

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
Ashburnham Road
Ham
Richmond upon Thames
TW10 7BG

Phone: 020 8734 3400
Email: hamcc@richmond.gov.uk
www.richmond.gov.uk/childrens_centres



Sure Start
Children's Centres

Ham Children's Centre

January to March
2012



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!

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!



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 Patterson



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.

Extras

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

Run on a monthly basis, families are able to donate clothes, toys and things they don't use anymore, and pick up some freebies of their own!

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	Stay and Play 9.30-11.30am	Stay and Play for twins 12.30-2.30pm	Midwives Clinic 9.00am-5.00pm	Relate Family Counselling 12noon-5.00pm	Stay and Play 9.30-11.30am	Babbling Babies 1.30-2.30pm	Chatter Time 10.00-11.30am	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	Child Health Clinic 10.00am-12noon	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	Baby Massage 10.30-11.30am			
Bumps and Babies 10.00-11.00am	Antenatal Classes 3.00-4.30pm		Messy Mini Rangers 3.15-4.15pm		Tatty Bumpkin 3.30-4.30pm			Tiny Teddies 10.30-11.00am			

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

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

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.

Babbling Babies****

12 January-22 March (excluding 16 February)
 Focusing on the early language and communication skills babies need as they get to know the people and the world around them. Includes how to use signs to support early communication and developing first words.

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.

Baby Massage*

13 January-3 February
 A unique way of spending time and bonding with your baby.

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

Starting 23 January 2012. Coffee morning for mums to be and mums with newly borns to 6 month olds.

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.

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.

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.

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!

Family Links ****

18 January-28 March
 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.

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.

Messy Mini Rangers

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

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)

Paediatric First Aid and Child Safety **

9 January-6 February 2012
 An accredited course for parents and carers with children under 5 years.

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.

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.

Stay and Play for twins

24 January, 21 February and 20 March 2012
 Come and join in our Stay and Play session dedicated to parents with twins only.

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.

Tiny Teddies

20 January and 16 March
 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.

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.

Out and About

Great activities, hosted by our friends!

Family Music Club

at Meadlands Primary School
 Thursdays, 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

at Vineyard Church, The Vineyard, Richmond TW10 6AQ
 Fridays, 9.30-11.30am

A great opportunity to borrow fantastic toys to play with at home

Messy Play

at Vineyard Church, The Vineyard, Richmond TW10 6AQ
 Fridays, 10.00-11.00am

Join in the fun with lots of different messy play activities

Dad's Days

at The Old Town Hall, Whittaker Av, Richmond TW9 1TP
 Saturdays, 10.00am-12noon

Free programme of fun creative activities for Dads and their children under 5 years

Contact Noshin, our Outreach Worker to find out more

Phone: 020 8734 3400
 Email: hamcc@richmond.gov.uk



Find us on Facebook at:
www.facebook.com/richmondboroughchildrenscentres