ask at reception.

**Family Support - Information, Guidance and Advice Drop In\***

**Tuesday afternoon**  
9:00am – 12noon

**Please note there is a suggested voluntary donation of £2.50 per session per family**

\*Drop-in sessions

\*\* Contact the centre for booking details

\*\*\* Call alternative number

# Summer Programme: Sunflower Centre 28.05.2018 – 1.06.2018

## Monday

**Bank Holiday**  
Children's Centre closed

## Tuesday

### Stay and Play\*

**29 May**

**Session 1:**  
9:30am – 10:45am

**Session 2:**  
11:00am – 12:15pm  
Your local NHS Speech and Language Assistant will be available to answer your questions on your child's speech, language & communication skills.

### Mini Movement Warriors\*

**29 May**

**2.00pm – 2.45pm**

Come and fun and enjoy a dance and movement session with Karl

### 1 & 2 yr Health Reviews \*\*\*

**29 May**

1:30pm – 3.30pm  
Call the health team to book an appointment 03300581679

## Wednesday

### Sunflower Centre Closed in the afternoon

If you need to speak to a member of staff please phone the West Cluster Children's Centre Team at Tangley Park Children's Centre on telephone 020 8481 9420

## Thursday

### Sunflower Centre Closed

If you need to speak to a member of staff please phone the West Cluster Children's Centre Team at Tangley Park Children's Centre on telephone 020 8481 9420

## Friday

### Sunflower Centre Closed

If you need to speak to a member of staff please phone the West Cluster Children's Centre Team at Tangley Park Children's Centre on telephone 020 8481 9420

## Information

### Healthy Start Vitamins

Available at the Centre for you and your child. Please ask at reception.

**Please note there is a suggested voluntary donation of £2.50 per session per family**

### See-Saw\*£

**Fridays**

10:30-12 noon

**Orleans House Gallery  
Riverside,  
Twickenham,  
TW1 3DJ**

£6 per adult and child,  
£3 per sibling

**Free Entry for West Cluster families eligible.**

Please speak to a member of staff for more information.

\*Drop-in sessions

\*\* Contact the centre for booking details

\*\*\* Call alternative number

# Summer Programme: Tangley Park 28.05.2018 – 1.06.2018

## Monday

**Bank Holiday**  
Children's Centre closed

## Tuesday

### **Bollywood Dance\***

**29 May**

10.00am – 11.00am

Come and have fun with your children learning to keep fit through dance.

### **LK Fitness Fun and Fitness\***

**29 May**

1.45pm – 2.30pm

Fun drop in session for you and your child

### **Story & Rhyme time with Mark\***

**29 May**

2:45pm – 3:15pm

Join Mark with his guitar to sing and listen to some stories.

### Outreach Sessions

**Information, Advice and Guidance Sessions with the Children's Centre & Youth Services**

12:00noon – 1:30pm

**Travellers site Bishops Grove Term Time only**

## Wednesday

### **Kingston Hospital Midwives\*\***

9:00 – 5:00pm

Midwives from Kingston Hospital.

**Appointment only.**

### **Well Child Clinic\*\*\***

9:30am – 11:30am

Appointment only.

Please ring the health team to book an appointment  
0330 058 1679

### **Messy Play (0 – 4yrs)\***

30 May

2.00pm – 3.00pm

Come and get messy with your child. Have fun allowing your child to explore different textures using their senses.

**Please come prepared and wear clothes you do not mind getting messy, plus a change of clothes**

## Thursday

### **Kingston Hospital Midwives\*\***

9:00am – 5:00pm

Midwives from Kingston Hospital.

**Appointment only.**

### **Please note:**

**Little Explorers \*\***

9.30am – 11.00am

**Will be running from the Norman Jackson Children's Centre**

### **Tatty Bumpkins\* 2 – 4 yrs**

**31 May**

**10:30am – 11.30am**

Fun filled yoga inspired classes for you and your toddler with Kate Gait.

## Friday

### **Kingston Hospital Midwives\*\***

9:00am – 5:00pm

Midwives from Kingston Hospital.

**Appointment only.**

### **Stay and Play\***

**Session 1:**

9:30am – 10:45am

**Session 2:**

11:00am – 12:15pm

### **Toy Library\***

**1 June**

10:30am – 11:30am

### **Transfers In\*\***

9:30am – 12 noon

If you have moved into the area and have a child under 5.

## Information

### **Healthy Start Vitamins**

Available at the Centre for you and your child. Please ask at reception.

### **Positive Parenting \*\* In YMCA**

**Dates and times to be confirmed**

Please phone 020 8481 9420 to book a place

**Please note there is a suggested voluntary donation of £2.50 per session per family**

\*Drop-in sessions

\*\* Contact the centre for booking details

\*\*\* Call alternative number

# Summer Programme: Norman Jackson 28.05.2018 – 1.06.2018

## Monday

**Bank Holiday**  
Children's Centre closed

## Tuesday

**Movers & Tiny Tots\*9-18mth**  
**29 May**  
9:30am – 11:00am

**Bollywood Dance\***  
**29 May**  
2.00pm – 3.00pm  
Come and have fun with your children learning to keep fit through dance.

## Wednesday

**Crafty Tales Babies\*\***  
**0 – 12mths**  
**30 May**  
12:45pm – 1:15pm  
**Please phone Norman Jackson Children's Centre from 10:00am to book your place. 020 8941 6843**

**Baby Play\***  
**30 May**  
1:15pm – 2:15pm

**Refuge Domestic Abuse Advice\***  
9:00am – 4:00pm  
Confidential advice for people experiencing domestic/ emotional abuse and/ or controlling behaviour. Please contact the centre for details.

**Ascent One to One Support Group\*\***  
**Starts 17 April – 4 June**  
9:00 – 4:00pm

**Little Explorers\*\***  
**(joint Tangle Park and Norman Jackson session)**

**31 May**  
9:30am – 11:00am  
**By invitation only**

**1 & 2 yrs Health Reviews \*\*\***  
**31 May**  
1:00pm – 4:00 pm  
Call the health team to book an appointment 0330 058 1679

Closed

**Dad's Go Wild £**  
**Heatham House TW1**  
10:00 – 12:00  
£5 per family or £40 for 10 visits pass. **Free entry for West Cluster families who are eligible.**  
Phone 020 8481 9420 for more information

**Healthy Start Vitamins**  
Available at the Centre for you and your child. Please ask at reception.

**Conductive Education Peto Groups\*\***

**Please note there is a suggested voluntary donation of £2.50 per session per family**

\*Drop-in sessions

\*\* Contact the centre for booking details

\*\*\* Call alternative number

## Our sessions

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**Baby Bumpkins\* 2 – 4 years**  
**Whitton Community Centre / Tangle Park**  
Fun filled yoga inspired classes for you and your child with Kate Gait.

**Bollywood Dance \***  
**At Heathfield, Tangle Park**  
Bollywood Dance, come and have fun with your children learning to keep fit through dance.

**Crafty Tales Babies\*\* 0 - 12 mths**  
**Norman Jackson Children's Centre**  
Come and join us for music classes that introduce your child to music and dance from around the world.  
**Please phone Norman Jackson Children's**

**Dads Go Wild\* Run by Brilliant Play Solutions**  
- £  
A fun outdoor nature session suitable for children from walking to 8yrs, attending with either their Dad or a male relative/ care giver. £5 per family or £40 for 10 visits pass. **Free entry for West Cluster families who are eligible. Phone 020 8481 9420 for more information**

**Refuge Drop in\*\***  
Confidential advice and support for issues around Domestic Violence. **For more information please call 020 8941 6843**

**Family Support - Information, Guidance and Advice Drop In\***  
**Heathfield - Tuesday – 9.00 – 12 noon**  
For help with forms, advice and guidance

**Kingston Hospital Midwives\*\***  
Led by Midwives from Kingston Hospital. Appointment only.

**Little Explorers\*\***  
**Heathfield / Norman Jackson & Tangle Park Children Centres**  
A creative, fun and stimulating play session for parents and children up to 5 years. With a rolling snack bar to encourage children's communication and language development and independent skills  
**Invitation Only.**

**LK Fitness and Fun with Lisa\*\***  
**Heathfield / Tangle Park – Friday drop in**  
Fun and Fitness with Lisa: This is a fun fitness 5 week course for both adults and children. Please wear comfy clothes and trainers.  
**Please phone your nearest Centre to book you place**

**Messy Play\* 0 – 4 yrs**  
**Tangle Park Children's Centre**  
Come and get messy with your child. Have fun allowing your child to explore different textures using their senses. Please come prepared and wear clothes you don't mind getting messy, plus a change of clothes

## Our sessions (Cont'd)

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**Stay and Play 0-5yrs\***  
**Heathfield / Norman Jackson & Tangle Park Children Centres**  
Planned sessions run by Children Centre staff to encourage children to learn through play, stories and singing, supported by their carers. In some our Stay and Play sessions your local NHS Speech and Language Assistant will be available to answer your questions on your child's speech, language & communication skills

**Story time and Rhyme Time\***  
**Heathfield Children's Centre**  
Come and meet Mark for his fabulous story telling. Drop in. Limited numbers.

**Toy Library\***  
**Tangle Park – Friday 10.30 – 11.30**  
Borrow one or two toys for up to three weeks. No fees.

**Transfers In\*\***  
**Heathfield – Friday 9.00 – 12.00**  
**Tangle - Friday 9.00 – 12.00**  
If you have moved into the area and have a child under 5.

**Well Child Clinic\*\*\***  
**Heathfield – Monday**  
**Norman Jackson - Wednesday**  
Run by our local Health Visiting Team, appointments only. **Please call 0330 058 1679 to book your appointment at your nearest Children's Centre**

**Movers and Tiny Tots \* 9 – 18mths**  
**Norman Jackson Children's Centre**  
This session is for babies who are becoming active crawlers and beginning to experiment with walking. Lots of age appropriate play experiences including sensory play, snack and singing time. Enjoy the fun and engaging activities with your baby and take away some ideas to use at home

**Movement Warriors\***  
**Sunflower Centre / Heathfield**  
Come and fun and enjoy a dance and movement session with Karl

## Our sessions (Cont'd)

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## Where are we?

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### **Heathfield Children's Centre**

Powder Mill Lane  
Whitton,  
TW2 6EX  
Contact Number: 020 8734 3405

### **Heathfield Outreach Venues:**

#### **Glebe Gardens Community Centre**

Whiteleys Way,  
Whitton,  
TW13 6HS

#### **Bishop Perrin C. of E Primary School**

Hospital Bridge Road,  
Twickenham,  
TW2 6LF

#### **Whitton Community Centre**

Percy Road  
Twickenham  
TW2 6JL

#### **Whitton Youth Zone**

1 Britannia Lane,  
Whitton,  
TW2 7JX

### **Sunflower Centre – formerly known as**

#### **Stanley Children's Centre**

Strathmore Road,  
Teddington,  
TW11 8UH  
Contact Number: 020 8734 3372

### **Stanley Outreach Venues:**

#### **Heatham House**

Whitton Road,  
Twickenham,  
TW1 1BH

#### **Teddington Baptist Church**

Church Road,  
Teddington,  
TW11 8PF

#### **Orleans House Gallery**

Riverside,  
Twickenham,  
TW1 3DJ

#### **Sacred Heart School**

St Mark's Road,  
Teddington,  
TW11 9DD

#### **St Peter and St Paul Church**

Bychurch End,  
Teddington,  
TW11 8PS



## Where are we (Cont'd)?

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### **Tangley Park Children's Centre**

1 Bramble Lane,  
Hampton,  
TW12 3XB  
Contact Number 020 8481 9420

### **Norman Jackson Children's Centre**

50 Windmill Road,  
Hampton Hill,  
TW12 1QU  
Contact Number 020 8941 6843

### **Tangley Park Outreach venue:**

#### **The Travellers Site**

Youth Services Bus  
The Travellers Site  
Chapter Way,  
Hampton,  
TW12 1AP

#### **Nurserylands Pre School**

YMCA, White House  
45, The Avenue,  
Hampton.  
TW12 3RN

#### **Fulmer Close Community Centre**

Fulmer Close  
Hampton.  
TW12 3RN

#### **Pistachios in the Park**

The King's Field,  
Church Grove,  
Hampton Wick  
KT1 4ET

## Where are we (Cont'd)?

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### **Useful Telephone Numbers:**

#### **Single Point of Access**

020 8547 5008

#### **Family Information Service**

020 8547 5215

#### **Relate**

020 8940 8578

#### **Victim Support**

0845 450 3936

#### **Homestart**

020 8296 0654

#### **Kingston Hospital Antenatal Clinic**

020 8546 7711 x2626

#### **NHS 111 (previously NHS Direct)**

111