



Heathfield Children's Centre

Autumn Programme 2016
5 September - 21 December



**achieving
for children**

Food bank

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.

Refuge domestic violence support

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

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
to find out more.



Heathfield Autumn Programme 5

Monday

Midwife Appointments**

9.00am-1.00pm

5 September

Book with West Middlesex Hospital Maternity Team

Stay and Play*

Session 1: 9.30-

10.45am

Session 2: 11am-

12.15pm

5 September

Drop-in play session

Well Child Clinic**

1-4pm

5 September

Appointment only Health Visitor Session. Please ring 02089733490 to book.

Tiny Talk Baby Signing **

1.30-2.30pm

12 September - 10

October

& 7 November - 5

December

Singing and Signing for under ones over a 5 week course

Tuesday

Little Explorers**

9.30-11.00am

6 September

Invitation only play session

Baby Massage**

10-11am

13 September

5 week infant massage course. Contact centre for details

1 and 2 year Health Reviews **

1-5pm

6 September

Appointment only Health Visitor Session. Please ring 02089733490 for an appointment

Midwife Appointments**

1-4pm

6 September

Book with West Middlesex Hospital Maternity Team

Rainbow Club**

Run by Heathfield Infant School for parents and children who go to the school.

Wednesday

Communic8

Little Listeners

9.30am**

Little Talkers

10.30am**

21st September- 12

October

Babbling Babies

11.30am*

21st September- 19

October, 2nd November-30th

November

Please note these groups are subject to change. Ask at reception.

Cooking on a Budget**

10.30-11.30am

14 September & 2

November

Learn how to cook healthy, tasty recipes with your child/ren over a 5 week course

ESOL Level 1

12.30-2.30pm

14 September

English for Speakers of Other Languages**

Please ring the centre for details or to book.

Pregnancy Complementary Therapies**

Run by West Middlesex Hospital Maternity Team

5 September – 16 December 2016

Thursday

Refuge Domestic Abuse Advice*

9am-12 noon

See below for details or drop into the centre

Singing Hands**

10.30-11.30am

15 September – 13 October, 10 November – 8 December

Invite only

Crafty Tales

11.45-12.15

22 September

Baby Music Classes
0-1 yr

ESOL**

12.30-2.30pm

15 September

Entry level English for Speakers of another Language. Call us to book.

Storytime with Mark*

3.30-4pm

8 September

Come and join Mark with his guitar and sing and listen to some stories.

Friday

Stay and Play*

9.30-11.30am

4 September

Drop-in play session

Fun and Fitness with Lisa *

11.45am-12.30pm

9 September

Drop in fitness for you and your child. Please wear comfy clothes and trainers.

Breastfeeding support

Please contact the centre for details

Health Appointments**

Please see description overleaf

Wellbeing into Motherhood Group **

1.30-3pm

Start date tbc

In partnership with Richmond Wellbeing service, an 8 week course based on cognitive behaviour therapy to help you manage low mood following the birth of your baby. Ring the centre or Richmond Wellbeing service to book: 02085485550

Saturday

Please note that during the week commencing 19 December we will only have health sessions running.

Adult Education sessions: Volunteering, Literacy and Numeracy**

Please ring the centre for details or to put your name on the waiting list.

Prenatal/Postnatal talks**

Please contact the centre for details of taster sessions

e.g. weaning, first aid

Key

* Drop In

** Booking Only

£ There is a charge for this session – please ring for info

Heathfield Autumn Term Outreach Program

Monday

Paediatric First Aid**

at Lisette Narain
Community Centre

9.30-11.30am

Course 1: 19 & 26

September

Course 2: 7 & 14

November

2 x 2 hr sessions to provide a basic understanding of Paediatric First Aid

Tuesday

Stay and Play* at Whitton Youth Zone, Britannia Lane

1.30-3pm

6 September

Drop-in play session with imaginary play and singing

Wednesday

Bumps and Babies* at Whitton Youth Zone, Britannia Lane

1.15-2.15pm

7 September

Drop in play session for mums and/or dads/ carers with babies under one or bumps. Informal chat, play and way to meet other parents in the area.

Messy Play* at Nelson School

3.30-4.30pm

14 September

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.

Programme 5 September– 16 December 2016

Thursday

Baby/Tatty Bumpkins £**

at Trafalgar Early Years Centre

1.15-3.15pm

10th September

Fun filled, yoga-inspired classes for you and your child with Kate Gait, payable in advance. Call 07974 750886 for details. Term time only.

Positive Start Parenting **

at Whitton Youth Zone

9.30-11.30am**

10 November-8 December

A five week course to support positive parenting. Please book at reception.

Friday

Saturday

KEY:

* Drop In

** Booking Only

£ There is a charge for this session, please ring for info

Our sessions

Baby Massage: A five week course, perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc. Please ring the centre to book.

Breastfeeding support: Starting soon run by West Middlesex Hospital- please ring the centre for details

Back to Work Advisor Appointments: Help returning to or starting work run by our RHP Advisor. Please contact us to book an appointment.

Cooking on a budget: A five week course cooking, healthy, tasty budget meals

Communic8 Pre-booked Sessions: Please contact the centre for more information and to book, Sessions running include: Babbling Babies, Little Listeners and Little Talkers

ESOL: Entry level and level 1 (12/13 week) English for Speakers of Other Languages. Please ring the centre to book.

Fun and Fitness with Lisa: This is a fun fitness session for both adults and children. Please wear comfy clothes and trainers

Health Appointments: If you've just moved into the area and have a child under five please ring the Health Visiting Administration Service on 02089733490 to arrange to meet a member of your local health visiting team.

Little Explorers: A creative, fun and stimulating play session for parents and children up to 5 years- invite only

Midwife Appointments: Sessions run by West Middlesex Hospital maternity support, please book through your

midwife

1 and 2 Year Health Reviews: Run by our local health visiting team who will invite you to book your child's 1 or 2 year health review. For further enquiries please call the Health Visiting Administration Service on: 02089733490 or email HRCH.healthreview1@nhs.net for your child's 1 year health review or HRCH.healthreview2@nhs.net for your child's 2 year health review

Refuge Domestic Abuse Advice: Confidential advice for people experiencing domestic/emotional abuse and/or controlling behaviour. Please contact the centre for details.

Crafty Tales: Run by Deva .come and enjoy a wonderful baby music class. Come and discover why singing nursery rhymes with your child is so important for their early development

Singing Hands: A 5 week fun and educational session run by Singing Hands for children with additional needs, speech and language support needs or who have English as an additional language, please book at reception. Invite only.

Stay and Play: A fun, educational and creative play session for under fives. Limited spaces so please collect a ticket from reception on the day of the session.

Story and Rhyme Time with Mark: Come and meet Mark for his fabulous storytelling. Drop in, limited numbers.

Tiny Talk Baby Signing
New hands -on sensory activities will delight your baby and develop their communication skills

Well Child Health Clinic: run by our local health visiting team, appointment only, please ring the Health Visiting

Outreach

Baby/Tatty Bumpkins: Fun filled, yoga-inspired classes for you and your child with Kate Gait, payable directly to Kate in advance for more information please call: 07974750886 Term time only

Messy Play: 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.

Paediatric First Aid: Two two hour sessions covering CPR and basic first aid skills.

Positive Start Parenting Programme: A 5 week programme to support parents with Parental Well-Being, Positive Parenting Strategies and Child Development. Please book through the children's centre.

Pre/Postnatal talks: Is there something you'd like information on e.g. Weaning/Sleep? Let us know and we can arrange an

expert to come in and talk to you or you can ring the Health Visitor Advice Line: 02086301725

Healthy Start Vitamins are available at the centre for you and your child- please ask at reception

The Children's Centre is open 9am -5pm please feel free to pop in anytime for a chat, we look forward to meeting you soon

Our venues



Heathfield Children's Centre

Powder Mill Lane
Whitton
TW2 6EX



Lisette Narain Community

Centre Whiteleys Way
Whitton
TW13 6HS



Nelson Primary School

Nelson Road
Whitton
TW2 7BU



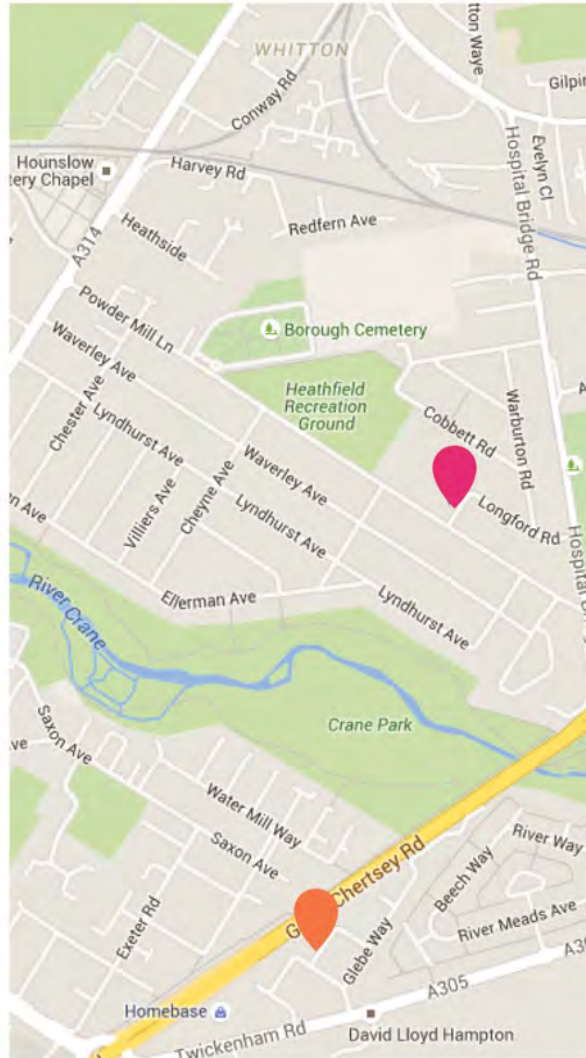
Trafalgar Early Years Centre

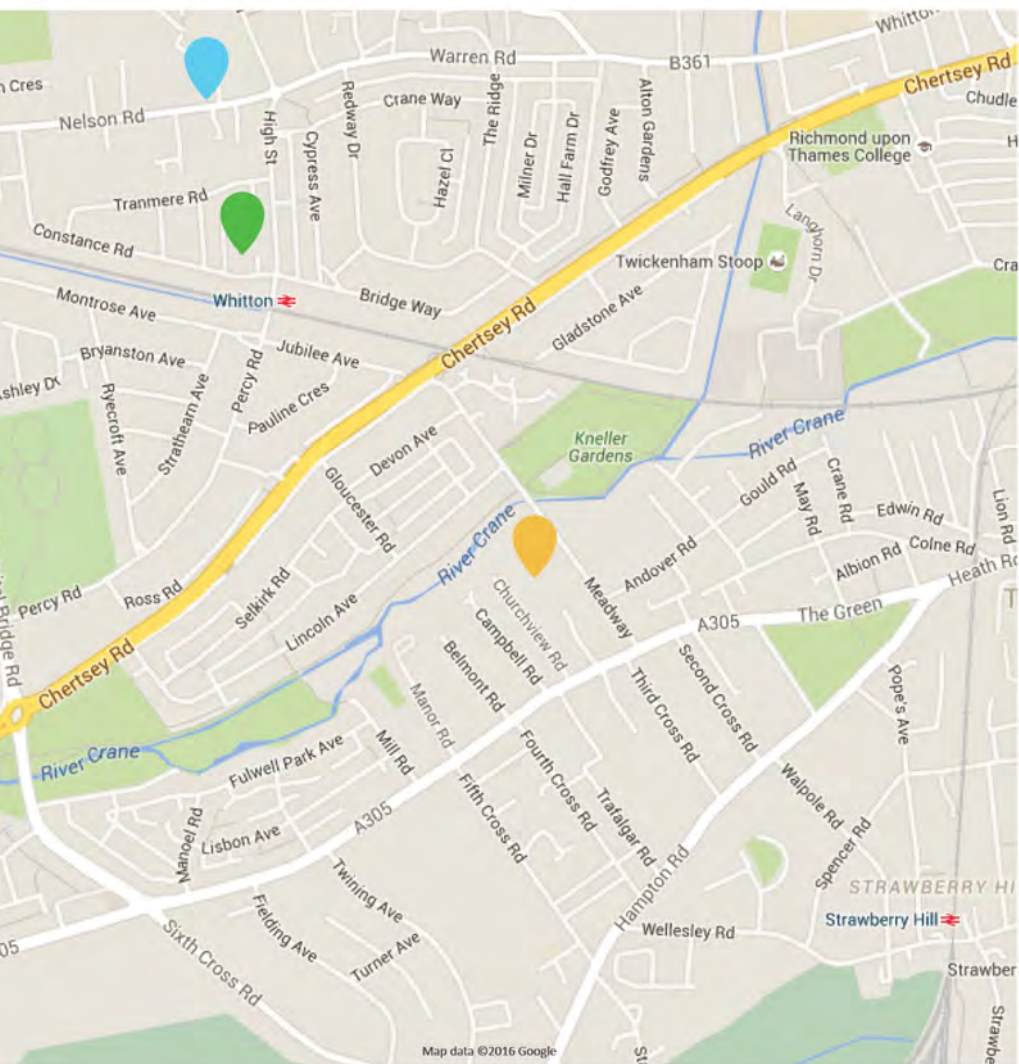
Meadway
Twickenham
TW2 6PY



Whitton Youth Zone

1 Britannia Lane
Whitton
TW2 7JX





Where are we?



Heathfield Children's Centre

Powder Mill Lane

Whitton

TW2 6EX

020 8734 3405

heathfieldcc@achievingforchildren.org.uk



Find us online at:

www.richmond.gov.uk/childrens_centres

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