



**Norman Jackson
Family Centre**



**Tangle Park
Family Centre**



Welcome to Hampton 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!

Hampton Children's Centres

Winter/Spring 2012



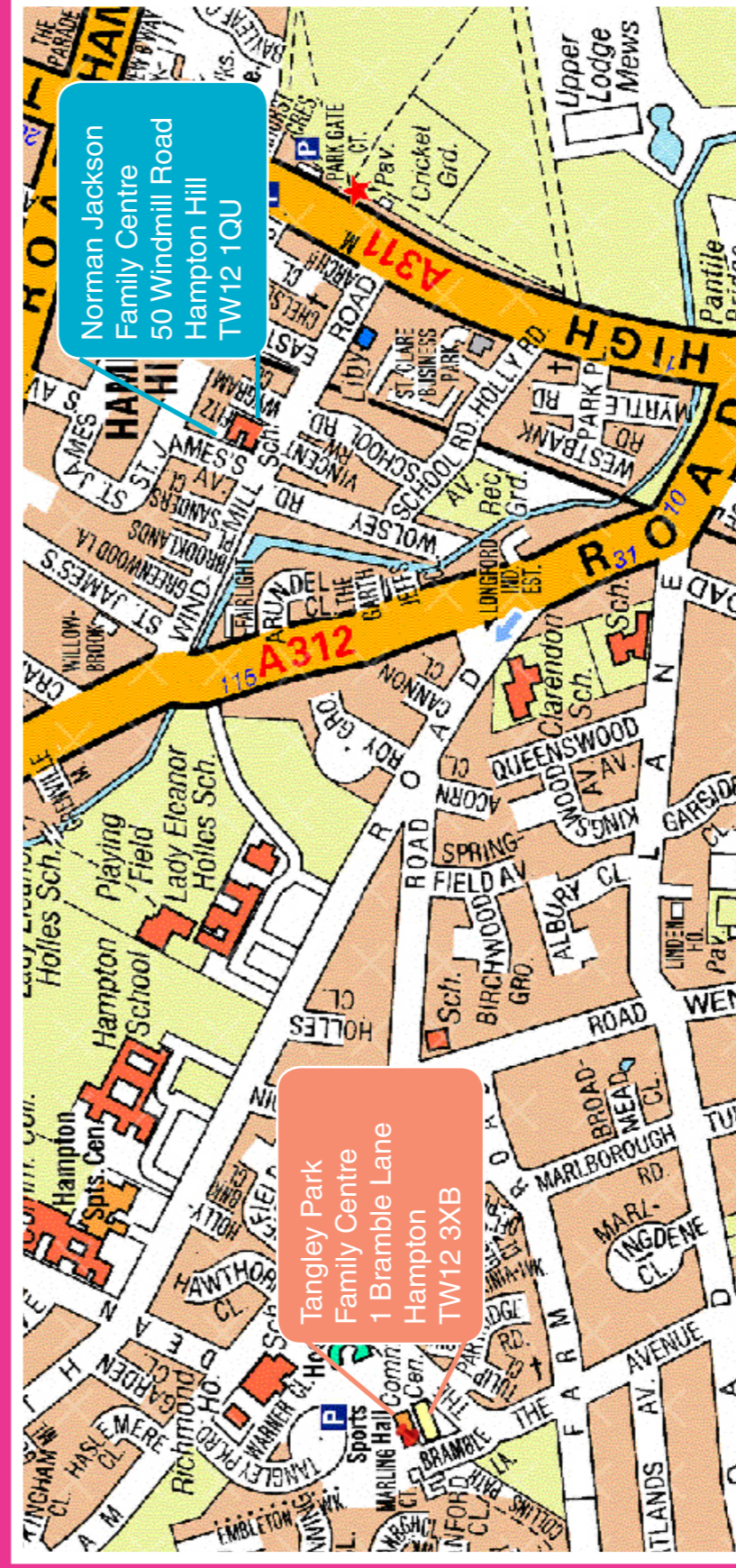
Translation advice

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.
Phone: 020 8941 6843
Minicom number: 020 8831 6001

Norman Jackson
Family Centre
50 Windmill Road
Hampton Hill
TW12 1QU

Tangle Park
Family Centre
1 Bramble Lane
Hampton
TW12 3XB

Where are we?



Out and About
with Hampton Children's Centres

This term, join in with some fun activities that are happening away from Hampton's Children's Centre at the White House Community Centre, 45 The Avenue, Hampton, including:

Stay and Play

Tuesdays 9.30-11.30am

Give us a call or pop in for more information!

The Norman Jackson and Tangle Park Family Centres Winter/Spring 2011/12 programme

Norman Jackson

Tangle Park

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | |
|-----------------------|--|---|---|---|--|--|------------------------------|---|--|---|---|----|--|
| | am | pm | am | pm | am | pm | am | pm | am | pm | am | pm | |
| Norman Jackson | eCAT 9.30-10.15am ## 10.30-11.15am ## 11.30-12.15pm* | Stay and Play* 1.00-3.00pm Toy Library* 1.00-3.00pm | Kids Cooking** 9.30-11.30am Tiny Teddies* 10.00-10.30am Antenatal Course ## 10.00am-12noon | Bumps and Babies* 12noon-1.30pm Mamalates** 2.00-3.00pm Parents Forum* 3.30-4.30pm | Stay and Play* 9.30-11.30am Money Matters** 9.30-11.30am Breast Feeding Clinic ## 9.30am-12noon | Messy Play* 2.00-3.00pm Relate ## 3.00-5.00pm | ESOL** 9.15-11.15am | Literacy** 12.30-2.30pm | Child Safety** 9.30-11.30am 2½ year checks ** 10.00-11.30am | Move with me ## 1.00-5.00pm Diddi Dance* 1.30-2.15pm | Dad's Messy Play* 10.30-11.30am Dad's Antenatal Workshop ## 10.00am-12noon | | |
| Tangle Park | Stay and Play* 9.30-11.30am Family Links** 9.45-11.45am | Young Parent's Group** 12.30-2.30pm 2½ year checks ## 1.30-3.30pm Diddi Dance* 3.30-4.30pm | 2½ year checks ## 9.30-11.30am Kid's Cooking** 9.30-11.30am Tiny Teddies* 10.30-11.00am | Post Natal ## 2.00-3.00pm Antenatal Appointments** 2.00-4.00pm Tiny Ballers* 3.45-4.45pm | Homestart ## 9.30-11.30am | Antenatal Appointments** 2.00-4.30pm Well Child Clinic* 2.00-4.30pm | Messy Play* 10.00-11.00am | Baby Massage ## 12noon-1.00pm Stay and Play* 1.30-3.30pm | Child Safety** 9.30-11.30am | | | | |

* Drop-in session
** Please contact the Centre to book and for course dates
By referral only, contact us for more information

2½ year checks

Developmental check run by a Community Nursery Nurse who will contact you to arrange an appointment.

Antenatal appointments

Led by midwives from Kingston Hospital. For more information call 020 8546 7711.

Breastfeeding Clinic

This bookable session is run by a Health Visitor and provides one-to-one support for breast feeding mums. For more information please contact Teddington Health and Social Care Centre on 020 8614 5300.

Bumps and Babies

A chance for pregnant mums and those with small babies to come and chat. If you have any particular queries, we can arrange for guest speakers to be invited. Lunch is provided.

Child Safety

A five week course offering an accredited Paediatric First Aid Certificate valid for three years, plus other safe ways to look after children.

Dads' Messy Play:

14 January, 4 February and 3 March 2012. Dad's, this is your opportunity to get messy for an hour with your child! Have fun allowing your child to explore different textures using their senses. Please come prepared and wear clothes that you don't mind getting messy!

Diddi Dance

Have fun using dancing games and exercises, bells hoops and dance ribbons to improve your little one's rhythm and co-ordination. Suitable for children 2-4 years.

ESOL

For parents and carers who have English as an additional language who would like to learn more English. This class is run by Richmond Adult Community College.

Every Child a Talker (eCAT)

0-18 months: 11.30am-12.15pm (by referral)
18-24 months: 10.30-11.15am (by referral)
24-48 months: 9.30-10.15am (drop-in)

eCAT group sessions concentrate on children's speech, language and communication.

Family Links Parenting Puzzle

Great opportunity to learn a variety of techniques to make family life a little easier. A ten week programme.

Kids Cooking

A five week creative cookery class for you and your children, aged 2 years and over. Make recipes based on food-orientated stories. Come along and cook up a literary feast together!

Literacy

For parents and carers who would like to gain their literacy qualification, levels 1 and 2. This class is run by Richmond Adult Community College.

Mamalates

An eight week Pilates course for post-natal mums and their babies. Stretches and exercises focus on the core muscles.

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! Run by the Play Rangers.

Money Matters

A six week course giving practical guidance and creative ideas to help you better manage your money.

Parents Forum

Have your say on how your children's centre is run.

Post Natal Course

This course is run by our Community Nursery Nurses on Weaning and Teeth, Baby Massage, and Sleep Play and Safety. To book your place, please contact Teddington Health and Social Care Centre on 020 8614 5300.

Stay and Play

The Richmond Childminders Association offers supported play for parents and carers with children under the age of 5 years. A healthy snack of fruit is provided alongside a variety of toys and activity ideas for every child.

Tiny Ballers

Starting 17 January 2012. A great way to spend time with your children having fun. Improve your hand-eye co-ordination whilst learning about body parts, healthy lifestyles and football skills.

Tiny Teddies/Story Time

3 January, 7 February and 6 March 2012. Free rhyme and bounce session for parents and carers with very young children or story-time for any child under 5 years accompanied by a parent or carer.

Toy Library

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

Well Child Clinic

Popular drop in with the health visiting team. Get your baby weighed, checked and ask all those burning questions. Be prepared to take your turn.

Young Parents Group

Support, advice and a variety of activities for young parents and their children. Run by Richmond Youth Partnership.

Sessions by referral

Antenatal

Sessions offering support, advice and guidance in preparation for the birth of your baby. Run by the NCT.

Baby Massage

A four week course on Baby Massage run by the Community Nursery Nurse team who will contact you to book.

Dad's Antenatal Workshop

An informative workshop run by the NCT to help you prepare for the birth of your baby.

Homestart

A family group run by Homestart.

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.

Relate

Confidential, free counseling support for families with a range of concerns and issues. By referral only. To book your appointment please call Relate on 020 8940 8578.

Norman Jackson Children's Centre: 020 8941 6843 Email: normanjacksoncc@richmond.gov.uk

Tangle Park Family Centre: 020 8481 9420 Email: tangleparkfc@richmond.gov.uk



Richmond upon Thames
Children and Young People's Trust

Sure Start
Children's Centres