

Autumn Programme 2018



West Cluster Children's Centres serving:

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



Further information

Find us online:

Twitter: [@AforC_info](#)

Facebook: [@AfCinfo](#)

Website: www.afcinfo.org.uk

AfC West Children's Centre

Email: 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.

Autumn Programme:

Heathfield - 03.09.18 – 21.12.18

Monday

Midwife Appointments***

9:00am - 1:00pm
Book with West Middlesex
Hospital Maternity Team

Stay and Play* £

Session 1:

9:30am – 10:45am

Session 2:

11:00am – 12:15pm

Well Child Clinic***

1:00pm – 4:00pm
Appointment only. Please ring
to book an appointment
03300581679

Baby Weaning Talk**

1 Oct
3.15pm – 4.15pm
**Please phone the Centre on
telephone no: 020 8734 3405
to book your place.**

Outreach Sessions

Paediatric First Aid Workshop**

9:30am – 11:30am
1 & 8 Oct
5 & 12 Nov

At Glebe Gardens Community Centre

Two part, two hour sessions
**No Crèche available,
however if you have a baby
under 12 mths you are
welcome to bring your baby
with you to the Course**

Baby Massage**

24 Sept – 22 Oct
10:00am – 11:00am

Tuesday

Baby Massage**

6 Nov – 4 Dec
10:00am – 11:00am

1 & 2 yr Health Reviews ***

Starts 4 Sept
1:00pm – 5:00pm
Call the health team to book
an appointment 03300581679

Midwife Appointments***

1:00pm – 4:00pm

Crafty Tales** 0 – 12mths

1:15pm – 1:45pm
11 Sept – 16 Oct
30 Oct – 4 Dec

**Please phone from 10.00am,
tel no: 020 8734 3405 to
book your place on the day**

Baby Play*

Starts 11 Sept
1:45pm – 2:30pm

Family Support - Information, Guidance and Advice Drop

In* Start 4 Sept
9:00am – 12noon

Outreach Sessions

MW Mini Movers*

1:00pm - 1:45pm
18 Sept – 16 Oct
6 Nov – 4 Dec

Whitton Youth Zone.

Positive Parenting Course**

9.30am – 11.30am
18 Sept – 16 Oct
Whitton Youth Zone

Wednesday

Little Explorers **

Starts 5 Sept
9:30am – 11:15am
Invitation only

Cooking on a Budget**

26 Sept – 17 Oct
7 Nov – 5 Dec
10:30am – 11:30am

ESOL Level 1**

Starts 12 Sept
12:30pm – 2:30pm
Please ring the centre to
book.

Story & Rhyme Time with Mark*

2:45pm – 3:15pm
12 Sept – 17 Oct
31 Oct – 12 Dec
Join Mark with his guitar to
sing and listen to some
stories.

Pregnancy Complimentary Therapies ***

9:30am – 4:00pm
West Middlesex Hospital

Outreach Sessions

Tiny Talk Baby signing**

12 Sept – 10 Oct
31 Oct – 28 Nov
10:00am – 10:40am

Whitton Youth Zone.

Thursday

Singing Hands**

13 Sept – 11 Oct
8 Nov – 6 Dec
10:00am – 11:00am
Call the Centre for more
information and to book your
place
Invitation only

ESOL Entry Level**

Starts 13 Sept
12:30pm – 2:30pm
Entry Level English for
speakers of another language.
Call the Centre to book.

Outreach Sessions

Tatty Bumpkins** 2 – 4 yrs

13 Sept – 11 Oct
8 Nov – 6 Dec
2:00pm – 2.45pm
Fun filled yoga inspired
classes for you and your
toddler with Kate Gait
**At Whitton Community
Centre
Please phone the Centre
after 10am on 020 8734 3405
to book your place on the
day**

Friday

Stay and Play* £

Starts 7 Sept
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.

Transfers In***

9:30am – 12 noon
If you have moved into the
area and have a child under 5.

Pregnancy Complimentary Therapies***

9:30am – 4:00pm
West Middlesex Hospital
Team

LK Fitness Fun and Fitness**

14 Sept – 19 Oct
9 Nov – 7 Dec
11:45am – 12:30pm
**Please phone the Centre on
020 8734 3405 to book your
place on this 10 week course**

Richmond Wellbeing Service Richmond Royal Hospital***

14 Sept – 2 Nov
1:30pm – 3:00pm
Facilitated Wellbeing in
motherhood (postnatal
depression) Course. Please
contact 020 8548 5550
or email:
elt_tr.richmondwellbeingservi
ve@nhs.net

Refuge Domestic Abuse Advice*

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**

Citizens Advice Bureau**

Starts Tuesdays 4 Sept
Please contact the centre to
book an appointment.

Refuge Domestic Abuse Advice*

Starting Friday 7 Sept
9:30am – 4:30 noon
Confidential advice for people
experiencing domestic/
emotional abuse and/ or
controlling behaviour. Please
contact the centre for details.

*Drop-in sessions

** Contact the centre for
booking details

*** Call alternative number

£ Voluntary donation
sessions

Autumn Programme:

Sunflower Centre 03.09.18 – 21.12.18

Monday

Sunflower Centre Closed

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

Outreach Sessions

Stay and Play*

Starts 10 Sept

1:30pm - 3:00pm

Term time only

**Sacred Heart Primary School,
St Marks Road
Teddington, TW11 9DD**

Strengthening Families Employment Surgery*

15 Oct / 26 Nov

1.30pm – 3.00pm

If you need advice on going back to work, finding a job, please feel free to speak to Priti (alternate weeks)

**Sacred Heart Primary School,
St Marks Road
Teddington, TW11 9DD**

Tuesday

Stay and Play* £

Starts 4 Sept

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.

*** Please see note below**

Strengthening Families Employment Surgery*

11 Sept / 30 Oct / 11 Dec

9.30am – 12.15pm

If you need advice on going back to work, finding a job, please feel free to speak to Priti

1 & 2 yr Health Reviews ***

Starts 4 Sept

1:30pm – 3.30pm

Call the health team to book an appointment 03300581679

Tiny Talk Baby signing**

11 Sept – 9 Oct

6 Nov – 4 Dec

1:10pm – 2:00pm

***Please note due to Staff
Training – Stay & Play will
not be running on:
Tuesday 16 October**

Wednesday

Positive Parenting Course**

26 Sept – 17 Oct

9.30am – 11.30am

Crèche provided

Please phone Tangle Park

Centre on 020 8481 9420 to

book your place

Parents Creative Coaching Workshop**

19 Sept

9.30am – 11.30am

Come and learn new art techniques and discover your creative skills. Limited Crèche provided

Parents Creative Coaching 6 week Programme**

31 Oct – 5 Dec

9.30am – 11.30am

Come and learn new art techniques and discover your creative skills. Limited Crèche provided

**If you are interested or
would like more information,
please contact the Children
Centre on 020 8481 9420 as
places are limited. Crèche
Provided**

Thursday

Sunflower Centre Closed

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

Friday

Sunflower Centre Closed,

Please see Outreach venues and activities below:

Outreach Sessions

Friday:

Crafty Tales 9 mths – 2yrs**

14 Sept – 19 Oct

9 Nov – 7 Dec

1:15 – 1:45pm

Term Time Only

**Please phone from 10.00am
020 8481 9420 to book your
place on the day**

**St Peter and Paul Church by
Church End, Teddington,
TW11 8PS**

Soft Play* Under 2yrs

14 Sept – 19 Oct

9 Nov – 7 Dec

1:45 – 3:00pm

Term Time Only

**St Peter and Paul Church by
Church End, Teddington,
TW11 8PS**

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**

**£ Voluntary donation
sessions**

Autumn Programme:

Tangley Park – 03.09.18 – 21.12.18

Monday

Kingston Hospital Midwives***

9:00am – 5:00pm
Midwives from Kingston Hospital.

Appointment only

ESOL**

Starts 10 Sept
9:30am – 11:30am. Entry Level English for speakers of another language. Crèche provided. Call the Centre to book. Term Time Only

Paediatric First Aid Workshop**

17 & 24 Sept
19 & 26 Nov
1.00pm – 3.00pm

Juma - Baby Tempo**

Babies aged 0 – 12mths

10 Sept - 15 Oct
5 Nov - 10 Dec
12.00 – 12.30pm
Please phone Tangley Park from 10.00am 020 8481 9420 to book your place on the day.

Tuesday

Home Start Stay and Play***

Starts 04 Sept

1:00pm - 3:00pm
Invitation only – Please call 020 8487 8500

Cookie Tots**

18 Sept – 16 Oct
13 Nov – 11 Dec
1:00pm – 2:00pm
A five week Course, (not including half term)
please phone Tangley Park Centre on 020 8481 9420 to book your place

English GCSE & Functioning Skills **

Starts 11 Sept
6:00pm – 8:00pm
If you are interested in joining the Course, please phone the Centre on 020 8481 9420 for more information

Refuge Domestic Abuse Advice*

9:00am – 4:00pm
Confidential advice for people experiencing domestic/emotional abuse and/or controlling behaviour.

Outreach Sessions

Information, Advice and Guidance Sessions with the Children's Centre & Youth Services. Starts 11 Sept
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***

Starts 5 Sept

9:30am – 11:30am
Appointment only.
Please ring the health team to book an appointment
0330 058 1679

Baby Weaning Talk **

5 Dec
11.30am – 12.30pm
please phone the Centre on Telephone no: 020 8481 9420 to book your place

Messy Play – 6 mth – 4yrs* £

3.00pm – 4.00pm
5 Sept – 10 Oct
31 Oct – 17 Dec

Baby Massage**

26 Sept – 24 Oct
12:30 – 13:30pm

Thursday

ESOL – with Crèche**

Starts 13 Sept

Run by RHACC
9:30am – 11:30am
English speaking classes, Entry Level and Level 1, for students who have English as a second language

Kingston Hospital Midwives***

Starts 6 Sept

9:00am – 5:00pm
Midwives from Kingston Hospital.
Appointment only.

LK Fitness Fun and Fitness*

13 Sept – 18 Oct
8 Nov – 6 Dec
12noon – 12.45pm

Outreach Sessions

Song & Rhyme time*
13 Sept, 11 Oct & 8 Nov
10:00am – 10:30am
Community Centre
Fulmer Close, Hampton
TW12 3RN

Friday

Kingston Hospital Midwives***

Starts 7 Sept

9:00am – 5:00pm
Midwives from Kingston Hospital. **Appointment only.**

Stay and Play* £

Starts 7 Sept

Session 1:
9:30am – 10:45am
Session 2:
11:00am – 12:15pm

Toy Library*

Starts 7 Sept
10:30am – 11:30am

Transfers In***

9:30am – 12 noon
If you have moved into the area and have a child under 5.

Outreach Sessions

Crafty Tales 9 mths – 2yrs**
14 Sept – 19 Oct
9 Nov – 7 Dec
1:15 – 1:45pm
Term Time Only
Please phone from 10.00am 020 8481 9420 to book your place on the day
St Peter and Paul Church by Church End, Teddington, TW11 8PS

Soft Play* Under 2yrs

14 Sept – 19 Oct
9 Nov – 7 Dec
1:45 – 3:00pm
Term Time Only
St Peter and Paul Church by Church End, Teddington, TW11 8PS

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

*Drop-in sessions

** Contact the centre for booking details

*** Call alternative number

£ Voluntary donation sessions

Autumn Programme:

Norman Jackson 03.09.18 – 21.12.18

Monday

Stay and Play*£

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.

*** Please see note below**

Strengthening Families Employment Surgery*

1 Oct / 12 Nov

9.30am – 12.15pm

If you need advice on returning to work, finding a job, please speak to Priti.

Juma – Baby Tempo**

10 Sept - 15 Oct

5 Nov - 10 Dec

1.30pm – 2:00pm

Interactive, sensory music classes for babies, parents and carers.

Suitable for 0-12 mths

Please phone the centre from 10:00am on Monday to book your place on the day.

Tel. 020 8941 6843

Baby Massage**

5 Nov – 3 Dec

3.00pm – 4.00pm

Please phone the Centre 020 8941 6843 to book your place

***Please note due to Staff Training – Stay & Play will not be running on 15 October**

Tuesday

Movers & Tiny Tots*0-18mth

Starts 11 Sept

10:00am – 11:30am

MW Mini Movers*

2:30pm – 3.15pm

18 Sept – 16 Oct

6 Nov – 4 Dec

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.

Wednesday

Paediatric First Aid Workshop**

9:30am – 11:30am

10 & 17 Oct

5 & 12 Dec

Two part, two hour sessions

Singing Hands**

12 Sept – 10 Oct

7 Nov – 5 Dec

10:00am – 11:00am

By Invitation only

Crafty Tales Babies** 0 – 12mths

12 Sept – 17 Oct

31 Oct – 5 Dec

12:45pm – 1:15pm

Please phone Norman Jackson Children's Centre from 10:00am to book your place. 020 8941 6843

Baby Play*

Starts 12 Sept

1:15pm – 2:15pm

Ascent One to One Support Group***

Starts 12 Sept

9:00 – 4:00pm

Thursday

Little Explorers**

Starts 6 Sept

9:30am – 11:15am

By invitation only

1 & 2 yrs Health Reviews ***

Starts 6 Sept

1:00pm – 4:00 pm

Call the health team to book an appointment 0330 058 1679

Friday

Family Links Parenting **

21 Sept – 30 Nov

9:30am – 11:30am

Richmond Sleep Clinic Workshops **

28 Sept & 5 Oct

1:00pm – 4:00 pm

Saturday

Dad's Messy Play*

22 Sept – 13 Oct

10 Nov – 1 Dec

10:30am – 11:30am

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

£ Voluntary donation sessions

Our sessions

Tatty Bumpkins 2 – 4 years**

Whitton Community Centre

Fun filled yoga inspired classes for you and your child with Kate Gait. Please phone Heathfield Children's Centre 020 8734 3405 to book your place on the day.

Baby Massage**

Heathfield & Norman Jackson CC

Perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc. **Please call the your nearest Centre to book a place or have your name put on the waiting list**

Cookie Tots 3 – 4 yrs**

Tangley Park Children's Centre

This is a 5 week cooking development programme for children aged between 3 -4 years old. **Please contact Tangley Park Children's Centre to book your place.**

Cooking on a Budget**

Heathfield Children's Centre

This is a 5 week where you will learn how to cook healthy and tasty recipes on a budget with your child/ren. **Please phone Heathfield Children's Centre on 020 8734 3405 to book your place or have your name added to the waiting list**

Crafty Tales Babies 0 - 12 mths**

Norman Jackson CC – Wednesday

Heathfield Children's Centre -Tuesday

Come and join us for music classes that introduce your child to music and dance from around the world.

Please phone the relevant Centre to book your place from 10am on the morning of your booking:

Norman Jackson - 020 8941 6843

Heathfield – 020 8734 3405

Crafty Tales 9mths – 2 years**

St Peter and St Paul's Church Hall, Teddington

A fun and interactive session combining music, dance and storytelling.

For St Peter and St Paul session please call Tangley park Children's Centre on 020 8481 9420 from 10am on the morning of the session.

Dads Go Wild* 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**

Dads Messy Play 0-5*

Norman Jackson Children's Centre

Come and enjoy the fun and be prepared to get messy! Explore different textures and materials.

Functioning Skills L2 - English**

GCSE – English Language

Start 11 September

6:00 – 8:00pm

If you are interested in joining the Course, please phone the Centre on 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 / 020 8481 9240**

Family Support - Information, Guidance and Advice Drop In*starts 4 Sept

Heathfield - Tuesday – 9.00 – 12 noon

For help with forms, advice and guidance

Our sessions (Cont'd)

ESOL: Entry Level and Level 1

Tangley Park – Monday & Thursday

Heathfield - Wednesday & Thursday

A course to improve English skills run by Richmond Adult Community College Tutor.

Home Start Stay & Play***

Tangley Park Children's Centre

A safe, nurturing and creative session for families to play, explore and experiment. Invitation Only – Please call 020 84878500

Juma Music – Baby Tempo 0-12mths**

Norman Jackson Children's Centre

Interactive, sensory music classes for babies, parents and carers. **Please phone the centre on 020 8481 9240 or 020 8941 6843 from 10am on Monday to book your place.**

Kingston Hospital Midwives**

Led by Midwives from Kingston Hospital.

Appointment only.

Little Explorers**

Heathfield / Norman Jackson 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 - Friday 10 week bookable course Tangley Park – Thursday 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 Heathfield Centre to book you place

Messy Play* 6mths – 4 yrs

Tangley 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

Paediatric First Aid Workshops**

Heathfield/ Norman Jackson / Tangley Park Children Centres and Sunflower Centre

The course consists of two 2 hour workshops covering accidents, emergencies and CPR.

Please phone your nearest Centre to be put on the waiting list.

Singing Hands**

Heathfield / Norman Jackson Centres

An 8 week fun and educational session learning how to use Makaton signing, this course is for children with additional needs.

Soft Play under 2yrs*

St Peter and St Paul's Church Hall, Teddington

A soft Play session for children under 2 yrs to help develop physical and social skills.

Stay and Play 0 - 5yrs*

Heathfield / Norman Jackson & Tangley Park Children Centres & Sunflower Centre

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

Our sessions (Cont'd)

Story time and Rhyme Time*

Heathfield Children's Centre

Come and meet Mark for his fabulous story telling. Drop in. Limited numbers.

Tiny Talk Baby Signing**

Whitton Youth Zone & Sunflower Centre

New hands-on sensory activities will delight your baby and develop their communication skills. Singing and signing for under 1s over a 5 week course. **Please phone Heathfield Children's Centre on 020 8734 3405 to book your place at WYZ Whitton Youth Zone. Britannia Lane, Whitton or Tangley Park on 020 8481 9420 for the Sunflower Centre**

Toy Library*

Tangley 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

Tangley - Friday 9.00 – 12.00

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

Well Child Clinic***

Heathfield – Monday

Tangley Park - 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 * 0 – 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. Enjoy the fun and engaging activities with your baby and take away some ideas to use at home.

Strengthening Families Employment Surgery

Starts 10 Sept (alternate week)

9.30 – 12 noon

If you need professional advice on going back to work, finding a job, please feel free to speak to Priti, you can speak to her in the Stay & Play sessions at our Centres or request one to one. Please see the Centre Programme for dates and locations. We can offer advice on: CV Building
Effective job searching
Interview Skills and tips
Training and education Support
Volunteering
Work Placement

Positive Parenting Course**

Whitton Youth Zone – 18 Sept – 16 Oct

Sunflower – 26 Sept – 17 Oct

5 week parenting Course for parents with children aged 0 – 5 years.

Creative Coaching Workshops**

19 Sept

Sunflower Centre

Come and learn new art techniques and discover your creative skills.

If you are interested or would like more information, please contact the Children Centre as places are limited

Creative Coaching 6 week Programme **

31 Oct – 5 Dec

Sunflower Centre

Come and learn new art techniques and discover your creative skills.

If you are interested or would like more information, please contact the Children Centre as places are limited

MW Mini Movers* 2 – 5yrs

Whitton Youth Zone – Tuesday 1.00 – 1.45pm

Norman Jackson 2.30 – 3.15pm

Come and enjoy a unique, fun and creative dance and movement session.

Where are we?

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

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)?

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

Where are we (Cont'd)?

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

National DV 24hr Helpline

0808 2000 247

Homestart

020 8296 0654

Kingston Hospital Antenatal Clinic

020 8546 7711 x2626

West Middlesex Hospital Antenatal Clinic

020 8321 5119

NHS 111 (previously NHS Direct)

111

National Breastfeeding Helpline

0300 100 0212

Health Admin Hub

03300 5811679

Police

Non urgent: 101
Emergencies: 999

Samaritans

020 8399 6676

Citizens Advice Bureau

Twickenham: 020 8712 7800
Hampton: 020 8941 8330

Foodbanks:

The Vineyard Community Centre

The Vineyard Richmond. TW10 6AQ
Tel No: 020 8940 0274

Hampton:

YMCA White House

45, The Avenue. TW12 3RN
Tues 9.30 – 12.30pm / Wed 2pm – 5pm

Isleworth:

Bridgelink Community Centre

Summerwood Road. TW7 7QR
9.30 – 11.30am