

Heathfield Children's Centre  
Powder Mill Lane  
Twickenham  
TW2 6EX

Phone: 020 8734 3405  
Email: heathfieldcc@richmond.gov.uk

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.  
Phone: 020 8734 3405  
Minicom number: 020 8831 6001



During the school term the children's centre runs a rolling timetable of different activities to support you with family life. For great ideas of what to do with your child such as baby massage, Messy Play, Being in Rhythm and much more, have a look through our programme to find out what best suits you.

We welcome children with additional needs to the centre. If you would require any extra assistance to access any of our activities, please do call us and we will endeavour to help. If you have any questions, pop in and see us to find out more. We look forward to seeing you!



## Autumn programme 2011

### Heathfield Children's Centre

020 8734 3405

**Welcome to Heathfield Children's Centre**  
The children's centre is a welcoming environment for children under 5 years old to take part in lots of fun activities with all members of the family. The children's centre has teamed up with many services in the community such as health, housing, schools, the police, voluntary and community organisations and the local council to offer all of these activities for free!



#### Activity descriptions

##### Stay and Play

Mums and dads, carers and childminders to meet and share with their children two hours of play and singing.

##### Family Links

Offers practical ways to get the best out of family life. Looking at topics such as positive discipline, ages and stages, behaviour, feelings, nurturing ourselves, coping with stress and issues within your own family.

##### Bumps and Babies

For mums to be and those parents or carers of babies up to 12 months. This is an informal play and chat session. Lunch provided. Advice this term from Community Nursery Nurse, Dental Health and practical weaning tips.

##### Jo Jingles

Jo Jingles is a fun, interactive music session full of songs, instruments and games. Come along and join in!

##### Being in Rhythm

1.15-1.45pm: Family session  
2.00-3.00pm: Group  
3.00-3.30pm: Small group

##### Baby Clinic

Health Visitor and Community Nursery Nurse available for baby weighing, any advice or questions.

##### Immigration and Reinvention

Friendly and informal six week course to help women new to the UK settle and boost their self-esteem.

##### 2½ Year Health Checks

By appointment from the Health Visitor. Parents will get the chance to meet the Community Nursery Nurse for a one-to-one appointment with your child to discuss any questions you may have about your child's development.

##### Antenatal and Postnatal Yoga

A fun activity for you! For mothers to be and mums with a baby up to 8 months with a focus on gentle yoga to support labour, birth and postnatal wellbeing.

##### Baby Massage (check dates at reception)

Come along and meet other parents with babies and young children. An excellent channel in which to communicate love, comfort and support for your baby. Fantastic health benefits for both you and your baby.

##### Tatty Bumpkin

Based on yoga postures. The world of Tatty Bumpkin is

suitable for any child between 18 months and 5 years.

Sessions are designed for parents to join in, so you get a good stretch too!

##### Move with Me

Promotes and develops positive attachment and attunement, using movement, play and touch with the Dance Movement Therapist. Please contact reception for more information. By referral only.

##### Messy Play

Come and get messy with your child for an hour! Have fun allowing your child to explore different textures using their senses. Please come prepared and wear clothes that you don't mind getting messy! No need to book, so just drop in.

##### BEAR HUGS

Building Early Attachment Relationships with Help, Understanding, Guidance and Support. A project to support and nurture the relationship between mothers and children that have experienced domestic abuse. By referral only.

##### Young Parents Group

Richmond Youth Partnership will be running this group at the centre for open access to parents under 25 years old to offer support, advice and a variety of activities. Please contact reception for further information.

##### Antenatal SALT Support

Babies start to develop communication skills in the womb – find out more at this workshop facilitated by a speech and language therapist. Includes tips on how to give your baby the best start in becoming a good communicator.

##### Postnatal Group

A four week group for after baby is 8 weeks old. This includes sleep, weaning, safety and play, and a taster in baby massage.

##### Victim Support

Victim Support is a national voluntary organisation providing emotional and practical support to victims of crime. Our domestic abuse worker is trained in how domestic abuse affects people and can offer you free, confidential support and help. To book, phone 020 7223 1234.

##### Toy Library

Play sessions for parents and children and a loan of a wide range of age appropriate toys.

##### PCOs

Drop-in session with a Police Community Support Officer from the Safer Neighbourhood Team.

#### ESOL

If English isn't your first language, English for speakers of other languages (ESOL) helps you improve your English skills and support your child with their reading and writing.

#### Relate Family Counselling

Confidential, free counselling support for families with a range of concerns and issues. To book, please visit the centre

#### Literacy

Following on from the Literacy Taster course now leading to a level 2 qualification

#### Healthy Cooks

If you want to learn to cook easy, cheap and healthy food for you and your family then this five week course is for you.

#### Tiny Teddies 16 Sept, 14 Oct, 11 Nov, 9 Dec

Drop-in rhyme story and bounce session for parents and carers with young children.

#### Diddi Dance

Have fun using dancing games and exercises, bells hoops and dance ribbons to improve your little ones rhythm and coordination. Suitable for children 2-4 years old.

#### Expressive Art

Therapeutic art session to help families improve their communication and importantly experience some quality time with their children. For more information please contact reception.

#### Cookie Tots

Take part in a healthy cookery session for the under fives. Learn new recipes to make at home with your children and help your little ones get involved in mixing, stirring and creating something yummy!

#### Multiplicity

Drop-in session for families with twins, triplets or more under 5 years, for play and advice.

#### Tiny Ballers

A great way to spend time with your child having fun, learning about body parts, healthy lifestyles and football skills. The 9.30am session is paid for directly to the tutors. The 10.15am session is free and for children aged 2 to 5 years.

#### Kidzactive

Early intervention in the form of speech and language therapy can make significant improvement to a child's development. This project will assist a wide range of children with autistic spectrum disorders and associated social communication difficulties, aged 3 to 7 years. Contact reception for more information.

# Heathfield Children's Centre Autumn 2011 programme

For more information, please drop in or call the centre on  
020 8734 3405

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
<b>Stay and Play</b> 9.30-11.30am*	<b>Jo Jingles</b> 12.30-1.20pm*	<b>Immigration and Reinvention</b> 9.30-11.30am**	<b>Antenatal and Postnatal Yoga</b> 12noon-1.00pm*	<b>BEAR HUGS</b> 9.00am-12noon	<b>Young Parents' Group</b> 12.30-2.30pm**	<b>BEAR HUGS</b> 9.00am-12noon	<b>Stay and Play</b> 12.30-2.30pm*	<b>Toy Library</b> 9.30-11.30am*	<b>Expressive Art</b> 12.45-2.45pm*	<b>Tiny Ballers</b> 9.30-11.30am**	<b>Kidzactive</b> 1.00-3.00pm**
<b>Family Links</b> 9.30-11.30am**	<b>Being in Rhythm</b> 2.00-3.00pm**	<b>2½ Year Health Checks</b> 10.00am-12.30pm	<b>Baby Massage</b> 12noon-12.45pm**		<b>Antenatal SALT Support</b> 2.45-3.30pm*	<b>Victim Support</b> 9.00am-12noon**	<b>ESOL</b> 12.30-2.30pm**	<b>Literacy</b> 9.30-11.30am**	<b>Cookie Tots</b> 1.00-2.00pm**		
<b>Bumps'n'Babies</b> 11.30am-12.30pm*	<b>Baby Clinic</b> 1.30-3.30pm*		<b>Tatty Bumpkin</b> 1.15-2.00pm*		<b>Postnatal Group</b> 2.45-4.30pm	<b>Stay and Play</b> 9.30-11.30am*	<b>Relate Family Counselling</b> 12.00noon-3.00pm**	<b>Healthy Cooks</b> 9.30-11.30am**	<b>Multiplicity</b> 1.00-2.30pm##		
			<b>Move with Me</b> 1.30-4.30pm**			<b>Toy Library</b> 9.30-11.30am*		<b>2½ Year Health Checks</b> 9.30am-1.00pm			
			<b>Messy Play</b> 2.00-3.00pm*			<b>PCOs (monthly)</b> 10.00am-12noon*		<b>Tiny Teddies</b> 11.00-11.45am*			
								<b>Diddi Dance</b> 11.45am-12.30pm*			

\* Drop-in session  
\*\* Please book at reception  
# See dates in description  
## First Friday of every month

**at Lisette Narain Community Centre**

Lisette Narain Community Centre  
Whiteleys Way  
TW13 6HS

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### Child Safety

**Mondays**  
9.30-11.30am\*

A five week course covering accident prevention and child safety, ending with the chance to gain the Paediatric First Aid qualification.

### Singing Hands

**Wednesdays**  
10.00-11.00am\*

Come along and learn some Makaton signing in a fun, interactive way through nursery rhymes and stories.

**at Edgar Road**

Hounslow Heath Community Centre  
190 Edgar Road  
TW4 5QP

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### Seesaw Art Group

**Tuesdays**  
12.30-2.30pm\*

Fun art-based session includes music, play materials, soft play, creative activities, stories and rhyme in a relaxed informal environment.

### Bollywood Dance

**Wednesdays**  
1.30-2.30pm\*

A Bollywood dance session for children and a chance to make some wonderful Indian crafts.

### Stay and Play

**Fridays**  
9.30-11.30am\*

Mums and dads, carers and childminders to meet and share with their children two hours of play and singing.

**at Crane Park**

Crane Park

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### Families Go Wild

**Tuesdays**  
9.30-11.30am\*

Families Go Wild with the Play Rangers at Crane Park. Calling all muddy mums and outdoor dads to join us for outdoor fun and adventures whatever the weather. Meet at the Heathfield Childrens Centre at 9.30am. We will be playfully exploring the natural environment so please dress appropriately - cover up legs and wear layers to put on or peel off as needed. Don't forget to bring a drink and a snack too.

**at St Edmunds School**

St Edmund's Primary School  
Nelson Road  
TW2 7BB

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### Baby Bumpkin

**Tuesdays**  
2.15-3.00pm\*

Based on yoga postures. The world of Tatty Bumpkin is suitable for any child under 18 months. Sessions are designed for parents to join in, so you get a good stretch too!

**at Trafalgar Primary School**

Trafalgar Primary School  
Emsleigh Road  
TW2 5EG

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### Messy Play

**Thursdays**  
2.00-3.00pm\*

Come and get messy with your child for an hour! Have fun allowing your child to explore different textures using their senses. Please come prepared and wear clothes that you don't mind getting messy!

