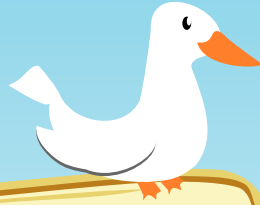


Heathfield
Children's
Centre



Join us for our
seaside inspired
summer activities!



Richmond upon Thames
Children and Young People's Trust

Sure Start
Children's Centres

Week beginning 26 July 2010

	am	pm
Monday	Tattybumpkins 9.30-10.30am	Bumps'n'babies 12noon-1.00pm Baby clinic 1.30-3.00pm
Tuesday	Stay'n'play 9.30-11.30am	Gentle yoga 12.10-1.10pm Intermediate yoga 1.10-2.10pm
Wednesday	Baby massage 9.45-10.45am Baby clinic 10.30am-12noon Baby yoga 11.00am-12noon	Family BBQ session with Greg 12noon-2.00pm Space Hop* 1.30-2.15pm
Thursday	Child safety 9.30-11.30am	Family art session 1.00-3.00pm
Friday	PEEPS 10.00-11.30am Tiny Ballers 10.30-11.30am	Tiny Flippers 1.15-2.00pm

* Hounslow Heath Community Centre

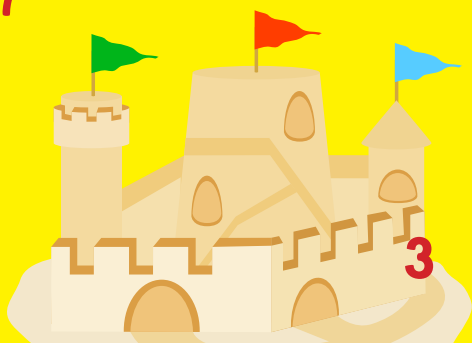
2 Activity descriptions on page 7



Week beginning 2 August 2010

	am	pm
Monday	Jo Jingles music session 10.30-11.30am	Bumps'n'babies 12noon-1.00pm Baby clinic 1.30-3.00pm
Tuesday	Tiny Teddies 11.00am-12noon	Gentle yoga 12.10-1.10pm Intermediate yoga 1.10-2.10pm
Wednesday	Baby massage 9.45-10.45am Baby clinic 10.30am-12noon Baby yoga 11.00am-12noon	Family BBQ session with Greg 12noon-2.00pm
Thursday	Child safety 9.30-11.30am	Family art session 1.00-3.00pm
Friday	Tiny Ballers 10.30-11.30am PEEPS 10.00-11.30am	Tiny Flippers 1.15-2.00pm

Activity descriptions on page 7



Week beginning 9 August 2010

	am	pm
Monday	Jo Jingles music session 10.30-11.30am	Bumps'n'babies 12noon-1.00pm Baby clinic 1.30-3.00pm
Tuesday	Messy play 10.00-11.00am	Gentle yoga 12.10-1.10pm Intermediate yoga 1.10-2.10pm
Wednesday	Baby massage 9.45-10.45am Baby clinic 10.30am-12noon Baby yoga 11.00am-12noon	Family BBQ session with Greg 12noon-2.00pm Tiny Steppers* 1.30-2.15pm
Thursday	Child safety 9.30-11.30am	Family art session 1.00-3.00pm
Friday	Tiny Ballers 10.30-11.30am PEEPS 10.00-11.30am	Tiny Flippers 1.15-2.00pm

* Hounslow Heath Community Centre

Activity descriptions on page 7



Week beginning 16 August 2010

	am	pm
Monday	Tattybumpkins 10.30-11.30am	Bumps'n'babies 12noon-1.00pm Baby clinic 1.30-3.00pm
Tuesday	Space Hop 10.45am-12noon	Gentle yoga 12.10-1.10pm Intermediate yoga 1.10-2.10pm
Wednesday	Baby massage 9.45-10.45am Baby clinic 10.30am-12noon	Family BBQ session with Greg 12noon-2.00pm Tiny Steppers* 1.30-2.15pm
Thursday	Child safety 9.30am-3.00pm	
Friday	Tiny Ballers 10.30-11.30am PEEPS 10.00-11.30am	Tiny Flippers 1.15-2.00pm

* Hounslow Heath Community Centre

Activity descriptions on page 7



Week beginning 23 August 2010

	am	pm
Monday	Dragon Drama 9.30-11.30am	Bumps'n'babies 12noon-1.00pm Baby clinic 1.30-3.00pm
Tuesday		Gentle yoga 12.10-1.10pm Intermediate yoga 1.10-2.10pm
Wednesday	Baby clinic 10.30am-12noon	Tiny Steppers* 1.30-2.15pm
Friday	Tiny Ballers 10.30-11.30am PEEPS 10.00-11.30am Tiny Teddies* 11.00-11.45am	Tiny Flippers 1.15-2.00pm

* **Hounslow Heath Community Centre**
Activity descriptions on page 7



Activity descriptions

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

Baby massage: A unique way to spend time bonding with your baby. Please contact reception to book your place.

Baby yoga: A fun activity with fantastic benefits for parent and baby. The classes are lively and stimulating and offer parents the opportunity to take part in some gentle yoga inspired stretches.

Bumps'n'babies: For mums to be and parents or carers. This is an informal play and chat session. Lunch provided.

Child safety: Covering all aspects of child safety. Take your Paediatric First Aid qualification at the end of the course. Please book at reception.

Dragon Drama: Join us for inspirational theatre, storytelling, acting, movement, mime, magic and mayhem!

Family art session: Come along and join in with some fun, family themed art activities with the artists from Orleans House Gallery.

Family BBQ session: Join Greg to learn more about tasty marinades, saucy salad dressings and healthy BBQing!

Gentle and intermediate yoga: Enjoy a relaxing way to get in shape for your mind and body. A Creche is available for little ones.

Music session: A variety of activities with musical instruments and sounds that allow you to spend time with your children while developing their learning opportunities and awareness of sound and communication.

PEEPS: Play and learn with your child through songs, stories and rhymes.

Space Hop: This year's summer reading challenge. One small step for children, one giant leap into libraries!

Stay'n'play Drop-in for supported play for children

Tattybumpkins is based on yoga postures. The world of Tattybumpkin is suitable for any child between 18 months and seven years. Sessions are designed for parents to join in, so you get a good stretch too!

Tiny Ballers: Start to learn basic football skills and all about body parts! Contact reception to book your place.

Tiny Flippers: Please see reception for more details.

Tiny Teddies: Free drop-in rhyme and bounce session for parents and carers with very young children.

How to find us...



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

Phone: 020 8891 7500, Minicom number: 020 8891 7539

اگر در فهمیدن این نشریه مشکلی دارید لطفاً به میز پذیرش
در آدرس قید شده در زیر مراجعه نمایید تا ترتیب ترجمه
تلفنی برایتان فراهم آورده شود:

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਪੇਸ਼ ਆਉਂਦੀ ਹੈ ਤਾਂ ਹੇਠਾਂ
ਦਿੱਤੇ ਗਏ ਪਤੇ ਉੱਪਰ ਰਿਸੈਪਸ਼ਨ 'ਤੇ ਆਓ ਜਿੱਥੇ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ
ਕਰਨ ਲਈ ਇੰਟਰਪ੍ਰਿਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।

إذا كانت لديك صعوبة في فهم هذا المنشور، فنرجو زيارة الإستقبال في
العنوان المعطى أدناه حيث بإمكاننا أن نرتب لخدمة ترجمة شفوية
هاتفية.

For all other queries, pop in or give us a call at the centre:

Phone 020 8734 3405

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