

## Centre Opening Times

Monday - Friday

9am - 4pm

Closed on Friday's between 12.30-2pm

We are CLOSED on bank holidays and for 2 weeks during the December holiday period.

## Half Term Dates

Monday 26th October - Friday 30th October

A reduced timetable operates over the half term period. Please contact Reception for more information.

## Speech & Language Drop-In

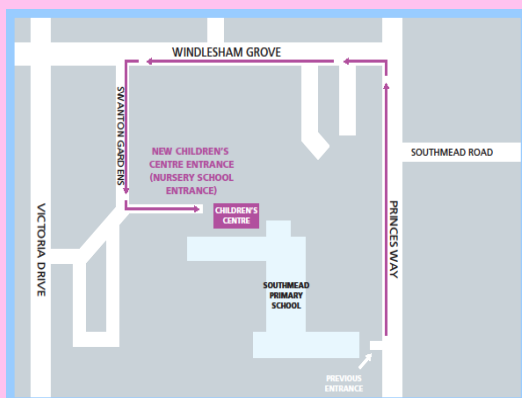
A Speech & Language Therapist will be available during these Play Sessions, to discuss any concerns that you may have about your child's speech and language development.

Sticky Fingers: 14th September & 2nd November

Toddler drop-in: 1st October & 3rd December

## Website

Our website is LIVE! Please have a look around and give us your feedback- [www.southmeadchildrenscentre.com](http://www.southmeadchildrenscentre.com)



*There is limited free parking on the roads surrounding the centre. Please check signs for further information before you park your car.*



## Southmead Centre for Children and Families

*'A warm, friendly and safe environment for you and your child to develop and grow.'*

# Timetable

3rd September 2015 – 17th December 2015

Southmead Primary School

Princes Way, London

SW19 6QT

(Entrance off Swanton Gardens)

Tel: 0208 788 4379

Email: [childrenscentre@southmead.wandsworth.sch.uk](mailto:childrenscentre@southmead.wandsworth.sch.uk)

Web: [www.southmeadchildrenscentre.com](http://www.southmeadchildrenscentre.com)

# Monday

## Sticky Fingers سٹکی فنگرز

L epiace Sie Paluszki

9:00-10:30am

*A messy play session for children aged 0-3 years.*



## Educational Psychologist

Drop in 9:00am-10:30am

*Support and advice available if you are concerned about any aspect of your child's play, learning, behaviour or wellbeing.*

*Drop in on the following dates: Sept 14th, Oct 12th, Nov 9th, Dec 14th*

## Advice Session

10:00am-12:00pm

*Support and Advice on finance, benefits, housing, parenting, filling in forms or anything that may be causing you worry or stress.*

*Contact reception to book an appointment.*

## Talkshop

10-11am

*A drop in session to discuss any concerns about your child's speech development with the Speech & Language Therapists.*

*Date are: 21st September, 19th October, 23rd November*

## Basic ESOL ای سول

Nauka Języka Angielskiego— Poziom Podstawowy

1:00pm - 3:00pm

*A basic English language course for parents who have very little English Language skills. Pre-school (childcare) is provided. Please contact Reception to put your name on the waiting list.*

## Boost Cooking

1:00-2:30pm

*Healthy eating and food skills sessions. A 6 week programme for families with children aged 2-5years. Starts 21st September 2015.*

*Pre-school (childcare) is provided. To book a place please contact Reception.*

# Saturday

## Dads & Male Carers Group 10am-12pm

*A play session for dads/male carers and their children under 5 years. Siblings are welcome up to the age of 8.*

*Every 2nd Saturday of the month.*

*Dates are: 12 Sept, 10 Oct, 14 Nov, 12 Dec*

## Play sessions

*Sticky fingers, Messy Play, Outdoor Learning, Toddler drop-in and Music Session*

We understand that you may have two or more children of different ages. You are welcome to bring siblings to play sessions if you have one child within the age range for that play session.

## Childcare

For Mums, Dads and Carers attending courses and groups at the centre, we provide a pre-school provision for children aged 3 months - 5 years.

## Are You Registered?

Please make sure you fill out a registration form the first time you come to visit us. Its helps us to keep you updated on all the new and exciting things we plan to do within the centre. Please also keep us up to date if you move home or change your number.

## New Addition to the family?

Has your family expanded? Or are Grandad, Grandma or Uncle and Aunty going to be bring your child to the centre? If so, please pick up an 'Additional Family Member' form so we can get them registered too!



## Friday

### Music Session موسیقی سیشن

Sesja Muzyczna  
9.15-9.45am

*A fun and active music session.*

*For children aged 18 months-5 years or confident walkers.*

*Starting 4th September 2015.*

### Mini Boost for Children

10am-11am

*A fun exercise session led by a physical activities specialist. It is a 6 week programme for children aged 2-5 years (parents/carers to attend with them). To book a place please contact reception.*

*Starts 2nd October 2015.*



**THE CENTRE IS CLOSED BETWEEN 12:30-2pm**  
**WE ARE OPEN FOR ADVICE AND SUPPORT**  
**BETWEEN 2-4PM**

### Arts & Crafts Materials for Sale

*Low cost arts and crafts materials (paper, card, glue, paint etc.) are available to purchase at any time whilst the centre is open.*

## Tuesday

### Solihull Parenting Course

9:15am– 12:15pm

*A 10 week programme to help you to understand and explore your child's behaviour. Please contact Reception to book a place on the course.*

*Starting 6th October 2015.*

### Employment Advice Session

9:00am-11:00pm

*Would you like advice and support about going back to work or college?*

*Contact Reception to book an appointment.*

*Starting 8th September 2015.*

### Basic ESOL Course ای سول

Nauka Języka Angielskiego – Poziom Podstawowy

1:00pm-3:00pm

*A basic English language course for parents who have very little English language skills. Pre-school (childcare) is provided. Please contact Reception to put your name on the waiting list.*

### Messy Play میسے پلے

3:40-5:00pm

*A messy play session for children aged 2-5 years and siblings up to 8 years. Starting 8th September 2015.*



# Wednesday

## Babies and Crawlers بیبیز اینڈ کرالرز

**9:00-10:00am**

*A structured play session with music and activities to stimulate the senses and help your baby develop. Just for babies and children who are not yet walking. Starting 9th September 2015.*

## Outdoor Learning Szkolka Lesna

**9:15am-10:30am**

*Explore & learn about the natural environment in the local woodland and use creativity to solve problems & co-operate with others. For children aged 18 months-5 years or confident walkers. Starting 9th September 2015.*

## Well Baby Clinic ویل بیبی کلینک

**10am-12pm**

*A weighing session for your baby and an opportunity to speak to the Health Visitors.*

## Breastfeeding Café

**10am-12pm**

*Support & advice for all mothers who are breastfeeding.*

## Parents Time

## پیرنٹس ٹائم Aap Ka Wakt (Your time)

**1:00pm– 3:00pm**

*A place for all mums, dads and carers to come together, do fun activities and learn new skills. Pre-school (childcare) is provided. To book a place please contact Reception on 020 8812 5657. Starting 9th September 2015.*



# Thursday

## Making the Most of Motherhood

**9:30am –11:30am**

*A therapeutic group designed to teach skills and support women who may be experiencing symptoms of postnatal depression. Please contact Reception to book a space on the course. Starting 17th September 2015.*

## Boost Exercise for Mums

**12.30am -2:00pm**

*Exercise and nutrition for parents with children under 2years. Pre-school (childcare) is provided. To book a place please contact reception. Starts 17th September.*

## Toddler Drop-In ٹوڈلر ڈرپ ان

**Sesja edukacyjno**

**1:30-3pm**

*A structured play session to support children with developing independence and getting ready for school. For children aged 2 years +. Starting 3rd September 2015.*

## Baby Massage 2.20-3.45pm

*A 4 week baby massage course.*

*Contact Tudor Lodge Health Clinic on: 020 8812 5657 to book a place.*

## Weaning Group 2.20-3.45pm

*Support and advice on weaning for parents of babies aged 3-4 months old.*

*Contact Tudor Lodge Health Clinic on: 020 8812 5657 to book a place.*

