

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



West Cluster Richmond upon Thames Heathfield serving Twickenham and Whitton

Summer Programme 2017
18 April to 21 July



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.

The DV Hub (Kingston Domestic Violence Hub)

The Kingston Domestic Violence Hub (DV Hub) is home to a team of independent domestic violence caseworkers and domestic and sexual violence advocates who can help you work out what is the best next step for you.

DV Hub workers support all victims of domestic violence. Whatever your age, sex, gender, sexuality, religion, race or disability, they will either directly support you or link you with the service most appropriate for your needs.

The DV Hub phone line is open 10am to 4pm, Monday to Friday on [020 8547 6046](tel:02085476046) and kingston.dvhub@victimsupport.org.uk.

If you need support outside of these hours, please call the free 24 Hour National Domestic Violence Helpline on [0808 2000 247](tel:08082000247).

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.kingston.gov.uk to find out more.

Information about special educational needs and disability

Visit the Local Offer for Kingston and Richmond website for information for families that include a child with SEN or a disability in Kingston and Richmond. www.afclocaloffer.org.uk or you can email sendlocaloffer@achievingforchildren.org.uk or phone [020 8547 4722](tel:02085474722) for advice.



Heathfield Summer Programme — 18 April—21 July 2017

Monday

Midwife

Appointments **

9.00 am—1.00 pm
Book with West Middlesex Hospital Maternity Team

Stay and Play *

Starts 24 April

Session 1:

9.30—10.45am

Session 2:

11.00 am—12.15pm

Well Child Clinic **

Starts 24 April
1.00—4.00 pm
Appointment only.
Please ring the health team to book an appointment
020 8973 3490

Weaning Talk **

3.15 - 4.15 pm

15 May

3 July

Please call the centre

to book a place.
020 8734 3405

Tuesday

Little Explorers **

Starts 18 April

9.30—11.00 am

Invitation only

Baby Massage **

25 April - 23 May

10.00—11.00 am

5 week course.

Contact centre for details.

1 and 2 year Health Reviews **

Starts 18 April

1.00—5.00 pm

Please ring the health team to book an appointment 020 8973 3490

Midwife Appointments **

1.00—4.00 pm

Crafty Tales **

1.15—1.45 pm

Call the centre to book

Baby Play *

Starts 18 April

1.45—2.30 pm

Refuge Domestic Abuse Advice *

25 April

12noon - 4.00pm

Wednesday

Communic8

Little Listeners **

9.30—10.15 am

Little Talkers **

10.30—11.15 am

Babbling Babies **

11.30am—12.15 pm

26 April - 24 May

7 June - 5 July

Cooking on a Budget **

10.30—11.30am

10 May - 14 June

21 June - 19 July

ESOL Level 1 **

12.30—2.30 pm

English for speakers of other languages. Please ring the centre to book.

Story & Rhyme time with Mark *

2.45 - 3.15pm

19 April - 24 May

7 June - 12 July

Join Mark with his guitar and sing and listen to some stories.

Pregnancy Complimentary Therapies **

9.30am—4.00pm

West Middlesex Hospital Team

Thursday

Refuge Domestic Abuse Advice *

9.00am—12.00 noon

27 April

Confidential advice for people experiencing domestic/ emotional abuse and/ or controlling behaviour. Please contact the centre for details.

Singing Hands **

10.30—11.30 am

4th May - 25 May

8 June - 29 June

Call the centre for information and to book your place.

Invitation Only

ESOL Level 1 **

12.30—2.30 pm

Entry Level English for speakers of another language. Call the centre to book.

Friday

Stay and Play *

21 April

9.30—11.30am

LK Fitness

Fun and Fitness **

11.45am—12.30pm

21 April -- 12 May

9 June - 30 June

Pregnancy Complimentary Therapies

9.30am—4.00pm

West Middlesex Hospital Team

Information

Citizens Advice Bureau **

Tuesdays

10.00am—1.00 pm

Please phone the centre to book.

Healthy Start Vitamins

Available at the centre for you and your child. Please ask at reception.

* Drop In

** Booking only

£ There is a charge for this session— please ring for info
Heathfield -

020 8734 3405

Heathfield Summer Outreach Programme— 18 April—21 July 2017

Monday

Paediatric First Aid **
9.30—11.30 am
8 May & 15 May
12 June & 19 June
**At Lisette Narain
Community Centre**
Workshop 1:
To be confirmed
Workshop 2:
To be confirmed
2 x 2hr sessions to
provide basic
understanding of
paediatric first aid.

Tuesday

Stay and Play *
1.30 - 3.00 pm
18 April
**At Whitton Youth
Zone, Britannia Lane**
Drop in play session
with imaginary play
and singing.

Wednesday

Messy Play *
3.30 pm - 4.30 pm
Dates to be confirmed
At Nelson School
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.

Thursday

**Tiny Talk Baby Signing

10.30—11.30 am
20 April - 18 May
8 June - 6 July
**At Whitton Youth
Zone, Britannia Lane**
Singing and signing for
under 1s over a 5
week course.

Baby Bumpkins **£
**At Trafalgar Early
Years Centre**
Mobile Babies
1.30—2.00 pm
Non Mobile Babies
2.15– 2.45 pm

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

Friday

Information

* Drop In
** Booking only
£ There is a charge for
this session— please
ring for info
Heathfield -
020 8734 3405

Our sessions

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

Baby Play: Drop in session for Mums, Dads or carers with babies under 1. Informal chat and play session.

Communic8: Pre-booked sessions by the Speech and Language Team. Please contact the centre to book. Sessions running include: Babbling Babies, Little Listeners and Little Talkers.

Cooking on a budget: Learn how to cook healthy and tasty recipes on a budget with your child/ren over a 5 week course.

Crafty Tales: Don't just sing. Come and discover why we sing. Why singing nursery rhymes with your child is so important for their early development.

ESOL: Entry Level and Level 1 (12/13 week) English for speakers of other languages. Please ring the centre to book.

Health Appointments: If you've just moved into the area and have a child under 5 please ring the Health Visiting Team: 0208 973 3490

Little Explorers: A creative, fun and stimulating play session for parents and children upto 5 years—invite only.

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

Singing Hands: A 4 week fun and educational session for children with additional needs.

Stay and Play: A fun, educational and creative play session for under 5s. 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 story telling. Drop in. Limited numbers.

Well Child Health Clinic: Run by our local Health Visiting Team, appointment only. 0208 973 3490

Outreach

Baby Bumpkins

Mobile and Non Mobile Babies
Fun filled yoga inspired classes for you and your child with Kate Gait payable in advance. Call 07974 750886 for details

Paediatric First Aid Workshops

Two 2 hour sessions covering CPR and basic first aid skills.

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.






Stay and Play

A fun, educational and creative play session for under 5s.

Tiny Talk Baby Signing :

New hands-on sensory activities will delight your baby and develop their communication skills.

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

