

Autumn Programme 2017



North East Cluster (RUT) Children's Centres

serving: Kew, Barnes, East Sheen,
Mortlake, Ham and Richmond



**achieving
for children**

11 September-20 October Barnes

Monday

Midwives*** Appointments

8.30am-4.30pm

At 67B to book an appointment.

020 8934 3316

Time to sparkle*

10-11.30am

Starts 18 September

At 67B

Family Links course**

10am-12pm

18 September-27 November

At 67B

Refuge Domestic Abuse Support*

9.00am-3.30pm

At 67B

Tuesday

Health Reviews***

9.15-11.15am

At 67B 020 8973 3490

Refuge Domestic Abuse Support*

9.15am-12pm

At 67B

Portage group*

Every first Tuesday of the month

9.00-10.45am

At 67B

Homestart* 10-11.30am

Start 12 September

At 67B

Cake, Chat and Play (Parent Forum)*

1.30-3pm

26 September 7 November

At 67B

Breastfeeding Support*

11.00am-12.30pm

19 September-19 December

24 October no session

Wednesday

Midwives*** appointments

8.30am-4.30pm

At 67B 020 8934 3316

Stay and Play*

9.30-10.45am

11.15am-12.30pm

Starts 13 September

At 67B

Children Centre

Thursday

Well child clinic***

9.00am-12.00pm

At 67B 020 8973 3490

Antenatal Classes***

10.00am-12.30pm

Contact your midwife to book a place.

Courses run:

September 7, 14, 21

October 5, 12, 19

At 67B

Rhythm, Rhyme and Story time under 18months*

9.30-10.15am

Over 18months

10.30-11.15am

Starts 21 September

At 67B

Friday

Midwives Appointment***

8.30am-5.00pm

Appointments 9am-12.45pm

At 67B 020 8934 3316

Baby Massage***

9.45-10.45am

September 15, 22, 29

October 6

At 67B

Please contact Nafisa to book
077 7384 4273

nafisa@nafisa.co.uk

Stay and Play*

2.15-3.45pm

Starts 22 September

At 67B

Information

Centre Closed 4-8 September

Half term 23-27 October

Would you like to develop your skills and experience?

We need volunteers to help with-

Running sessions

Gardening

Putting up displays

Leaflet drops

Translating information

Please contact

Kathryn

Kathryn.hogarth@achievingforchildren.org.uk

078 6460 9915

***Drop-in sessions**

**** Contact the centre for booking details**

***** Call alternative number**

11 September-20 October Ham

Monday

Health checks***

9.30am-12.00pm

At Ham 020 8973 3490

Health transfer in***

1.30-4.30pm

At Ham 020 8973 3490

Crafty Tales Baby Music& Development*

0-12months

10.00-10.30am

18 September-16 October

At Ham

Cake, Chat and Play* (Parent Forum)

1.30-3.00pm

**Monday 18 September and
Monday 6 November**

At Ham

Tuesday

Midwives Clinic***

9.00am-5.00pm

At Ham 020 8934 3316

Stay and Play*

9.30-11.30am

Starts 19 September

At Ham

Well baby clinic***

2.00-4.00pm

At Ham 020 8973 3490

Lisa's Multisports*

1.45-2.45pm

12 September-17 October

At Ham

Weaning talk**

12.30-1.30pm

31 October

Book through reception

At Ham

Wednesday

Midwives appointments***

9.00am-5.00pm

At Ham 020 8934 3316

Baby massage***

9.45-10.45am

September 13, 20, 27

October 4

Please contact Nafisa to book.

077 7384 4273

nafisa@nafisa.co.uk

At Ham

Lisa's family fitness Level 2**

11.00am-12.15pm

20 September-29 November

At Ham

Lisa's family fitness Level 1**

9.30-10.45am

11 October to 15 November

At Ham

Children Centre

Thursday

Midwives appointments***

9.00am-5.00pm

At Ham 020 8934 3316

Stay and Play*

9.30-11.00am

Starts 14 September

At Ham

Cooking with Maths**

1.30-2.30pm

21 September- 19 October

At Ham

Friday

Chatter Box*

18months- 5years

2.00-3.00pm

Starts 15 September

At Ham

Toy Library*

3.15-4.15pm

Starts 15 September

At Ham

Information

Would you like to develop your skills and experience?

We need volunteers to help with-

Running sessions

Gardening

Putting up displays

Leaflet drops

Translating information

Please contact

Kathryn

**Kathryn.hogarth@achievingf
orchildren.org.uk**

078 6460 9915

***Drop-in sessions**

**** Contact the centre for
booking details**

***** Call alternative number**

Outreach programme

Monday

Stay and play*

9.30-11.00am

18 September-11 December

No session 25 September

At Cambrian Centre

Midwives***

Appointments

8.30-4.30pm

At Lowther 020 8934 3316

Tuesday

B4UCrawl* 10.30-11.30am 19
September-19 December

Sling Clinic* at B4U Crawl
Tuesday 26 September, 31
October, 28 November

At Kew Riverside

Toddler stay and play*

2.45-4.15pm

Start 11 September

At Lowther

Wednesday

Well child clinic***

9am-12pm

At Lowther 020 8973 3490

Weaning talk**

11.30am-12.30pm

20 September

Book through reception

At Lowther

Thursday

ESOL Welcome Project**

9.45am-12.00pm

**Starts 14 September-13
December**

**At Castelnau Community
Centre**

Friday

Health reviews***

9.30am-12.00pm

At Lowther 020 8973 3490

Roar Music / Stay and Play*

9.30-11.30am

Start 15 September

Music and singing 0-4 years
followed by Stay and Play
with Snacks. Additional Cost
apply £3 -£4

At ST. Richards Church

Information

Healthy Start Vitamins Are
Available from Ham
Children's Centre and North
Barnes Children Centre at
Lowther Primary School.
Please ask at reception.

***Drop-in sessions**

**** Contact the centre for
booking details**

***** Call alternative number**

Our sessions

Sessions are for 0-5 year olds unless specific ages are stated

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

Midwives

Appointment only, to book call 020 8934 3316.

Well Baby/Child Clinic

This clinic is run by our local health visiting team; for routine growth monitoring and assessment of mother's emotional well-being.

Baby Massage

Baby Massage has health benefits for you and your baby - it is great fun.

Please contact Nafisa to book 07773 844273

If the cost is difficult for you please speak to the Children's Centre staff.

Lisa's Family Fitness Session Level 1

Sessions for adults to have a full body workout, learn about nutrition and exercise, giving you knowledge and understanding to improve your lifestyles. Children play alongside. To book contact the Children's Centre

Lisa's Family Fitness Session Level 2

10 Sessions for families who have previously attended Family Fitness sessions.

Toddler Stay and Play– For children who are up on their feet! Come and have fun playing, singing and learning. Activities meet early year's foundation stage and support development.

Stay and Play

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

Toy Library

Term time only. Free membership and no borrowing fee. Borrow one or two items for up to three weeks.

Rhythm Rhyme and Storytime

Singing and stories and playing.

Refuge Domestic Abuse support

Call 020 8943 8188

Learn English ESOL course

for anyone who would like to learn English. Crèche available. This course can lead to an accredited course in September

Learners need to bring proof of residency and ID.

Parent Forum

An opportunity for parents to socialise and have a say in what happens at the children's centre while children play.

Roar Music / Stay and Play

Music and singing

0-4 years

Additional Cost

Apply £3 -£4

Lisa's multi-sports

Fun and enjoyable session for children who can walk and run to play different sports and games together with their parent.

Crafty Tales

Music classes for babies that boost your child's motor skills, upper body strength and social skills. Singing, puppets, finger rhymes, bubbles and musical instruments.

Our sessions (Cont'd)

Breastfeeding

Parents are offered support and advice on breastfeeding by a trained breastfeeding counsellor.

Weaning Workshop

Run by our local health visiting team; giving advice on introducing solid food.

Time to Sparkle—If you have a child aged 2-5 years and you feel you would like some support with their behaviour, language, concentration, social and emotional and/or physical needs then come along to our drop in group. Free play and focussed time together. Siblings welcome.

B4 You Crawl— For young babies and new parents to socialise.

Cake, Chat and Play (Parent Forum)

A chance for parents to socialise and have a say in what happens at the centre, while children play.

Cooking with math's

5 Week course, parents and children explore math's through cooking cheap healthy easy recipes together.

Sling Clinic

Advice and practical demonstrations to show you how to safely wear your baby in a sling.

Antenatal classes

Book through your midwife.

Advice for you and your partner to prepare for labour, birth and early parenthood.

Chatter box 18 months-5 years

Learn how you can help your child's speech and language development within a fun play session.

Family Links

Course to help parents find ways to manage behaviour, support development and enjoy parenting.

Portage Group

Portage aims to work with families to help them develop a quality of life and experience, for themselves and their young children, in which they can learn together, play together, participate and be included in their community in their own right.

Where are we?

Barnes Children Centre

67B Lower Richmond Road,
Mortlake
SW14 7HJ

North Barnes Children Centre

Lowther Primary School
Stillingfleet Rd, Barnes, London
SW13 9AE

Castelnau Community Centre

Stillingfleet Rd, London SW13
9AQ

Kew Riverside Primary School

37 Courtlands Ave, Richmond
TW9 4ES

Where are we (Cont'd)?

Ham Children Centre

Ashburnham Road Ham,
Richmond TW10 7BJ

St.Richards Church

Ashburnham Road, Ham,
Surrey, TW10 7NL, United
Kingdom

Cambrian Community Centre

1 Grove Rd, Richmond
TW10 6SN

Further information

Find us online:

Twitter: [@AforC_info](#)

Facebook: [@AfCinfo](#)

Website: www.afcinfo.org.uk

AfC Barnes Children's Centre

Email: barnescc@achievingforchildren.org.uk

AfC Ham Children's Centre

Email: hamcc@achievingforchildren.org.uk

Barnes Children Centre phone number: 079 0455 6423

Ham Children Centre phone number: 020 8734 3400

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.

