

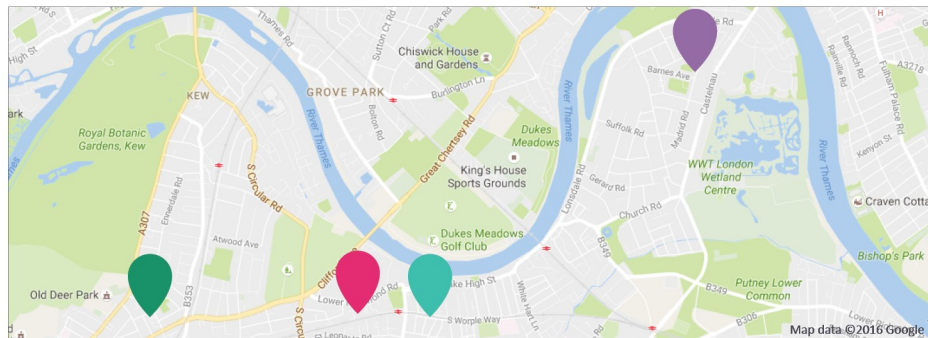
## Where are we?



**Barnes Children's Centre**  
67b Lower Richmond Road  
Mortlake  
SW14 7HJ



**Windham Croft Centre for Children**  
20 Windham Road  
Richmond  
TW9 2HP



**Mortlake Hall**  
Mullins Path  
North Worple Way  
Mortlake  
SW14 8EZ



**Lowther Primary School**  
Stillingfleet Road  
Barnes  
SW13 9AE

## Contact Us

Phone: 020 3021 1990

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

Find us online at:

[www.richmond.gov.uk/childrens\\_centres](http://www.richmond.gov.uk/childrens_centres)

[www.facebook.com/RichmondFIS](https://www.facebook.com/RichmondFIS)

### 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

Minicom: 020 8831 6001

# Barnes Children's Centre

serving Kew, Barnes,  
Mortlake and East Sheen

**Spring Programme 2017**  
**3 January - 31 March**



**achieving  
for children**



## Food bank

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Trussell Trust foodbanks provide a minimum of three days emergency food and support to people experiencing crisis. Speak to a member of staff if you and your family need a voucher.

To find out more about foodbanks visit [www.trusselltrust.org](http://www.trusselltrust.org).

## Refuge domestic violence support

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Don't suffer in silence - when abuse is happening, the sooner it stops the better. It is OK to talk about any domestic abuse that is happening at home.

Abuse is not OK and it is a good thing when we take action to stop it. It is not wrong to get help - it actually saves years of upset for yourself and your children. Children have the right to live in safe environments, and so do you.

Please contact the centre if you would like to speak to a Domestic Violence Outreach Worker.

You can contact Richmond Refuge on **020 8943 8188** (Monday to Friday, 9.00am-5.00pm)

If you need support outside of these hours, please call the free 24 Hour National Domestic Violence Helpline on **0808 2000 247**.

## Free childcare and early education for two year olds

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You may qualify for free childcare if you receive certain benefits, including:

- Income Support
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- support through part 6 of the Immigration and Asylum Act
- tax credits and have an annual income under £16,190 before tax
- Universal Credit

Speak to our centre staff or visit [www.richmond.gov.uk/two\\_year\\_old\\_funding](http://www.richmond.gov.uk/two_year_old_funding) to find out more.



# Barnes Children's Centre Programme— 3 January— 31 March 2017

## Monday

### Midwives Appointments \*\*\*

All day  
At 67b  
Call to book an appointment.  
020 8934 3316

### Baby Massage \*\*\*

10.30– 11.30 am  
At 67b  
Hosted session. To book your place please contact Nafisa on  
07773 844273 or  
nafisa@nafisa.co.uk  
Cost of course £25

*Please note: Half-term week  
13-17 Feb and we will have changes to the programme during this week*

## Tuesday

### Home-Start Play and Support group \*

10.00-11.30 am  
At 67b  
Starting 10 Jan

## Wednesday

### Midwives Appointments \*\*\*

All day. At 67b

### Stay and Play \*

9.30-11.00 am  
At 67b  
Starts 18 Jan  
[No session 1 Feb](#)  
**Messy Play \*\***  
Workshop to be confirmed.  
Please contact the Children's Centre to book.

### Polish Group \*

2.00– 3.00pm  
11 Jan -8 Feb  
At 67b  
Parent led group to give Polish speaking babies and children the opportunity to meet and play together.  
Prowadzona przez rodziców grupa dla polskojęzycznych dzieci i niemowląt dająca okazję do spotkań i wspólnych zabaw.

## Thursday

### Antenatal Classes \*\*\*

10.00 am—12.30 pm  
At 67b  
Contact your midwife to book

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

9.00am—12 noon  
At 67b  
Please call the Health Visiting team to book  
020 8973 3490

### Maths for Life \*\*

9.30-11.30 am  
Starting 12 Jan to 9 Feb. Crèche available  
At 67b

### Stay and Play \*

2.30— 4.00 pm  
At 67b  
Starts 12 Jan  
[No session 2 Feb](#)

## Friday

### Early Birds \*\*\*

10.00am – 12.30 pm  
At 67b . Starts 27 Jan

### Rhythm, Rhyme and Story time

**Under 18 months \***  
3.00-4.00 pm  
At 67b Starts 13 Jan  
[No session 3 Feb](#)  
[Centre closed 24 Feb](#)

### Pictologue Toy Library on rota alongside RRST \*

1.00– 2.00 pm  
13 Jan, 10 Feb, 10 Mar At 67b

### Cake and Chat \*

2.00– 3.00 pm  
3 Feb, 3 Mar. At 67b

### Gardening \*

2.00– 3.00 pm  
27 Jan, 31 Mar. At 67b  
Bring wellies and gloves. Please see information

## Workshops

We will be running the following workshops  
Pre-School Learning Alliance -

- Messy Play
- Maths Garden
- Talking and Listening
- Communicating with your child.
- Keeping your child safe

If you are interested in attending please contact the children's centre.

\* Drop in

\*\* Booked session— please contact the centre to book 020 3021 1990

\*\*\* Call alternative number

# Barnes Children's Centre Outreach Programme 3 January– 31 March 2017

## Monday

### Midwives Appointments \*\*\*

All day  
At Lowther  
Call to book an  
appointment.  
020 8934 3316

### Baby and Toddler Stay and Play– 'Pick and Mix' \*

1.15–2.15 pm  
At Windham Croft  
Starts 23 Jan  
Each week a  
different activity for  
you to enjoy with  
your child. (Singing,  
Stories, Sensory,  
Messy Play, Heuristic  
etc)

*Please note: Half-  
term week  
13-17 Feb and we  
will have changes to  
the programme  
during this week*

## Tuesday

### B4 You Crawl \*

10.30-11.30am  
At Kew Riverside  
Starts 17 Jan

### Breastfeeding Clinic \*

12.00 noon–1.30pm  
At Lowther  
Starts 10 Jan  
Last session 28  
March

*No session 14 Feb*

### Toddler Stay and Play \*

2.45– 4.15 pm  
At Lowther  
Starts 10 Jan

### Refuge \*

1.00-4.00 pm  
At Lowther  
Confidential advice  
and support for  
anyone affected by  
issues around  
relationship  
difficulties/ domestic  
violence.

## Wednesday

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

9.00am–12 noon  
Please call the  
Health Visitors to  
book  
020 8973 3490  
At Lowther

### Weaning Talk \*\*

11.15am–12.15 pm  
1 March  
At Lowther  
Contact Children's  
Centre to book

### Communic8 Groups \*\*\*

**Babbling Babies \*\*\***  
3.30– 4.15pm  
11 Jan– 8 Feb  
22 Feb–22 Mar  
At Lowther  
Call Speech and  
Language Team to  
book 020 8614 5333

## Thursday

### Midwives Appointments \*\*\*

All day  
At Lowther

### ESOL Group \*\*

**Welcome Group \***  
9.45 am–12.00 noon  
At Castelnau  
Community Centre  
Improve your English  
Skills. Please call the  
Children's Centre for  
more information

### Baby Stay and Play \*

10.00– 11.00 am  
At Lowther  
Starts 12 Jan

### Family Explorers Lunchtime Art Club \* (Run by Orleans House Gallery) 2years +

11.30am -12.30pm  
Starts 26 Jan to 9 Mar  
At Lowther

## Friday

### Midwives Appointments \*\*\*

All day  
At Lowther

### 1 and 2 year Health Reviews \*\*\*

9.00am–12.00 noon  
Please call the  
Health Team to book  
020 8973 3490  
At Lowther

*Centre closed 24 Feb  
from 12.00 noon*

## Saturday

### Dad's Messy Play \*

For Dad's, Grandad's  
and male carers and  
their children to  
have fun together  
10.00–11.00 am  
7 January  
11 February  
3 March  
At Lowther

### Coming soon.....

**Baby Yoga!**  
Contact the  
children's centre if  
you would like to  
know more  
information

\* Drop in

\*\* Booked session–  
please contact the  
centre to book 020  
3021 1990

\*\*\* Call alternative  
number

## Our sessions

**Antenatal Classes-** Contact your midwife to book

**1 and 2 year Health Reviews—**

These sessions are run by our local Health Visiting team who will invite you to book you child's 1 or 2 year check.

**Baby Stay and Play—**A session for babies who aren't yet on their feet.

**B4 You Crawl—**For young babies and new mums to socialise

**Breastfeeding** -Parent's are offered support and advice on breastfeeding by a trained breastfeeding counsellor.

**Cake and Chat** An opportunity for parents to socialise while children play.

**Communic8 : Babbling Babies-** 5 week course focusing on babies early language and communication. Contact the Children's Centre or Speech Therapy Team on 020 8614 5333

**Dad's/Grandad's/ Male Carers' Messy Play—**

Have fun getting messy and creative. Explore different textures. Please wear clothes you don't mind getting messy!

**Early Birds** A course for parents of children with ASD. Contact Tom Connor 020 8487 5464 for more details.

**ESOL Welcome Group** Come and practice your English conversation.

**Family Explorers Lunchtime Art Club**

Family Explorers Lunchtime Art Club run by Orleans House Gallery. Come and enjoy an hour of creative art based activities with a themed song time. You are welcome to bring a packed lunch. Ages 2 years +

**Gardening—**You don't have to be green fingered to come and help just your own gloves and wellies. Children by arrangement, please contact Kathryn.hogarth@achievingforchildren.org.uk

**Home Start Play and Support Group-**

Play session for families needing a helping hand.

**Maths for Life-** This course is to help you to learn number skills to be confident with maths.

**Midwives-** Appointments at Lowther (Mon, Thurs, Fri) and 67b (Mon and Wed) Call 020 8934 3316 to book

**Polish Group—** Prowadzona przez rodziców grupa dla polskojęzycznych dzieci i niemowląt dająca okazję do spotkań i wspólnych zabaw.

If this group is popular it may continue in March.

**Rhythm, Rhyme and Story time**  
**18 months plus and under 18 months-**  
Themed fun singing and story session.

**Stay and Play-** Enjoy playing with your child, healthy snack and singing time. Activities meet early years foundation stage and support development.

**Toddler Stay and Play-** For children who are up and about!

**Well Child Clinic-** Run by our local Health Visiting Team, for your baby's routine growth monitoring and/ or assessment of mothers emotional well being. Please call 020 8973 3490 to make an Appointment.

## Outreach

If you know any buildings/ areas we can use for activities , please let us know

### VOLUNTEERING

Enjoy developing your skills and experience

We need volunteers to help with -

Running sessions

Gardening

Putting up displays

Leaflet drops

Translating information

Please contact Kathryn

020 3021 1990 or

Kathryn.hogarth@achievingforchildren.org.uk

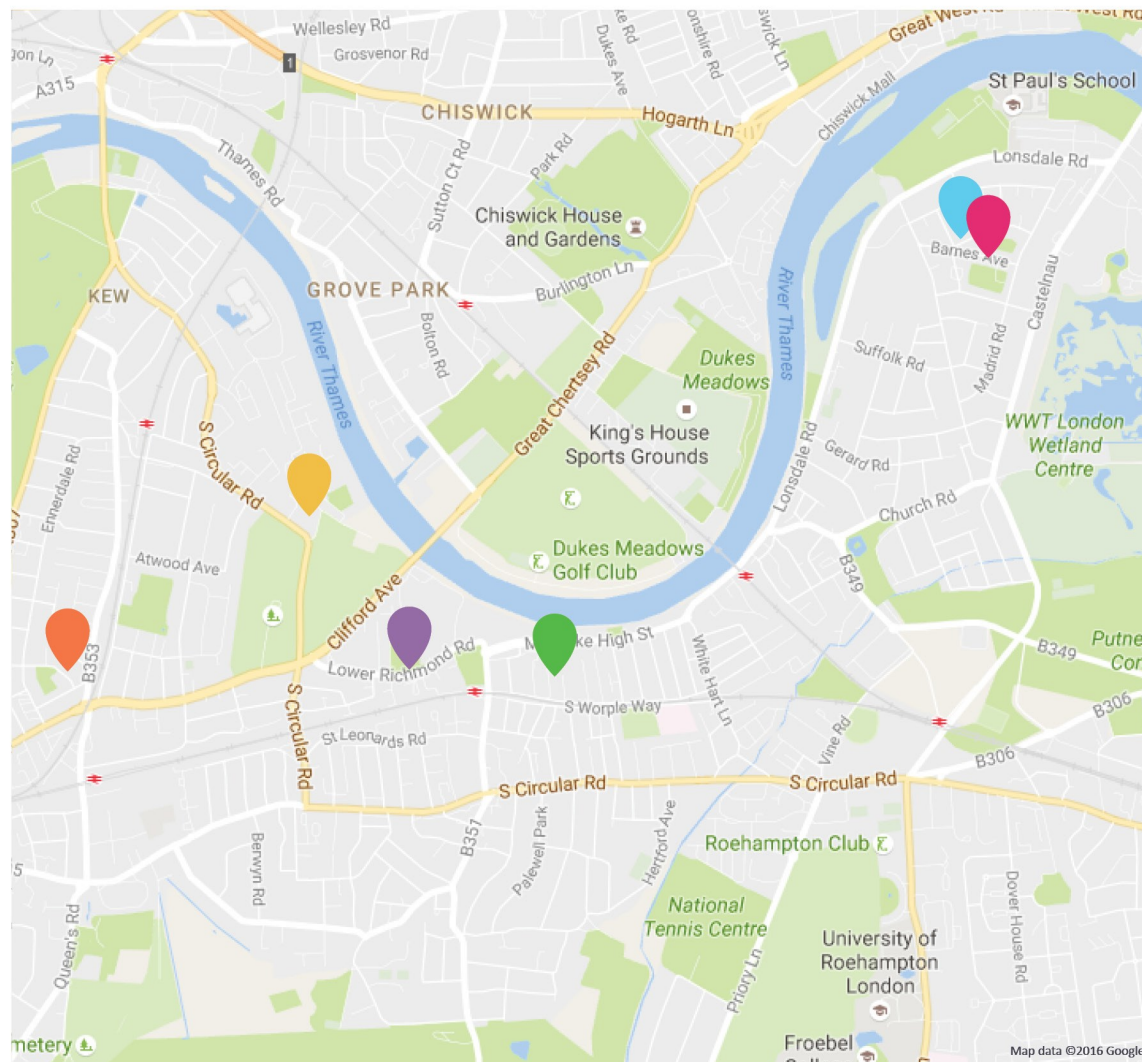


## Our venues

**Barnes Children's Centre**  
67b Lower Richmond Road  
Mortlake  
SW14 7HJ  
020 3021 1990  
barnescc@  
achievingforchildren.org.uk

**Windham Croft Centre**  
20 Windham Road  
Richmond  
TW9 2HP  
020 3021 1990  
barnescc@  
achievingforchildren.org.uk

**Mortlake Children and Family Centre**  
Mullins Path  
North Worple Way  
Mortlake  
SW14 8EZ  
020 3021 1990  
barnescc@  
achievingforchildren.org.uk



**Lowther Primary School**  
Stillingfleet Road  
Barnes  
SW13 9AE  
020 3021 1990  
barnescc@  
achievingforchildren.org.uk

**Castlenau Community Centre**  
7 Stillingfleet Road  
Barnes  
SW13 9AQ

**Kew Riverside Primary School**  
Courtlands Avenue  
Kew  
TW9 4ES