

Translation advice

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

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

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

Find us on Facebook!
www.facebook.com/richmondboroughchildrenscentres



Winter/Spring Programme 2011/12

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!



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!



Sure Start Children's Centres



Richmond upon Thames Children and Young People's Trust

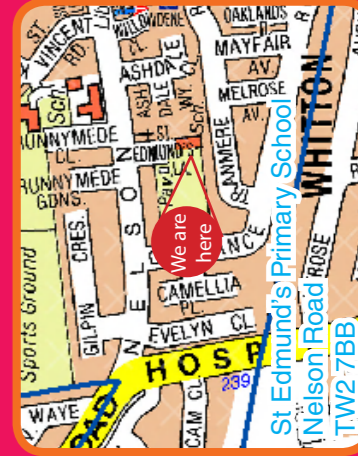
Out and About

at St Edmunds School

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 Early Years Centre

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!



at Lisette Narain Community Centre

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

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.



Heathfield Children's Centre Winter 2011/12 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
Stay and Play 9.30-11.30am*	Jo Jingles 12.30-1.20pm*	Little Talkers 9.30-10.15am**	Antenatal and Postnatal Yoga 12noon-1.00pm*	My First Words 9.30-10.15am**	Young Parents' Group 12.30-2.30pm**	Domestic Abuse Advice 9.00am-12noon**	Stay and Play 12.30-2.30pm*	Literacy 9.30-11.30am**	Expressive Arts 12.45-2.45*##	Tiny Ballers 9.30-11.00am**	Kidzactive 1.00-3.00pm**
Family Links 9.30-11.30am**	Being in Rhythm 2.00-3.00pm**		Baby Massage 12noon-12.45pm**	Postnatal Group 10.00-11.45am**		SALT triage 9.30am-12noon#	ESOL 12.30-2.30pm**	Healthy Cooks 9.30-11.30am**	Cookie Tots 1.00-2.00pm*		
Bumps'n'Babies 11.30am-12.30pm*	Baby Clinic 1.30-3.30pm*		2½ Year Health Checks 1.00-4.00pm**	Babbling Babies 11.00-11.45am**		Stay and Play 9.30-11.30am*	Relate Family Counselling 12.00noon-3.00pm**	2½ Year Health Checks 9.30am-1.00pm**			
			Tatty Bumpkin 1.15-2.00pm*			Toy Library 9.30-11.30am*		Tiny Teddies 11.00-11.30am*##			
			Move with Me 1.30-4.30pm**			Feeding Your New Baby 10.00-11.00am***		Didi Dance 11.45am-12.30pm*			
			Messy Play 2.00-3.00pm*								

* Drop-in session
** Please ask/book at reception
*** Please book with the midwives
Once a month
See description for dates

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

For mothers to be and mums with a baby up to 8 months with a focus on gentle yoga.

Babbling Babies

Fun and informative sessions for babies and their parents or carers, focussing on the early language and communication skills babies need as they get to know the people and the world around them.

Baby Clinic

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

Baby Massage (check dates at reception)

An excellent channel in which to communicate love, comfort and support for your baby. Fantastic health benefits for both you and your baby.

Being in Rhythm

Therapeutic music group to support your child's interaction, play and development

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.

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!

Didi Dance

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

Domestic Abuse Advice

Our domestic abuse worker is trained in how domestic abuse affects people and can offer you free, confidential support and help. Please contact an Outreach Worker for more information.

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.

Expressive Art: 24 February-16 March

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

Family Links

Offers practical ways to get the best out of family life.

Healthy Cooks

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

Jo Jingles

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

Kidzactive

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.

Literacy

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

Little Talkers

Fun and informative sessions for young children who have started talking and their parents/carers, focussing on how parents can encourage their child's speech, language and communication skills, which are key for learning to read and write later on.

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!

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.

My First Words

Fun and informative sessions for toddlers and their parents/carers, focussing on the language skills toddlers need to become good communicators

PCOs

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

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

Relate Family Counselling

Confidential, free counselling support for families with a range of concerns and issues. Phone: 020 8940 8570

Stay and Play

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

Tatty Bumpkin

Based on yoga postures. The world of Tatty Bumpkin is suitable for any child between 18 months and 5 years.

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.

Tiny Teddies: 13 January, 10 February and 9 March

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

Toy Library

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

Young Parents Group

Richmond Youth Partnership will be running this group at the centre for open access to parents under 21 years old to offer support, advice and a variety of activities. Please contact reception for further information.

