

North Barnes CC  
 Lowther Primary School  
 Stillingfleet Road  
 Barnes  
 SW13 9AE

**Phone:** 07904 556423  
**Email:** northbarnescc@richmond.gov.uk  
 www.richmond.gov.uk/childrens\_centres

## Translation advice

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.  
 Phone: 07904 556423  
 Minicom number: 020 8831 6001



## Winter/Spring Programme 2011/12



**Kew, Mortlake, Barnes and East Sheen children's centres**

**07904 556423**

**Welcome to Kew, Mortlake, Barnes and East Sheen Children's Centres**

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!



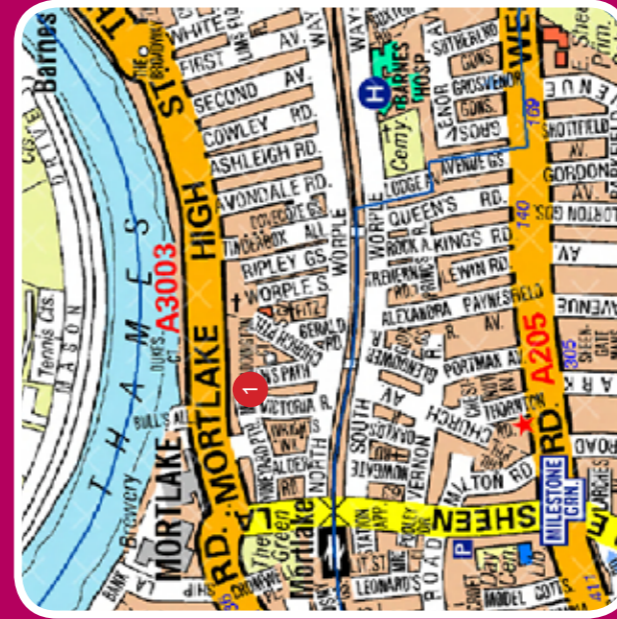
During the school term the children's centre runs a rolling timetable of different activities to support you with family life. For great ideas of what to do with your child such as Baby Massage, Messy Play, Bolyklydz and much more, have a look through our programme to find out what best suits you.

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.

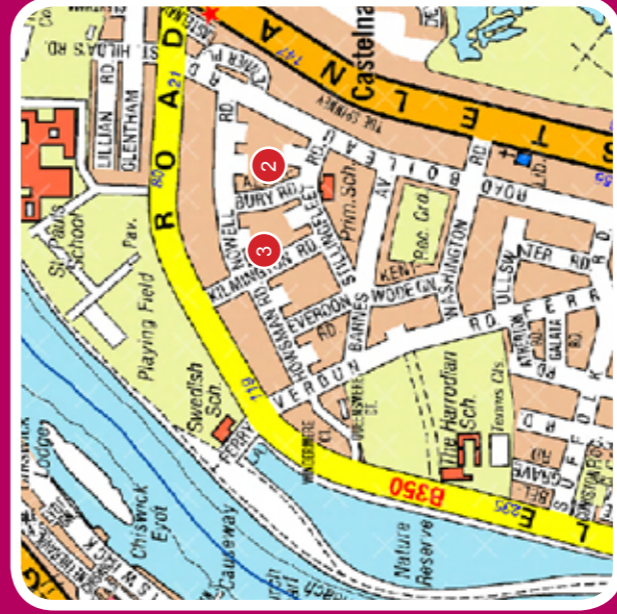
If you have any questions, pop in and see us to find out more. We look forward to seeing you!



## Where are we?



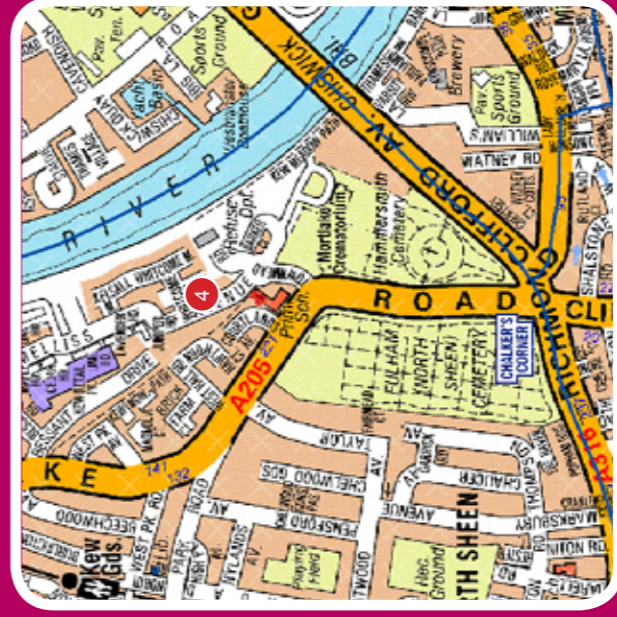
**1**  
 Mortlake Hall  
 30 Mullins Path  
 SW14 8EZ



**2**  
 North Barnes Children's Centre  
 Lowther Primary School  
 Stillingfleet Road  
 Barnes  
 SW13 9AE



**3**  
 Casteinau  
 Community Centre  
 7 Stillingfleet Road  
 Barnes  
 SW13 9AQ



**4**  
 Kew Riverside  
 Primary School  
 37 Courtlands  
 Avenue,  
 Richmond, TW9

© Crown copyright. All rights reserved. 1000194412011



	Monday		Tuesday		Wednesday		Thursday		Friday					
	am	pm	am	pm	am	pm	am	pm	am	pm				
<b>Castelnau Community Centre</b>	Playgroup* 9.00-11.00am Mummy Matters* 11.00am-12noon		Bollykidz* 10.00-11.00am		First Aid** 1.00-3.00pm		Playgroup* 9.00-11.00am Baby Yoga** 10.30am-12noon		Cook 4 Life** 1.00-3.00pm Parent and Toddler cooking** 1.00-3.00pm		Messy Play* 10.00-11.00am Stay and Play* 1.00-3.00pm Playgroup* 9.00-11.00am Job Club* 10.00am-12noon			
<b>Mortlake Hall</b>	Midwives** all day Playgroup* 10.00am-12noon		Midwives** all day		Move with Me** 9.00am-12noon Playgroup* 10.00am-12noon Toy Library* 10.00am-12noon		Baby Massage** 12.30-2.00pm First Aid** 1.00-3.00pm		Playgroup* 10.00am-12noon		SALT: 0-18 months old** 1.00-2.00pm Baby Yoga** 1.00-2.30pm SALT: 18-30 months old** 2.30-3.30pm		Singing Hands Babies** 1.00-2.00pm Singing Hands Toddlers* 2.00-3.00pm Playgroup* 10.00am-12noon Money Management** 1.00-3.00pm	

\* Drop-in session  
\*\* Please book



**Relate Family Counselling**

**Mondays**  
11.00am-2.00pm

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

**SALT 24-48 months**

**Tuesdays**  
1.00-2.00pm

Please see description on right.

**Midwives**

**Thursdays**  
All day!

Please see description on right.

**Baby Massage**

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

**Baby Yoga**

A fun six week course with 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.

**Bollykidz**

A fun Bollywood dance session for children.

**Cook 4 Life**

Learn how to cook nutritious meals at affordable prices in a fun cooking class, led by an expert chef. Crèche provided.

**First Aid**

This five week course offers an accredited paediatric first aid certificate valid for three years, and other safe ways to look after children. Crèche provided.

**Job Club**

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

**Messy Play**

Come and get messy and creative with your child for an hour! Have fun allowing your child to explore different textures with their senses. Please come prepared and wear clothes that you don't mind getting messy!

**Midwives**

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).

**Money Management**

Advice, guidance and tips on all aspects of personal finance including how to budget, how to avoid cash flow shortfalls, "smart shopping" from the Citizens Advice Bureau (CAB). Crèche provided.

**Move with Me**

A 10 week parent and child session which invites parents to move with their children, to promote and develop positive attachment, play and touch. Sessions are accessed through referral only so please contact Katie Walsh, Outreach Worker, on 07985 202491 for more information.

**Mummy Matters**

Post natal support group for parents with babies of six months or younger. The group is meeting weekly during term time for all your needs as a parent to a small baby

**Parent and Toddler Cooking**

Learn some fun, new and healthy recipes that all the family can create together.

**Playgroup**

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

**SALT - Speech and language therapy**

Babies start to develop communication skills in the womb – find out more at this workshop facilitated by a speech and language therapist. Choose the course for your baby's age and discover tips on how to give them the best start in becoming a good communicator. Each course lasts for 10 weeks.

**Singing Hands**

1.00-2.00pm Babies  
2.00-3.00pm Toddlers

Come along and learn some Makaton signing in a fun, interactive way through nursery rhymes and stories.

**Toy Library**

Come along to the Toy Library in Playgroup where you can pre-order a toy from the extensive catalogue display to take home.



**SALT 24-48 months**

**Wednesdays**

**9.30-10.30am**

Please see description on left



**Literacy and numeracy courses starting soon!**

For more information, contact Katie Walsh, Outreach Worker for Kew, Mortlake, Barnes and East Sheen on 07985 202 491

For more information on any of these activities or to book, please contact us:

Phone: 07904 556423

Email: northbarnesc@richmond.gov.uk

