

Spring Term 2024



Richmond Programme Children's Centres serving:

Kew, Barnes, East Sheen, Mortlake,
Richmond, Ham, Hampton, Hampton Hill,
Teddington, Twickenham, Whitton,
Hampton Wick and St Margarets



Further information

Find us online:

Twitter: [@AforC_info](#)

Facebook: [Afc Richmond children Centres](#)

Instagram: [afc_richmond_childrens_centres](#)

Website: [www.afcinfo.org.uk](#)

Email: richmondCC@achievingforchildren.org.uk

Please scan the QR Code to register online with Richmond Children's Centres:



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.

Introduction

Welcome to Richmond's children's centres

Our children's centres are places where all families with children under 5 years, expectant mothers and fathers, can go to help their children to get the best start in life.

Our aims

- ♣ To promote high quality inclusive education and care from birth to 5 years.
- ♣ To provide all-inclusive opportunities for parents and carers to meet and support each other.
- ♣ To offer support, advice and information to parents, carers and families, through multi-agencies e.g. health visitors, midwives nurseries, pre-schools, schools and family support workers.
- ♣ To support and develop parents and carers awareness of how to become a 'play partner' for their children and how to help their children be ready for school.
- ♣ To promote and support parents and carers in healthy lifestyles and preparing their children for school.

Our objectives

- ♣ To provide well planned age appropriate, all-inclusive sessions and activities to extend children's learning through the Early Years Foundation Stages.
- ♣ To provide an environment that is friendly, relaxed, supporting and welcoming to all families.
- ♣ To have staff who will lead by example and model good practice.
- ♣ To make information available that is clear for parents.

All children's centre sessions have a suggested voluntary donation of £2.50 per family unless otherwise indicated. There are donation points at each of the centres. Play passes are available for families where cost may prove difficult, please speak with a member of the team.

Some of our popular sessions that have waiting lists include the:

Paediatric first aid workshops: various days and times, covering infantile convulsions, choking and resuscitation. Booking essential, contact your local centre to place your name on our waiting list.

Baby massage: various days, time and venues. Promotes bonding, attachment and supports baby's digestion. Contact your local centre for further information.

Healthy start vitamins: are available from all Richmond's children's centres, please ask a member of the team.

Our sessions

Kingston/ West Middlesex Hospital Midwives

Led by Midwives from Hospital. Appointment only.

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.

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.

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

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.

Baby Massage

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

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.

Baby Play

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

Crafty Tales 0 to 12 months

Interactive, sensory music classes for babies, parents and carers

Tatty Bumpkins 0 to 4 years

Fun filled yoga inspired classes for you and your children.

Playdough Masterclass 18mths to 5 Years

Come along to make sensory playdough together, to play with in the session and take home.

Understanding Your Baby

Postnatal group for mothers with low mood or anxiety.

- For Richmond mothers with babies under 10 months old
- 2 hour group running for 8 weeks
- Themed discussion each week
- To be referred speak to your Health Visitor, GP or Children's Centre professional.

Yoga and Wellbeing

This 6 week course will provide you with a gentle introduction to yoga practice, teach you about the health benefits of yoga and provide you with time and space to focus on yourself and your wellbeing. This course is being delivered by an accredited yoga teacher who also has many years working in the NHS as a nurse, helping people to reach their health goals through lifestyle changes. This course is suitable for all levels of yoga abilities, including complete beginners.

Our sessions

Online 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 Virtual baby weaning talks.

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

Come and meet Mark for his fabulous music and storytelling.

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.

Messy Play 0 – 5 yrs

A variety of fun sensory and messy activities to support your child's physical and creative development. Please wear clothes that you do not mind getting messy!

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

Little Explorers

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

Crafty Tales 1 – 4yrs

A fun and interactive session combining music, dance and storytelling

Judy's Rhyme Time

Join Judy for a fun interactive signing session!

Toddlers

09.30 to 10.00am

Babies

10.30 to 11.00am

Teddy Tennis 2 – 5yrs

Teddy Tennis inspires children aged 2 to 5 years to get active and to learn to play Teddy Tennis. It works by combining music, pictures and teddy bear characters into a totally interactive learning adventure that young children love.

Mini Movers 2 – 5 yrs

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

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.

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.

Our sessions

Functioning Skills

This course enables you to gain a qualification for work, study and life demonstrate the ability at an appropriate level to read, speak, listen and communicate in English.

Parent & Child yoga and massage

Colic & Tummy troubles

Helping Babies with Tummy Time

Supporting Development

Stories and Rhymes with the Library

The Library will be joining us at the Children's Centres for fun Story and Rhyme sessions! Drop in

Positive parenting

A five week course with a crèche provided to help you learn about how your child is learning and growing and help you with new techniques to manage their behaviour and look after yourself" contact the centre to reserve your space

Tom's Stories and Sensory Song Time

A session for children of all ages - enjoy a story and songs that will stimulate all your senses!

The Pod Soft Play

Join us at the YMCA Hawker Centre Soft Play. With activities and equipment for all ages up to 11, babies, toddlers and children can be active, use their imaginations and let off steam in a fun, safe environment. The Pod has everything a child needs for an energetic, creative, interactive indoor adventure! The Children Centre will have exclusive use of the Pod during these times.

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.

Claire's Forum

This is a supportive, peer led forum where you can come together to build friendships, support and share your experiences. Crèche available. Please contact the centre for more information.

Health and Social Care Course

This is an accredited Level One Health and Social Care course delivered in partnership with Richmond and Hillcroft Adult and Community College. During the term you will undertake three modules to complete your accreditation. This course is suitable for anyone who would like to return to studies, upskill, or for those looking for a career change. Creche available.

123 Magic Parenting

1 - 2 - 3 Magic is a behaviour management course for parents and carers of children aged 2 to 7 years diagnosed with ADHD or who display challenging behaviour

The course provides simple tools for parents to:

- Control unwanted behaviour
- Encourage appropriate behaviour
- Strengthen your relationship
- Build self-esteem

This could will include information on 'What is ADHD'

For more information and to book a place, please contact Karen Williams 020 8547 6965 or 07771 974388.

Our sessions

Q Rhythmics

Music and Movement Activities to support learning in a fun and engaging way. The activities help the body and mind work together. Plenty of Inspiration to get your children moving and grooving

Babyballet 18 months - 3 years

Babyballet is a fun, award-winning pre-school dance concept. Our classes allow babies, toddlers and young children to enjoy the physical and social benefits of ballet, song and dance in a safe, caring and informal environment. The Tinies (18 months - 3 years) class introduces little ones to the basics of ballet using movement, play and song.

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.

Crawlers and Explorers 0 – 18mths

This session is for little ones aged 0-18 months to provide a safe space in which they can explore, learn and enjoy! With toys and activities specifically aimed at promoting your child's development through play. Finishing with song time.

Our sessions



Cooking with
Relish and Grace



Baby Massage



Paediatric First
Aid



The Pod Soft
Play



Online Potty
Training



Online Behaviour
Workshops



Online Behaviour
Workshops



Positive Parenting
and 123 Magic



Online Intro to
Solids



Yoga and
Wellbeing

Heathfield

Midwife appointments***
Starts 8 Jan
9am to 1.00pm
Book with West Middlesex Hospital Maternity Team

1 & 2 Year Health Reviews***
Starts 8 Jan
12.30 to 4.30pm
Booked appointments only

ESOL Level 2**
8 Jan – 5 Feb
19 Feb – 25 March
10am to 11.45am

ESOL Level 1**
8 Jan – 5 Feb
19 Feb – 25 March
12.15 to 2.15pm

Tangley Park

Midwife Appointments***
Starts 8 Jan
9.00am to 1.00pm
Book with Kingston Hospital Maternity Team

Linden Hall Crafty Tales*
8 Jan – 5 Feb
19 Feb – 25 March
2 – 4 years
9.30 to 10.00am
1 to 2 years
10.30 to 11.00am

Crafty Tales**
0-12mths
8 Jan – 5 Feb
19 Feb – 25 March
2.00 to 2.30pm
Please make sure you have a booked space.
Please phone 07734 228468 on Friday 9.00am to 12.00 noon to book your place for the following Monday

Baby Play*
8 Jan – 5 Feb
19 Feb – 25 March
2.30 to 3pm

Cooking With Relish & Grace**
19 Feb - 18 March
10.00 to 11.30am

Norman Jackson

Stay and Play*
8 Jan – 25 March
9.30 to 10.45am

Stay and Play Session 2*
8 Jan – 25 March
11.15am to 12.30pm

Speech and Language in Stay and Play**
8 Jan – 25 March

Richmond Library Story time in Stay and Play*
8 Jan, 5 Feb, 4 March

Childcare Entitlements Information in Stay and Play*
15 January

Way2Work and Richmond Adult Community College in Stay and Play*
22 January

Baby Massage **
12 Feb – 4 March
1.45 to 2.45pm

Linden Hall Crafty Tales*
8 Jan – 5 Feb
19 Feb – 25 March
2 – 4 years
9.30 to 10.00am
1 to 2 years
10.30 to 11.00am

Ham

1 & 2 Year Health Reviews ***
Starts 8 Jan
9.30am to 4.00pm
Booked appointments only

Crawlers and Explorers*
8 Jan – 5 Feb
19 Feb – 25 March
9.30 to 10.45am

Richmond Library Story time in Crawlers and Explorers**
8 Jan, 12 Feb, 11 March
10 to 10.30am

Baby Play*
8 Jan – 5 Feb
19 Feb – 25 March
11.00am to 12.00pm

Paediatric First Aid**
4 & 11 March
1.00 to 3.00pm
Please complete the online form to express your interest and put yourself on the waiting list.

The Pod Soft Play**
15 Jan
19 Feb
18 March
1.00 to 3.00pm
Please call 020 8734 3400 to book a place.

67b Barnes

Midwife appointments***
Starts 8 Jan
9.00am to 5.00pm
Starts 4 September
Hospital Maternity Team

Stories and Singing*
8 Jan – 25 March
10 to 10.40am

Cooking with Relish and Grace**
8 Jan – 5 Feb
10 to 11.30am
Please complete the online booking form to express your interest.

Baby Play*
8 Jan – 25 March
11am to 12pm

Little Explorers**
8 Jan – 25 March
2 to 3pm

Sunflower

We sell Healthy Start vitamins at the children's Centres:

Adults Tablets - £1.50
Children's Drops - £2.00

We will now be accepting voluntary donations by card.

*Drop-in sessions

** Contact the centre for booking details

*** Call alternative number

Blue and italic = outreach

Heathfield

Midwife appointments***

Starts 2 Jan
1.00 to 4.00pm
Book with West Middlesex
Hospital Maternity Team

1 & 2 Year Health Reviews***

Starts 2 Jan
9 to 12pm
Booked appointments only

Teddy Tennis**

9 Jan – 6 Feb
20 Feb – 26 March
9.30 to 10.15am
Please phone 020 8734 3405 on
Monday 9.00am to 12.00 noon
to book your place for the
following day.

Crafty Tales **

0 to 12 months
9 Jan – 6 Feb
20 Feb – 26 March
1.00 to 1.30pm
Please phone 020 8734 3405 on
Monday 9.00am to 12.00 noon
to book your place for the
following day.

Baby Play*

9 Jan – 6 Feb
20 Feb – 26 March
1.45 to 2.30pm

*Mini Movers**
Whitton Youth Zone
9 Jan – 6 Feb
2.00 to 2.45pm

Tangley Park

Midwife appointments***

Starts 2 Jan
9am to 1pm
Book with Kingston Hospital
Maternity Team

1 & 2 Year Reviews***

Starts 2 Jan
(every other week)
9 to 12pm

Home Start Stay and Play Support Group***

9 Jan – 6 Feb
20 Feb – 26 March
1.15 to 2.45pm
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

Let's Communicate***

16 Jan
6 Feb
9am to 12pm
Parent only workshop run by
Speech and Language on
information and strategies to
support communication and
language development.

*Mini Movers**
The White House
9 Jan – 6 Feb
12.45 to 1.30pm

Norman Jackson

Norman Jackson will
belong to AfC EISS
Individual Education
Programmes on this day.

*Mini Movers**
The White House
9 Jan – 6 Feb
12.45 to 1.30pm

Ham

1 & 2 Year Reviews***

Starts 2 Jan
9.30 to 4.00pm

Crafty Tales**

9 Jan – 6 Feb
20 Feb – 26 March
0 to 12 months
9.30 to 10.00am
1 to 2 years
10.30 to 11.00am
Please make sure you have a
booked space.
Please phone 020 8734 3400
on Monday 9.00am to 12.00
noon to book your place for
the following day.

Baby Massage**

23 Jan – 13 Feb
1 to 2pm

Cooking Up**

19 Feb – 18 March
3.30 to 5pm

*Mini Movers**
Ham Youth Centre
9 Jan – 6 Feb
9.30 to 10.15am

67b Barnes

EarlyBird Parenting Programme**

9 – 30 Jan
20 Feb – 5 March
19 March
9am to 12pm
Please email Beth Hitchens
beth.hitchens@achievingforchil
dren.org.uk or speak with the
Children's Centre to express
your interest in this
programme.

*Mini Movers**
*Mortlake PowerStation Youth
Centre*

9 Jan – 6 Feb
11.15am to 12pm

*Q Rhythmics**
*Mortlake PowerStation Youth
Centre*

20 Feb – 26 March
11.15am to 12pm

Baby Massage**

9 Jan – 6 Feb
2 to 2.45pm

Baby Massage**

20 Feb – 19 March
2 to 2.45pm

Stay and Play*

9 Jan – 26 March
9.30 to 10.45am

Stay and Play Session 2
9 Jan – 26 March
11am to 12pm

Way2Work and Richmond Adult
Community College in Stay and Play*
16 January

Richmond Library Story time in Stay
and Play*
9 Jan, 6 Feb, 5 March

Childcare Entitlements Information in
Stay and Play*
23 January

Minimising Negative Behaviour
Parenting workshop**
23 Jan
12.45 to 2.45pm

Managing Negative Behaviour
Parenting Workshop**
30 Jan
12.45 to 2.45pm

Positive Parenting**
20 Feb – 12 March
12.45 to 2.45pm

Baby Massage**
23 Jan – 13 Feb
3.15 to 4.15pm

*Drop-in sessions

** Contact the centre for
booking details

*** Call alternative number

Blue and italic = outreach

Heathfield

1 & 2 year health reviews***
Starts 3 Jan
9.30am to 4.30pm
Booked Appointments only

Little Explorers**
Invite Only
10 Jan – 27 March
9.30 to 11.15am
Invitation only

*Paediatric First Aid at
Whitton Youth Zone***

*17 & 24 Jan
1.00 to 3.00pm*

*Please complete the online
form to express your interest
and put yourself on the waiting
list.*

**Cooking with Relish and
Grace****
10 Jan – 7 Feb
10 to 11.30am

Online Potty Training**
10 Jan, 21 Feb, 27 March
1.30 to 2.30pm
Please complete the online
booking form to book your
place.

Baby Massage*
10 Jan – 27 March
1 to 2pm

Holding & Reassurance *
10 Jan – 27 March
2 to 2.30pm

Tangley Park

Midwife appointments***
Starts 3 Jan
9.00am to 1.00pm
Book with Kingston Hospital
Maternity Team

Little Explorers**
Invite only
10 Jan – 27 March
9.30 to 11.15am

123 Magic**
21 Feb – 20 March
12.30 to 2.30pm

Online Potty Training**
10 Jan, 21 Feb, 27 March
1.30 to 2.30pm
Please complete the online
booking form to book your
place.

Norman Jackson

Well Child Clinic***
Starts 3 Jan
9.30am to 4.30pm
Booked Appointments only

Perinatal Mental Health**
Starts 3 Jan
9am to 12noon

Online Potty Training**
10 Jan, 21 Feb, 27 March
1.30 to 2.30pm
Please complete the online
booking form to book your
place.

Ham

Midwife appointments***
Starts 3 Jan
9 to 4pm

Positive Parenting **
21 Feb – 20 March
9.30 to 11.30am

Little Explorers**
Invite only
10 Jan – 27 March
1 to 2.30pm

**Cooking with Relish and
Grace****
21 Feb - 20 March
1 to 2.30pm
Please complete the online
booking form to express your
interest.

**After school Meal Club at
Ham Children's Centre***
10 Jan – 7 Feb
21 Feb – 27 March
3.30 to 4.45pm

Tiny Feet
Ham Youth Club
10 Jan – 7 Feb
21 Feb – 27 March
2 to 2.45pm*

Tiny Feet*
10 Jan – 7 Feb
21 Feb – 27 March
3.30 to 4.15pm

Online Potty Training**
10 Jan, 21 Feb, 27 March
1.30 to 2.30pm
Please complete the online
booking form to book your
place.

67b Barnes

Midwife appointments***
Starts 3 Jan
9.00am to 5.00pm
Book with Kingston Hospital
Maternity Team

Stay and Play*
10 Jan – 27 March
9.30 to 10.45am

Stay and Play session 2*
10 Jan – 27 March
11.15am to 12.30pm

**Richmond Library Story time
in Stay and Play***
10 Jan, 7 Feb, 6 March

**Childcare Entitlements
Information in Stay and Play***
31 January

**Way2Work and Richmond
Adult Community College in
Stay and Play***
24 Jan

Sling Clinic*** (not part of
Stay and Play)
24 Jan, 21 Feb, 27 March
1.00 to 2.00pm

Online Potty Training**
10 Jan, 21 Feb, 27 March
1.30 to 2.30pm
Please complete the online
booking form to book your
place.

Sunflower

Teddy Tennis**
10 Jan – 7 Feb
21 Feb – 27 March
9.30 to 10.15am
Please make sure you have a
booked space.
Please phone 07734 228468 on
Tuesday 9.00am to 12.00 noon
to book your place for the
following day.

**Understanding Your
Baby****
31 Jan – 26 March
Excluding Half Term
10 to 12.30pm

Online Potty Training**
10 Jan, 21 Feb, 27 March
1.30 to 2.30pm
Please complete the online
booking form to book your
place.

Baby Play*
31 Jan – 26 March
Excluding Half Term
10.30am to 12pm

*Drop-in sessions

** Contact the centre for
booking details

*** Call alternative number

Blue and italic = outreach

Heathfield

1 & 2 year health reviews***

Starts 4 Jan
9.00am to 1.00pm
Booked appointments only

Stay and Play*

11 Jan – 28 March
9.30 to 10.45am.

Stay and Play session 2*

11 Jan – 28 March
11.15am to 12.30pm

Speech and Language in Stay and Play**

2nd and 4th Thursday of the month

Richmond Library Story time in Stay and Play*

11 Jan, 1 Feb, 7 March

Childcare Entitlements Information in Stay and Play*

22 Feb

Online Introduction to Solids**

25 Jan, 15 Feb, 21 March
1.30 to 2.30pm
Please complete the online booking form to book a place.

Tangley Park

Messy Play*

11 Jan – 28 March
10 to 11am

Online Introduction to Solids**

25 Jan, 15 Feb, 21 March
1.30 to 2.30pm
Please complete the online booking form to book a place.

Paediatric First Aid**

1 & 8 Feb
12.30 to 2.30pm
Please complete the online form to express your interest and put yourself on the waiting list.

Norman Jackson

Music Fun with the Otakar Kraus Music Trust**

11 Jan – 15 Feb
9.30 to 10.15am

Crafty Tales 0 to 12 months**

11 Jan – 8 Feb
22 Feb – 28 March
10.45 to 11.15am
Please make sure you have a booked space for both Crafty Tales sessions.
Please phone 07734 228468 on Wednesday 9.00am to 12.00 noon to book your place for the following day.

Baby Play*

11 Jan – 8 Feb
22 Feb – 28 March
11.15 to 12.15pm

Online Introduction to Solids**

25 Jan, 15 Feb, 21 March
1.30 to 2.30pm
Please complete the online booking form to book a place.

Ham

Midwife appointments***

Starts 4 Jan
9am to 5pm
Book with Kingston Hospital Maternity Team

Stay and Play*

11 Jan – 28 March
9.30 to 11.15am

Speech and Language in Stay and Play**

1st & 3rd Thursday of the month

Childcare Entitlements Information in Stay and Play*

8 Feb

Online Introduction to Solids**

25 Jan, 15 Feb, 21 March
1.30 to 2.30pm
Please complete the online booking form to book a place.

67b Barnes

Breastfeeding Clinic***

Starts 4 Jan
9.00am to 12.00noon
To book, please contact the Health Visitors on 0330 058 1679.

1 & 2 Year Health Reviews***

Starts 4 Jan
9 to 5pm
Booked appointments only

Mini Disco*

11 Jan – 8 Feb
22 Feb – 28 March
9.30 to 10.15am

Tatty Bumpkins Yoga**

11 Jan – 8 Feb
22 Feb – 28 March
11.45am to 12.30pm
Please phone 07904 556423 on Wednesday 9.00am to 12.00 noon to book your place for the following day.

*ESOL Castelnau***

11 Jan – 8 Feb
22 Feb – 28 March
10.30am to 12pm

Online Introduction to Solids**

25 Jan, 15 Feb, 21 March
1.30 to 2.30pm

Sunflower

We sell Healthy Start vitamins at the children's Centres:

Adults Tablets - £1.50
Children's Drops - £2.00

We will now be accepting voluntary donations by card.

*Drop-in sessions

** Contact the centre for booking details

*** Call alternative number

Blue and italic = outreach

Spring Term: 1 January to 28 March 2024

FRIDAYS

Heathfield

Mark Story and Rhyme Time *

12 Jan – 9 Feb
23 Feb – 22 March
2.30 to 3pm

Yoga and Wellbeing**

23 Feb – 22 March
10 to 11.30am

Tangley Park

Stay and Play*

12 Jan – 22 March
9.30 to 10.45am

Stay and Session 2*

12 Jan – 22 March
11.15am to 12.30pm

Speech and Language in Stay and Play**

12 Jan – 22 March

Richmond Library Story time in Stay and Play*

12 Jan, 2 Feb, 8 March

Childcare Entitlements Information in Stay and Play*

23 Feb

1 & 2 Year Health Reviews***

Starts 5 Jan
1.30 to 4.30pm

Booked appointments only

Norman Jackson

Norman Jackson will belong to AfC EISS Individual Education Programmes on this day.

Ham

Health and Social Care L2 Course with Crèche**

12 Jan – 9 Feb
23 Feb – 22 March
9.30am to 12noon

Parent & Baby Yoga and Massage Workshops**

12 Jan - Colic & Tummy troubles
9 Feb - Helping Babies with Tummy Time
8 March - Supporting Development
1 to 2.30pm

67b Barnes

Maternity Support***

Starts 5 Jan
10 to 10.30am

Paediatric First Aid**

16 & 23 Feb
9.30 to 11.30am

Please complete the online form to express your interest and put yourself on the waiting list.

Messy Play*

12 Jan – 22 March
10.00 to 11am

Music Fun with the Otakar Kraus Music Trust**

12 Jan – 9 Feb
11.15am to 12pm

Playdough Club*

12 Jan – 22 March
2 to 3pm

Sunflower

*Crafty Tales at St Peter and St Paul Church**

9 mths – 2 yrs
12 Jan – 9 Feb
23 Feb – 21 March
1.15 to 1.45pm

*Play Session at Peter and Paul's Church for 9 mths – 2 yrs **

12 Jan – 9 Feb
23 Feb – 21 March
1.45 to 2.45pm

*Drop-in sessions

** Contact the centre for booking details

*** Call alternative number

Blue and italic = outreach

Where are we?

Children's Centre Addresses:

Heathfield Children's Centre

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

Sunflower Centre – formerly known as Stanley Children's Centre

Strathmore Road
Teddington
TW11 8UH
Contact number: 020 8734 3372

Tangley Park Children's Centre

1 Bramble Lane
Hampton
TW12 3XB
Contact number 07734 228468

Norman Jackson Children's Centre

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

Barnes Children's Centre

67B Lower Richmond Road
Mortlake
SW14 7HJ
Contact number 07904 556423

Ham Children's Centre

50 Ashburham Road
Ham
TW10 7BG
Contact number 020 8734 3400

Outreach Venue Addresses:

Peter and Paul's Church

Bychurch End
Teddington
TW11 8PS

Whitton Youth Zone

1 Britannia Lane
Whitton
TW2 7JX

Linden Hall Community Centre

Linden Rd,
Hampton
TW12 2JG

The White House

45 The Avenue,
Hampton
TW123RN

Castelnau Community Centre

Stillingfleet Road
Barnes
SW13 9AQ

The Pod YMCA Hawker

Lower Ham Rd,
Kingston upon Thames
KT2 5BH

Ham Youth Club

Ham Hall,
Ham Cl,
Richmond
TW10 7PL

Powerstation Youth Centre

The Old Power Station,
121 Mortlake High St,
London
SW14 8SN