

## Translation advice

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language. Phone: 020 8893 9123



Welcare in Richmond  
Children's Centre  
26 The Green  
Twickenham  
TW2 5AB

Phone: 020 8893 9123  
Email: admin@richmond-welcare.org.uk

**Welcare  
in Richmond  
Children's  
Centre**  
020 8893 9123

Autumn/Winter  
programme  
2011



**welcare**  
strengthening families  
in Richmond

**Sure Start  
Children's Centres**



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, Move with Me 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 do all we can to help. If you have any questions, pop in and see us to find out more. We look forward to seeing you!

**Welcome to Welcare in Richmond Children's Centre**

Welcare 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, voluntary and community organisations and the local council to offer all of these activities for free! Welcare is a Christian Charity which works with children and families in need irrespective of faith, culture, abilities or life choices. It seeks to provide services in response to local needs, which encourage self-help and build communities.



## Where are we?



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## Want to get involved?

The Centre needs helpers and volunteers to help plan our services. Please ask us how you can be involved - we would love to hear from you!

## Community reach

As well as the main Welcare Children's Centre, we also have activities and services at a number of other locations in the area. Please see the main timetable for session descriptions.

### Community Reach Programme

The Crossways Centre, 306 Richmond Road, Twickenham, TW2 1PD

- **Breastfeeding drop-in**, Mondays 2.45-4.15pm
- **Baby Massage**, Tuesdays 10.30am-12.30pm
- **Cookie Tots: baby sensory**, Thursdays 10.30-11.30am
- **Cookie Tots: toddler cooking sessions**, Thursdays 11.30am-12.30pm

### St Mary's Parish Hall

Langham Road, Teddington, TW11 9HF

- **Stay and Play**, Mondays 1.00-3.00pm

### Collis Primary School

Fairfax Road, Teddington, TW11 9BS

- **Move with Me**, Mondays 9.00am-12noon (by referral only)

### Hampton Wick Infants and Nursery School

Normansfield Avenue, Teddington, TW11 9RP

- **Family Links Parenting Programme**, Mondays 9.30-11.30am

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.

### Cafe Nero advice shop

15 London Road, Twickenham, TW1 3ST

- Mondays 10.30-11.30am (fortnightly)

### Costa Coffee advice shop

59 Broadstreet, Teddington TW11 8QZ

- Mondays 10.30-11.30am (fortnightly)



# Welcome in Richmond Children's Centre Autumn/Winter 2011 programme

For more information, please drop in or call the centre on 020 8893 9123

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
<b>Bollywood Dance</b> 10.00-11.00am	<b>Singing Hands</b> 1.30-2.30pm	<b>Stay and Play</b> 9.30-11.30am	<b>Play Rangers</b> 1.00-2.00pm	<b>Job Centre Plus*</b> 9.00am-12noon	<b>Baby Bumpkin</b> 12.30-1.15pm	<b>Money Sense</b> 10.30am-12.30pm	<b>Baby Massage</b> 1.30-2.30pm	<b>Relate Family Counselling</b> 9.00am-12noon	<b>Paediatric First Aid and Child Safety</b> 12noon-2.00pm	<b>Dads Unlimited</b> 9.30-11.30am	
<b>Grandparents drop-in</b> 10.30-12noon	<b>Cook4Life</b> 1.30-3.00pm		<b>Mums, Dads and Grandparents Forum</b> 1.00-2.00pm	<b>Stay and Play</b> 9.30-11.30am	<b>Breastfeeding drop-in</b> 12.45-2.45pm	<b>Self-esteem</b> 10.30am-12.30pm	<b>Tatty Bumpkin</b> 3.30-4.15pm	<b>Working Progress</b> 9.45-11.45am	<b>Toddler Dance and Relaxation</b> 12.45-2.15pm	<b>Dads Go Wild*</b> 11.45am-1.15pm	
				<b>Toy Library</b> 9.30-11.30am				<b>Pregnancy Pilates</b> 10.00-11.00am			
				<b>Stop smoking support and advice*</b> 9.30-11.30am				<b>Mummy and Baby Pilates</b> 11.15am-12.15pm			

# By referral or appointment only  
\* Monthly – see description for dates

### Bollywood Dance

Traditional Indian dance fused with contemporary western dance. Have fun learning to dance with your child to funky Bollywood tunes in a fun-filled environment whilst improving your family fitness, concentration and co-ordination.

### Grandparents drop-in

Come and have fun with your grandchildren doing exciting creative and messy activities together and the chance to meet other grandparents.

### Singing Hands

An excellent channel through which to communicate love, comfort and support for your child.

### Cook4Life

Come and have lots of fun learning about the benefits of healthy eating and cooking a variety of healthy foods and snacks with your children.

### Stay and Play

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

### Play Rangers

Come and join in the fun with lots of different messy play activities.

### Mums, Dads, Grandparents and Carers Forum

Your chance to have your say on the services delivered at the centre and the local community. Come and share with us what you feel is working and what is not. Please ring the Centre for details and dates of future meetings

### Job Centre Plus

Advice and support on getting back to work and benefits available to families. **Please ring the Centre to make an appointment. Quarterly on 19 October, 7 December and 8 February.**

### Toy Library

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

### Stop smoking support and advice

Think of the health benefits to you and your family and how great you would feel if you stopped smoking for good, and what it would be like to wake up every day feeling completely fresh and free with more energy, more money, and more life! **Monthly on 13 September, 12 October, 9 November, 14 December, 11 January and 15 February.**

### Baby Bumpkin

We teach techniques to relax your baby, stretch their bodies and stimulate their minds. Our unique stories and music will get you both laughing and moving together.

### Breast feeding drop-in (term time only)

If you are finding breastfeeding harder than you thought or if you have questions related to any aspect of breastfeeding. Our qualified professionals are here to help and support you.

### Money Sense

Money Sense is an invaluable course giving practical advice on how to manage your finances. Sessions include tips and guidance on shopping, bills, budgeting, maximising income, what to do when things go wrong and saving money.

### Self-esteem Workshop

Learn coping strategies and everyday skills to support you in everyday life to raise your self-esteem and build your confidence.

### Baby Massage

Come along and meet other parents with babies and young children. An excellent channel through which to communicate love, comfort and to help you and your child to bond. Fantastic health benefits for both you and your child.

### Tatty Bumpkin

A mixture of stories, yoga movements, music and multi-sensory play provide a structured, therapeutic, but most importantly fun environment for little ones.

### Relate Family Counselling

Confidential, free counselling support for families with a range of concerns and issues.

By appointment only. To book phone: 020 8940 8578 or visit: [www.relaterkh.org](http://www.relaterkh.org) for more information.

### Working Progress

A group coaching programme designed to support, motivate and prepare parents who wish to return to work or further education. This programme enables parents to remove barriers, to build confidence and gives practical and emotional support and guidance. One-to-one coaching also available.

### Pregnancy Pilates

Pilates to support you to be fit, healthy, strong and relaxed during pregnancy and for labour. Classes will develop your core stability strengthening as well as working on releasing your pelvic floor. Pilates will help to improve your breathing, posture, concentration, relaxation, balance and flexibility. Suitable from 16 weeks

### Mummy and Baby Pilates

Come and meet other new mums while helping your body to adjust to the excitement, stresses and strains of early motherhood. Suitable once signed off by doctor or midwife and for pre-crawlers.

### Paediatric First Aid and Child Safety

This course will teach you all the aspects of caring for and recognising an ill infant or child. The course is an accredited course that is valid for 3 years.

### Toddler Dance and Relaxation

A fun, active workshop for parents to enjoy with their toddler. Try out the new moves and exercises learnt with your toddler at home.

### Cookie Tots: Baby cook sensory sessions

Baby cook sessions designed to stimulate the senses and encourage very young children (6 months and over) to have a positive attitude towards food. Includes squeezing, squelching, rolling, moulding, wiping and getting messy!

### Cookie Tots:

A group activity for children aged 2 to 5 years. Parents help their children create easy to make recipes and then join in with music, games and activities based around preparing food. Take home what they make!

### Dads Unlimited *Building close and lasting relationships for all men and their children.*

For experienced, first time, soon to be, young, old, absent, isolated, step dads, weekend dads and more! We can offer support, guidance, fun individual and group activities and outings and the chance to meet other dads and their children in the local community. Come and join us, share experiences and make new friends.

We also offer evening and weekday drop-ins. Please contact Shane Turner on 07749 433494 for further details.

### Dads Go Wild 15 Oct, 12 Nov, 10 Dec, 14 Jan

Join us for outdoor fun and adventure whatever the weather with your children up to the age of 8 years. Meet at the centre at 11.45am ready to walk to the nature reserve for 12noon. Late comers are welcome to join us there! We will be playfully exploring the natural environment so please dress appropriately - cover up legs and wear layers to put on or peel. Don't forget to bring a drink and a snack too!

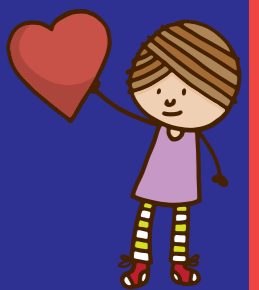
### Coming soon

### Communic8: Nurturing speech, language and communication skills for the under 5s

A series of sessions covering the communication skills of your child's first years.

Communic8 sessions will include:

- Your bump is listening
- Your newborn and you
- Babbling babies
- My first words
- Little talkers
- A talk about talking; and
- All about sounds



Look out for flyers or ask at reception for dates and more information.