



**Ham  
Children's Centre**  
serving Ham and Richmond

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**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.





# Ham Spring Programme 3rd

## Monday

### **Play and Explore (0-2 years)**

9.30-11.30am

Drop-in play session

### **Two Year Group**

9.30-10.30am

Appointment only  
with health

020 8973 3460

### **One Year Group**

11.00am -12.00 noon

Appointment only  
with health

020 8973 3460

### **Transfer in**

1.30 - 4.30pm

Appointment only  
with health

020 8973 3460

### **Baby**

#### **Massage**

1.30-2.15pm

Book through  
reception

## Tuesday

### **Stay ,Play and Learn (0-5 years)**

9.30-11.30am

Drop-in play session

### **Toy Library**

9.30-11.30am

Drop-in (Term Time  
Only)

### **Refuge Domestic Violence Support**

9.30am-12.00 noon

Drop-in or call  
020 8943 8188 to book

### **Well Baby Clinic**

2.00-4.00 pm

Appointment only with  
health - 020 8973 3490

## Wednesday

### **Midwives**

9.00am-5.00pm

Book through Kingston  
Hospital on 020 8934  
3316

### **Lisa's Family Fitness**

9.30-10.45am

#### **Booking Only**

Starting 4 Jan—29 Mar

### **Police Community**

#### **Drop-in (Fortnightly)**

9.30-11.30am

See dates in description

### **Adult Learning**

#### **Workshop**

11.30 am-1.30pm

Book through reception

### **FARM Experience**

Come and meet the  
farm animals at the  
Children's Centre

**15 February 2017**

**9.30-11.30 am**

**Ticket event– please  
ask reception**

# January—31st March 2017

## Thursday

### Midwives

9.00am-5.00pm

Book through Kingston  
Hospital on 020 8934  
3316

### Messy Play (0-5 years)

9.30-11.00  
am

Drop-in play session

### Time for Rhyme for Under 1's

(0-1 years)

1.00-2.30pm

Drop-in play session

## Friday

### Cooking on a Budget

9.30-11.00 am

Book through reception  
Dates available in  
January/February and  
February /March

### Parent Forum

9.30-11.30am

See dates in description

### Babbling Babies

1.00 -1.45pm

Book through reception  
Dates available in  
January / February and  
February/March

### Communic8

2.00 -4.15pm

Referral only - please  
speak to a member of  
the communic8 team

### Weaning Workshop

Delivered by the Health  
Team

2.00 -4.00pm

Book through reception

## Information

### Back to Work Advisor

Help returning to or  
starting work run by  
our Strengthening  
Families Advisor.  
Please contact us to  
book

### Healthy Start Vitamins

Are available from  
Ham Children's Centre  
please ask at  
reception

### Donation

Ham Children's Centre  
is now putting in place  
a donation for sessions  
that will be £2.50 in  
line with Kingston  
Children's Centre

***Please note***

Not all sessions are  
run from Ham  
Children's Centre,  
Please check venue.  
Sessions are likely to  
change in school  
holiday periods.

# Ham Outreach Spring Programm

## Monday

### **Crafty Tales and Cambrian Stay and Play (0-5 years)**

*9.30-11.30am*

Drop-in

Play session

At Cambrian Centre

TW10 6SN

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## Tuesday

### **Crafty Tales**

*10.00-11.00am*

Drop-in

Play session

At Vineyard Life

Church

TW10 6AF

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### **Lisa's Multi Sports**

*10.45-11.45am*

Drop-in session

At

Cambrian Centre

TW10 6SN

Starting 3 January —28

March.

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### **Learn English At Home**

9.00-11.30am

Get active, have fun

and practice your

English! If you're

learning English or a

native speaker; drop in

and join LEAH for crafts,

activities, walk and

talks.

At Meadlands School

TW10 7TS

## Wednesday

### **Meadlands Stay and Play (0-5 years)**

*9.00-10.00am*

Drop-in

Play session

At Meadlands School

TW10 7TS

1st January—31st March 2017

## Thursday

## Friday

## Information

### **Roar Music and Stay and Play**

*9.30–11.30 am*

Music and singing 0-4 years followed by stay and play with snacks.

At St. Richards Church  
TW10 7NL

**Additional cost apply  
£3.00- £4.00**

### **Back to Work Advisor**

Help returning to or starting work run by our Strengthening Families Advisor. Please contact us to book

### **Healthy Start Vitamins**

Are Available from Ham Children's Centre please ask at reception

### **Donation**

Ham Children's Centre is now putting in place a donation for sessions that will be £2.50 in line with Kingston Children's Centre

***Please note***

Not all sessions are run from Ham Children's Centre, Please check venue. Sessions are likely to change in school holiday periods.

# Our sessions

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## **Time for Rhyme for Under 1's**

Mums, Dads, careers and Childminders come and play and explore. Suitable for children under 1.

## **Play and Explore**

For parents and their babies and toddlers 0 to 2 years who are starting to move around.

## **Stay ,Play and Learn**

Come and play with your child.

## **Messy Play**

Get messy, have fun and learn! A great way for children to learn through play by being imaginative, creative, making new discoveries, and making a lot of mess!

## **Toy Library**

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

## **1 and 2 year groups (Appointments)**

Sessions run by our local health visiting team who will invite you to book your child's 1 or 2 year check. Please call the Health Visiting Team

## **Babbling Babies**

A course focusing on the early language and communication skills. Includes using signs to support early communication and developing first words. For babies 3 to 18 months. Please contact the centre to book.

## **Midwives**

Appointment only, booked directly through Kingston Hospital on 020 8934 3316.

## **Parent Forum**

Your chance to have a say in what happens at the Children's Centre, and help to organise and facilitate seasonal events.

## **Refuge Domestic Violence support**

Refuge Community Outreach Worker offers support and advice on domestic abuse, staying safe, managing harassment and safe child contact. Call 020 8943 8188 to book, or drop in.

## **Baby Massage**

Baby Massage has health benefits for you and your baby - it is great fun, developing a unique skill that you can use with your baby through to early childhood. Contact the centre to book.



### **Lisa's Family Fitness Session**

Sessions for adults and children, primarily for adults to have a full body workout as well as learn nutrition and exercise information giving you knowledge and understanding to improve your lifestyles. Please book at reception.

Next block starting 4 January—29 March 2017

### **Well Baby Clinic**

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

### **Police Community Drop In**

Advice and guidance surgery held on 4 January, 1 February and 1 March.

### **Cooking on a Budget**

Parent cooking session where parents and children cook and enjoy a meal together. Please call to book a place.

### **Learn English At Home**

Get active, have fun and practice your English! If you're learning English or a native speaker; drop in and join LEAH for crafts, activities, walk and talks.

Held at Meadlands School  
Tuesdays 9-.0011.30am

## **Outreach**

### **Cambrian Stay and Play**

Come and play with your child.

### **Crafty Tales**

Movement, sounds and placement through storytelling, music and drama, helping to develop the imagination and creativity of babies and pre school children

### **Lisa's multi-sports**

Fun and enjoyable session for children and parents to play together and to try different sports and games.  
Starting 3 Jan—28 March

### **Meadlands Stay and Play**

Come and Play with your child

### **Roar Music / Stay and Play**

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

# Our venues



## Ham Children's Centre

Ashburnham Road  
Ham  
TW10 7BG



## Cambrian Centre

Caplan Court  
1 Grove Road  
Richmond  
TW10 6SN



## Vineyard Life Church

The Vineyard  
Richmond  
TW10 6AF



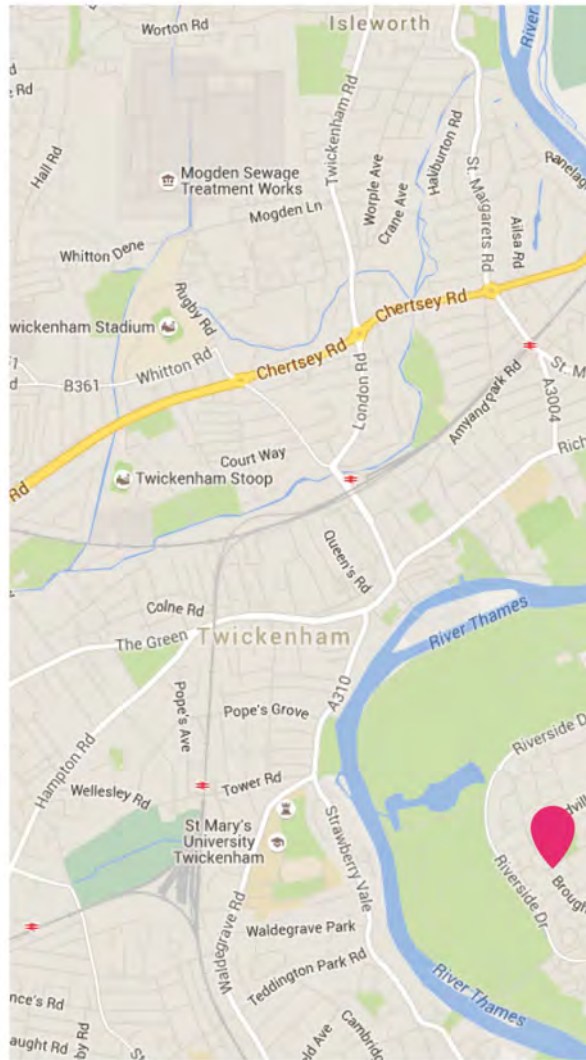
## Holy Trinity Church

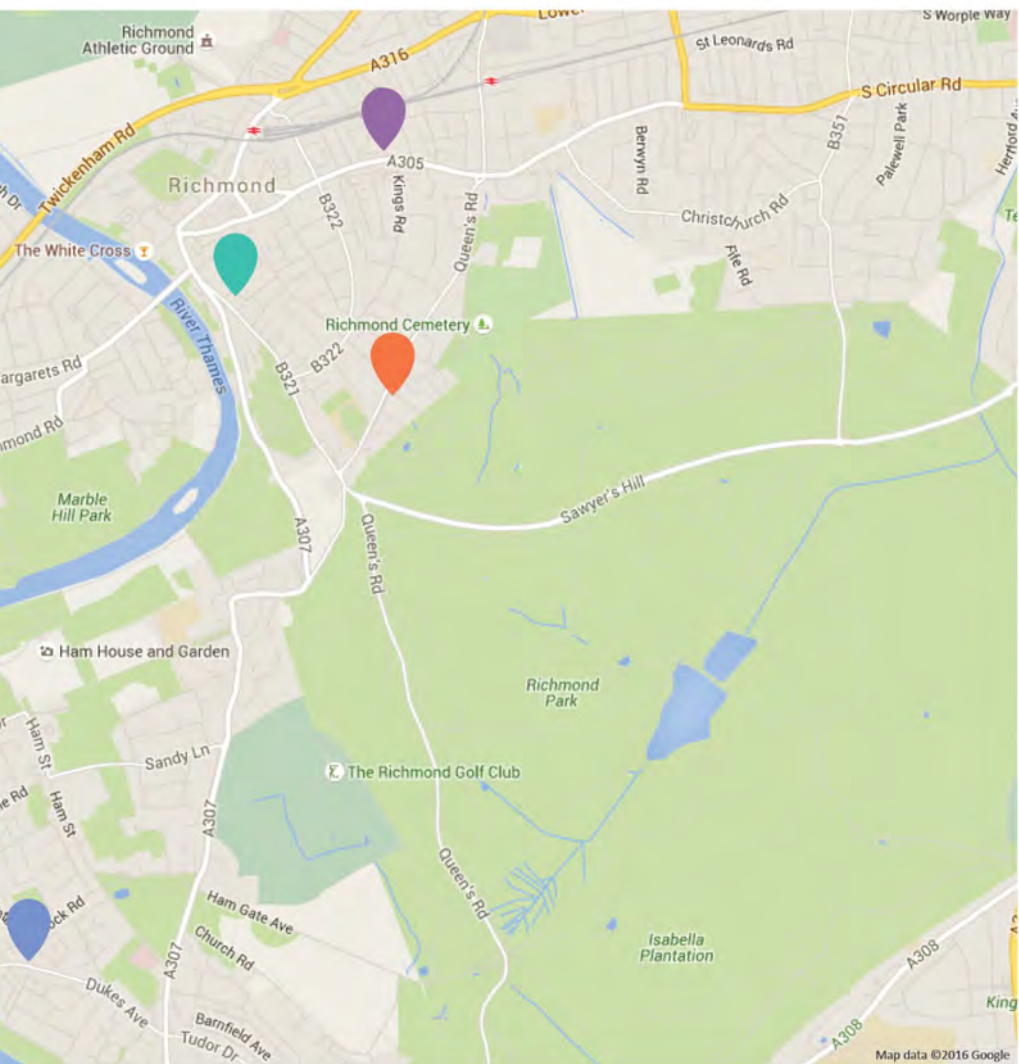
Sheen Park  
Richmond  
TW9 1UP



## Meadlands Primary School

Broughton Avenue  
Ham  
TW10 7TS





# Where are we?

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## **Ham Children's Centre**

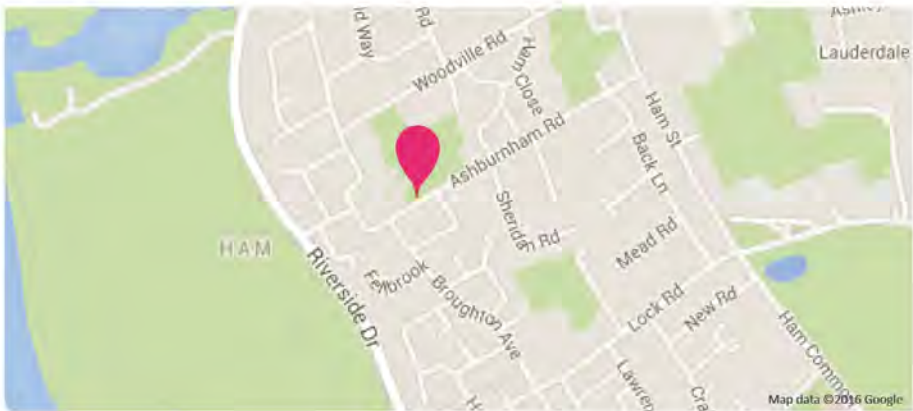
Ashburnham Road

Ham

TW10 7BG

020 8734 3400

hamcc@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