

## Translation advice

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.  
 Phone: 020 8734 3400  
 Minicom number: 020 8831 6001

Ham Children's Centre  
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# Ham Children's Centre

Autumn 2011

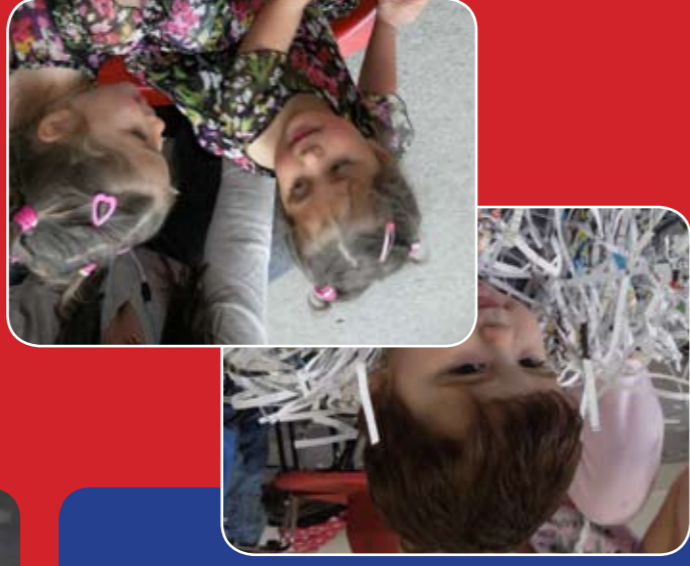


Sure Start Children's Centres



**Welcome to Ham 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. If you have any questions, pop in and see us to find out more. We look forward to seeing you!

## Where are we?



### By bus

You can catch the number 371 to Ashburnham Road. Or the 65, which stops on the Upper Ham Road.

### By car

On street parking is available in the surrounding residential roads.

## Meet the team

### Centre Manager - Viviana Scott



### Outreach Worker - Noshin Mohamed

The Outreach Worker's role is to support families with children under the age of 5 years to engage with the children's centre. Parents and carers are supported in this through one-to-one support, group work, activities and so on. To contact the Outreach Worker please call the children's centre.



## Extrās

### Parent Forum

Your chance to have your say in what happens at the Children's Centre. Ask at reception for more details.

### Grab a bargain

Look out for further dates!

**Could you spare an hour or so a week?**

If you can spare the time and would like to help out with some activities in the children's centre, ask about becoming a volunteer!



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
am	pm	am	pm	am	pm	am	pm	am	pm	am	pm
Midwives Clinic 9.00am-5.00pm	Paediatric First Aid and Child Safety 12.30-2.30pm	Job Centre Plus 9.00am-5.00pm	Money Sense 12.30-2.30pm	Midwives Clinic 9.00am-5.00pm	Relate Family Counselling 12noon-5.00pm	Stay and Play 9.30-11.30am	Makaton Baby Signing 1.30-2.30pm	Baby Massage 10.00-11.00am	Young Parents' Group 12.30-2.30pm	Dads Go Wild 10.00-11.30am	
Being in Rhythm 9.45-10.30am	Cookie Tots 2.45-3.45pm	Stay and Play 9.30-11.30am	2½ Year Family Health Checks 1.00-4.00pm	Family Links 9.30-11.30am	Baby Bumpkin 2.00-3.00pm		Jo Jingles 3.30-4.15pm	Chatter Time 10.00-11.30am			
Bumps and Babies 10.00-11.00am	Antenatal Classes 3.00-5.00pm	Child Health Clinic 10.00am-12noon	Messy Mini Rangers 3.15-4.15pm		Tatty Bumpkin 3.15-4.15pm			Tiny Teddies 10.30-11.00am			

Please note that children must be accompanied by an adult during all activities

**Key**  
 \* Please book your five week course at reception  
 \*\* Please book your six week course at reception  
 \*\*\*\* Please book your 10 week course at reception  
 ## Limited childcare available if requested

### Midwives Clinic

All day pre-natal checks to be carried out by midwives from Kingston Hospital for local women in varying stages of pregnancy. **By appointment only** through Kingston Hospital, 020 8546 7711 (x2626)

### Being in Rhythm

The sessions include a variety of music activities, tailored to meet the needs of the group. Helps build positive and sensitive bonds between you and your baby and teach confidence, security and love.

### Bumps and Babies

Coffee morning for mums to be and mums with newly borns to 6 month olds.

### Paediatric First Aid and Child Safety \* ##

12 September-10 October

31 October-28 November

An accredited course for parents and carers with children under 5 years.

### Cookie Tots

A group activity where parents and carers help their children create easy-to-make recipes and then join in with music, games and activities based around preparing and enjoying food. These classes promote healthy eating and food awareness whilst building confidence and encouraging independence. Different recipes give the kids a chance to explore their senses and express their creativity and they get to take home what they've made. For children 2-5 years.

### Antenatal Classes

Antenatal classes run by Richmond Team midwives from Kingston Hospital. Help, support and advice on giving birth to your baby, going home for the first time with your baby and breastfeeding. Please contact 07736 632938 for more information.

### Job Centre Plus

Drop-in service offering advice, information and help on a range of topics including local job vacancies and financial incentives and benefits.

### Stay and Play

Mums and dads, carers and childminders to meet and share with their children two hours of play and singing. £1 donation each session is appreciated.

### Child Health Clinic

Health Visitor and Community Nursery Nurse available for weighing and any advice or questions. At 8 months, come and collect your book bag.

### Money Sense \*\* ##

6 September-11 October

Invaluable course giving help and advice on how to manage your finances realistically through fun learning. Sessions include going shopping, bills, budgeting and saving money.

### 2½ Year Family Health Checks

30 month baby health checks and contacts with Community Nursery Nurse. **By appointment only** please call Richmond Royal to book: 020 8614 7400.

### Messy Mini Rangers

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

### 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.

### Relate Family Counselling

Confidential, free counselling support for families with a range of concerns and issues. To book, please call Relate on 020 8940 8578.

### 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. Our programme follows carefully structured stories which means that you will be able to repeat the sessions at home, enhancing your parental skills and bonding with your baby.

### 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.

### Makaton Baby Signing (for 3-18 months old)\*\*

29 September-10 November (not 27 October)

Makaton Signing for babies (3-18 months) is a fun and easy way of learning to sign with your baby. Signing while speaking has been shown to encourage the development

of communication and language skills. It can help reduce frustrations and help you to understand your baby's needs and wants. Please contact Frances Walker or Sheila Hill on 020 8973 3512 for more information.

### Jo Jingles

Music, singing and movement classes for children aged up to 5 years old and their parents or carers with the help of our Jo Jingle doll. Come and join the UK's most popular music and movement experience.

### Baby Massage\*

16 September-14 October

A unique way of spending time and bonding with your baby.

### Chatter Time

An opportunity to relax and meet other parents with children aged 0 to 5 years, in a warm and friendly environment. Occasional activities and drop-ins by professionals.

### Tiny Teddies

30 September, 25 November and 16 December

Come and join in the fun with songs, rhymes and stories.

### Young Parents' Group

For women under 25 years with children or expecting a child. Providing free childcare, lunch and different activities and courses. A good way to meet other mothers, learn new skills and have fun. To book, contact Charlotte: 07875 568706.

### Dads Go Wild

Calling all dads to join us for outdoor fun and adventures whatever the weather with your children aged under 8. Meet at the Childrens Centre at 10.00am ready to walk to the nature reserve for 10.15am (latecomers 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 off as needed. Don't forget to bring a drink and a snack too!

## Out and About

Great activities, hosted by our friends!

**Family Music Club**  
 at Meadlands Primary School  
 (3.30 to 4.15pm, term time only)

Special family music sessions with Mrs Metherell. Meet in School Hall. Costs £1 a session.

**Toy Library (times and venue to be confirmed)**

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

**Move with me (times and venue to be confirmed)**

Dance movement session with parent and child

**Messy Play (times and venue to be confirmed)**

Join in the fun with lots of different messy play activities

**Dad's Days - from 24 September to March 2012**

**Saturdays 10.00am-12noon, Old Town Hall, Richmond**

Fun art-based sessions for dads and children

Contact our Outreach worker to find out more. Phone: 020 8734 3400

## Calling all dads and dads to be!

Are you a new father with a baby under the age of one or an expectant father with a baby due between November 2011 and March 2012? Or do you know of a father who might like to know more about this opportunity?

Ham Children's Centre will be running Hit the Ground Crawling, a special one off session to help expectant fathers prepare to become dads and to hear about the experience from new fathers. The first of these sessions will take place during the autumn of 2011.

To find out more and register your interest, please contact the Children's Centre on 020 8734 3400.