


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Brentford Children's Centre</b> North Road, TW8 0BJ 020 8583 5760	<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30am</li> <li>Wellbeing for Mums 9:45-11:45am <b>Invite Only</b></li> </ul>	<ul style="list-style-type: none"> <li>Non Walkers 9:30-11:30am</li> <li>Breastfeeding Clinic, West Middlesex Maternity Dept. 12:30-2:30pm</li> <li>Rhythm and Rhyme with Sign 1:00-1:30pm <b>0-18 months old</b> 1:45-2:30pm <b>18 months- 5yr olds</b></li> </ul>	<ul style="list-style-type: none"> <li>Mini Walkers 9:30-11:30am</li> <li>West Middlesex Midwives Ante Natal Clinic <b>Appointment Only</b></li> <li>ESOL Adult Education 1:00-3:00 <b>Term Time Only</b></li> </ul>	<ul style="list-style-type: none"> <li>Well Child Clinic <b>Appointment Only</b></li> <li>HENRY * 9:30-12:00</li> <li>Family Links Parenting Programme* 1:00-3:00pm <b>Crèche Available</b></li> </ul>	<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30am</li> <li>ESOL Adult Education 1:00-3:00 <b>Term Time Only</b></li> </ul>	<p><b>Stay and Play Chiswick Children's Centre</b></p> <p><b>12<sup>th</sup> May</b> <b>9<sup>th</sup> June</b> <b>14<sup>th</sup> July</b> <b>10:00-11:30</b></p> <p><b>Attention: Dads, Grandads, Stepdads and other male carers!</b> Tiny Sports Stars! Monthly Saturday morning group for Dads/male carers and their under 5's @ <b>Alf King's Children Centre, Feltham, 10.00-11.00am.</b> Please call for the next date. <b>020 8583 3922</b></p>
<b>Chiswick Children's Centre</b> 9 Devonshire St, W4 2JR 020 8583 5603	<ul style="list-style-type: none"> <li>Non Walkers 10:30-12:00pm</li> <li>Let's Get Physical 2:00-2:45pm</li> </ul>	<ul style="list-style-type: none"> <li>Weaning Party * 8<sup>th</sup> May 10:30-11:30 <b>Booking Required</b></li> <li>Queen Charlottes Midwives Clinic and Breastfeeding support <b>Queen Charlotte Patients Only</b> Babies up to 28 days old 12:30-2:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Registered Child Minders Group 9:30-11:30am</li> <li>Queen Charlottes Midwives Ante natal workshops <b>Appointment Only</b> 12:15-2:15 every 3<sup>rd</sup> &amp; 4<sup>th</sup> Wednesday</li> </ul>	<ul style="list-style-type: none"> <li>Baby Rhythm and Rhyme 10:00-10:30am</li> <li>Rhythm and Rhyme 10:45-11:30am</li> <li>Stay and Play 1:30-3:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Mini Multiples 10:00-12:00am</li> <li>Baby Rhythm and Rhyme 2:00-2:30pm</li> </ul>	
<b>South Isleworth Children's Centre</b> Worple Road, TW7 7AP 020 8583 5885	<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30am</li> <li>Baby Massage <b>Booking Required</b> 1:30-2:30 <b>Term Time Only</b></li> </ul>	<ul style="list-style-type: none"> <li>Young Parents Group 9:30-11:30am</li> <li>YMAG 12:00-4:00pm</li> </ul>	<ul style="list-style-type: none"> <li>Well Child Clinic <b>Appointment Only</b></li> </ul>	<ul style="list-style-type: none"> <li>Non Walkers 9:30-11:30am</li> <li>Baby Café Breastfeeding support 10:00-11:30am</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Cooking 4 weeks Starting 20<sup>th</sup> April 9:30-11:30 <b>Booking Required</b></li> <li>Child Development Review <b>Appointment Only</b></li> </ul>	
<b>Marlborough Community Centre</b> Off London Rd, Finney Lane, TW7 5XA 020 8583 5760			<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:15am</li> </ul>		<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:15am</li> <li>Non Walkers 1:00-2:30pm</li> </ul>	
<b>Bridgelink Centre</b> 373 Summerwood Road, TW7 7QR 020 8583 5885				<ul style="list-style-type: none"> <li>Stay and Play 9:15-11:15am</li> </ul>		
<b>Cavendish Primary School</b> Edensor Road, W4 2RG 020 8583 5603			<ul style="list-style-type: none"> <li>Stay and Play 9:30-11:30am <b>Term Time Only</b></li> </ul>			

All Children's Centres sessions are inclusive and children with special education needs are welcome. Please call any Children's Centre's for more information. **Please note in order for everyone to have a safe and enjoyable time we have to limit the number of children who may attend at any one time.** Any comments or suggestions are appreciated, please use the comments books available or contact the centre directly on the number shown above. **All sessions marked with an \* are prioritised for Hounslow Residents.**

### Stay and Play

A time for children and their families to spend quality time together. Come along and share play and learning opportunities in our lovely playrooms and gardens.

These sessions are on a first come first served basis.

### Non Walkers

This group is for non-walking children, they have space to crawl, roll and interact with other young children.

Information and Advice for parents about weaning, childcare and child development.

### Mini Walkers

For toddlers who are just starting to walk. A wide variety of toys, equipment and activities available to enjoy to support your child's next steps.

Under 2's Only, NO older siblings.

### Baby Rhythm and Rhyme at Chiswick CC

Fun and interactive music session. Singing a mixture of traditional and new rhymes. 0-18 months.

Thursday 10:00 – 10:30am  
Friday 2:00-2:30pm

### Rhythm and Rhyme

18 months +

Thursday 10.45 – 11.30am

### Rhythm and Rhyme with Sign Language at Brentford CC

Fun and interactive music session. Signing along with songs to promote Language development.

0-18 Months 1:00-1:30pm  
18 months + 1:45-2:30pm

### Well Child Clinics & Child Development Reviews

Please state which Centre you would like to attend

Appointment Only

Please ring **020 8973 3490**

### Breastfeeding Clinics

Please ring your local centre for details as some criteria may apply.

### West Middlesex Midwives

#### Ante Natal Clinic

Please call West Middlesex Hospital on

**020 8321 6420**

Appointment Only

### Wellbeing for Mums

#### Group

Please call Hounslow IAPT on

**0300 127 0739**

Appointment Only

### Registered Childminders

#### Group

Attendance fee payable directly to the group organisers, call the centre for more information

Term Time Only

### Young Parents Group

This Stay and Play is perfect for Parents under 25.

Please ring South Isleworth for more information

### Mini Multiples

This Stay and Play is perfect for multiple birth families to meet with other multiple birth families to share experiences and get helpful advice.

### Weaning Party\* at Chiswick CC

Is your child 6 months + Come along to our weaning party. We will have all stages of weaning, with great foods to explore and recipes to take home for all the family to try

Tuesday 8<sup>th</sup> May

Booking Required, please call **020 8583 5603** spaces are limited

### Baby massage\* at South Isleworth CC

Starting 30<sup>th</sup> April

A time for you and your baby to bond in the first few months.

Suitable for babies 6 weeks to 6 months.

Please bring oil that you have patch tested on your child and a towel.

Booking Required

Please book every Thursday from 1:00pm, for your place on Monday Booking is weekly.

**020 8583 5885**

Spaces are limited.

Term Time Only

### Healthy Cooking\* at South Isleworth CC

4 weeks

Starting Friday 20<sup>th</sup> April

This is an opportunity to learn and cook healthy recipes with your child.

You will cook from scratch and be able to taste your creations.

Booking Required

**020 8583 5885**

**£8 per child per course**

Suitable for children 2½ – 5 years

### Dates for your Diary

Children's Centres will be closed Monday 7<sup>th</sup> and 28<sup>th</sup> May, Bank Holidays

Brentford and Bridgelink will be closed Thursday 3<sup>rd</sup> May for Local Elections

### Starting 19<sup>th</sup> April

#### Family Links Parenting Programme\*

#### at Brentford CC

11 Week programme. Provides simple, effective tools to help parents build on their pre-existing parenting skills and develop self confidence in your own parenting.

Crèche available.

Please speak to a member of staff at the Children's Centre