

# WHAT'S ON AT SOUTHMEAD CHILDREN'S CENTRE....

Wednesday 5th September - Thursday 20th December 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>	<p><b>Basic ESOL Course</b> ای سول 9:30am - 11:30am A basic English language course for parents who speak very little English <b>Enquire at reception for more information or to book your place.</b></p> <p><b>Let's Move!</b> 12pm-1pm <b>Confident Walkers to 4 years</b> A fun, energetic session to encourage you and your child to move! Come and have fun in a safe environment where your little one can roll, walk, run, jump, dance and more!</p>	<p><b>Sticky Fingers</b> 9am-10:20am A drop in play session for children aged 0-4 years, come prepared to get messy! Sticky fingers is a fun, exciting way for your child to learn and develop many different skills.</p> <p><b>Parent's Space</b> <b>New!</b> 10:45am-12:15pm <b>*PLEASE SEE DATES OVERLEAF*</b> Fun workshops and sessions to meet new people, learn new skills and find out everything you need to know about the children's centre! More information on the workshops can be provided at reception. <b>Childcare available. Please contact reception to book your place</b></p>	<p><b>Babies and Crawlers</b> 9:15am-10:15am A structured play session with music and activities to stimulate the senses and help your baby develop. <b>For babies and children who are not yet walking.</b></p> <p><b>Forest School</b> 9am-10:15am Wimbledon Common Explore &amp; learn about the natural environment and enjoy doing fun outdoor activities. If you would like to meet the group at the common and have any issues finding them, please call the forest school mobile number on: 07501 333 590. <b>For confident walkers to 4 years.</b></p> <p><b>Well Baby Clinic &amp; Breastfeeding Café</b> 10am-12pm Come and get your baby weighed and the opportunity to speak to the Health Visitors. Our breastfeeding café provides support &amp; advice for all mothers who are breastfeeding. Drinks and refreshments are provided.</p> <p><b>Rising Twos</b> <b>New!</b> 10:30am-12pm A structured session to develop your child's independence and getting ready for school. <b>Invitation only</b> however please call to see if you may be eligible. <b>For children aged 20 months- 3yrs.</b></p> <p><b>*NEW EXCITING WORKSHOPS DURING RISING TWOS, PLEASE SEE OVERLEAF!*</b></p>	<p><b>Solihull Course</b> <b>New!</b> 9:15am-11:15am A 10 week course to help families increase parenting skills and confidence through developing a better understanding of child development and using positive discipline techniques. <b>Starting 27th September 2018. Contact reception for more information.</b></p> <p><b>Play and Learn</b> 11:45-12:45pm A drop in play session for children aged 0-4 years. Play and learn is a fun, exciting way for your child to develop many different skills.</p>	<p><b>Sing and Explore</b> 9:30am-10am <b>Children aged 0 months to Non-Walkers (Play Room)</b> A fun music session encouraging your baby to explore different sounds and musical instruments.</p> <p><b>Music and Movement</b> 10:30am-11:15am <b>Confident walkers to 4 years (Group Room)</b> A fun music session encouraging physical activity and to promote your child's speech development.</p> <p><b>Learn to Love to Read</b> 11:30am-12:30pm A 10 week course to explore sounds, songs and stories to aid your child's language development. <b>For children aged 2-4 years.</b> 21st, 28th Sep, 5th, 12th, 19th Oct, 2nd, 9th, 16th, 23rd, 30th Nov. Please contact reception to book your place.</p> <p><b>learn to love to read</b></p>
<b>AFTERNOON</b>	<p><b>Let's Move!</b> 2pm-3pm <b>Children aged 0 months to Non-Walkers</b> A fun, energetic session to encourage you and your baby to move! Come and have fun in a safe environment where your little one can roll, crawl and move!</p>	<p><b>Basic ESOL Course</b> ای سول 1pm-3pm A basic English language course for parents who speak very little English <b>Enquire at reception for more information or to book your place.</b></p>	<p><b>Childcare Level 1 Course</b> <b>New!</b> 1pm-3pm A 3 month course to enhance your skills if you want a career as a nursery practitioner or classroom assistant. You will learn all about child development, health &amp; safety with children in mind, childhood health, diet and nutrition and how to care for babies. <b>Enquire at reception for more information or to book your place.</b> <b>Starting 12th September 2018</b></p>	<p><b>Babies and Crawlers</b> 1:45pm-3:15pm A structured play session with music and activities to stimulate the senses and help your baby develop. <b>For babies and children who are not yet walking.</b></p> <p><b>Baby Massage</b> 2pm - 3.30pm A 4 week baby massage course.</p> <p><b>Weaning Group</b> 2pm - 3.30pm Support and advice on weaning for parents of babies aged 3-4 months. <b>Contact us to book your place.</b></p>	<p><b>THE CENTRE IS CLOSED EVERY FRIDAY BETWEEN 12:30PM-2:30PM</b></p> <p><b>Southmead Children's Centre</b></p> <p>Southmead Primary School Princes Way, Wimbledon SW19 6QT (Entrance off Swanton Gardens)</p> <p>Call: 020 8788 4379</p>

## Parent's Space Dates

- 18th Sep: Plant and Grow  
25th Sep: Yoga (Adults)  
2nd Oct: Advisory Board  
9th Oct: Baking  
16th Oct: Getting Creative with Mandy  
6th Nov: First Aid  
13th Nov: How To Cook Healthy!  
20th Nov: Basic Makaton  
27th Nov: Advisory Board  
4th Dec: First Aid  
11th Dec: Parent Forum



PLEASE NOTE: Our Booking System for the above courses is open NOW.  
Spaces do fill up quickly so please book your space immediately.

## Play Sessions

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 at the centre, we provide a childcare 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. It 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 bring your child to the centre? If so, please pick up an 'Additional Family Member' form so we can get them registered too!

## Food Bank Vouchers



If you are finding it difficult financially, the food bank can provide emergency food for up to three days. The children's centre is a foodbank voucher holder. If you are in need of a voucher please come to the centre and speak to Carrie.

## Centre Opening Times

Monday - Friday\*

9am - 4pm

\*Closed on Friday's between 12.30-2:30pm

We are closed on bank holidays

and for 2 weeks during the December holiday period.

## Half Term

Monday 22nd October - Friday 26th October 2018

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

PLEASE NOTE: THE CENTRE WILL BE CLOSED ON:

3RD, 4TH SEPTEMBER & 29TH OCTOBER 2018 FOR STAFF TRAINING

### PLEASE NOTE

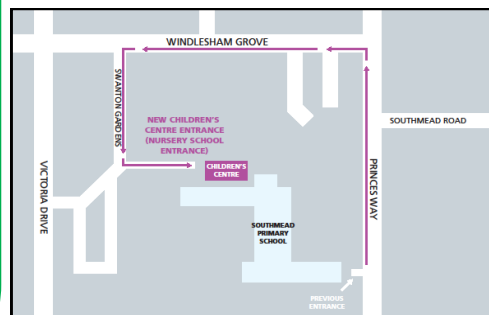
Places are limited for Childminders, Nannies and Au Pairs and places will be reserved for invited children. Our drop-in sessions do get busy and therefore have maximum numbers. This is to abide with health and safety regulations and to ensure the session is safe and enjoyable for you and your child. When we have met our maximum capacity, we will be unable to allow any more families in.

## How to Contact us...

Tel: 0208 788 4379

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

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



Did you know we have Facebook?



Southmead Children's Centre

Don't forget to 'LIKE' our page!



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

## Speech & Language

Our Speech & Language Therapists are happy to discuss any concerns that you may have about your child's speech and language development. You can find them during the below drop in sessions:

Talkshop 9am-10am: Tuesday 25th Sep  
Tuesday 30th Oct  
Tuesday 27th Nov

Sticky Fingers Drop in: 2nd Oct & 13th Nov 2018

## Child Educational Psychologist

Verity is on hand to support you at the centre during a drop-in session or one to one session if you have concerns around your child's behaviour and/or development or if you may be struggling with boundaries or routines. Please speak to a member of staff if you would like to book a session with Verity or alternatively you can find her during the drop in sessions on the dates below\*

\*Drop-in Dates to be confirmed.

## Rising Two's Workshop's

Workshops for those children who are invited to the Wednesday Rising Two's session 10:30-12pm.  
Please ask reception if you are eligible.

### Exploring Outdoors: 19th Sep & 17th Oct

Explore the outdoors over at Wimbledon common with our skilled forest school staff.



### Dance and Movement: 31st Oct & 12th Dec

A fun, energetic session to encourage you and your child to move! Come and have fun in a safe environment where your little one can walk, run, jump, dance and more!



### Cooking: 7th November & 19th Dec

A chance for your child to explore different foods, practice their cutting skills and take home a yummy treat!