

Where are we?

Kingston Town Children's Centre

Villiers Road
Kingston
KT1 3AR

020 8481 0640

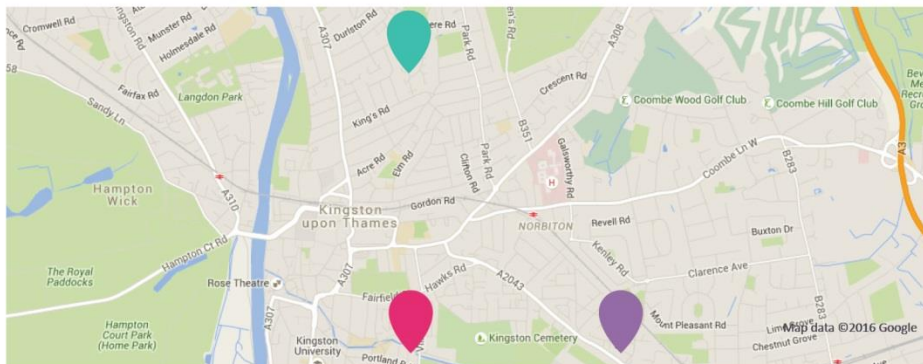
kingstonchildrenscentre@
achievingforchildren.org.uk

Norbiton Children's Centre

King's Oak Primary School
Dickerage Lane
New Malden
KT3 3RZ

020 8949 6065

kingstonchildrenscentre@
achievingforchildren.org.uk



North Kingston Children's Centre

Latchmere School
Latchmere Road
Kingston
KT2 5TT

020 8547 0187

kingstonchildrenscentre@
achievingforchildren.org.uk

Find us online at:

www.kingston.gov.uk
www.facebook.com/KingstonFIS
www.twitter.com/KingstonFIS

Translation Advice

If you have difficulty reading this document because of a disability or because English is not your first language, we can help you. Please call our helpline on 020 8547 5000, or ask someone to call on your behalf.

Kingston Children's Centres Kingston Town, Norbiton and North Kingston

Summer Programme 11 April - 21 July 2016

Food bank

Trussell Trust foodbanks provide a minimum of three days emergency food and support to people experiencing crisis. Speak to a member of staff if you and your family need a voucher.

To find out more about foodbanks visit www.trusselltrust.org.

The DV Hub (Kingston Domestic Violence Hub)

The Kingston Domestic Violence Hub (DV Hub) is home to a team of independent domestic violence caseworkers and domestic and sexual violence advocates who can help you work out what is the best next step for you.

DV Hub workers support all victims of domestic violence. Whatever your age, sex, gender, sexuality, religion, race or disability, they will either directly support you or link you with the service most appropriate for your needs.

The DV Hub phone line is open 10am to 4pm, Monday to Friday on [020 8547 6046](tel:02085476046) and kingston.dvhub@victimsupport.org.uk.

If you need support outside of these hours, please call the free 24 Hour National Domestic Violence Helpline on [0808 2000 247](tel:08082000247).

Free childcare and early education for two year olds

You may qualify for free childcare if you receive certain benefits, including:

- Income Support
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- support through part 6 of the Immigration and Asylum Act
- tax credits and have an annual income under £16,190 before tax
- Universal Credit

Speak to our centre staff or visit www.kingston.gov.uk to find out more.



Kingston Town Summer Programme 11 April – 21 July 2016

Monday

Midwife Clinic
Appointment only

Stay and Play and Toy Library

9.30am-11.00am

Play session for children under 5 and their parents or carers. £2.50 per family.

Weaning Talk

1.30pm-2.30pm

9 May, 6 June, 4 July, 1 August

Drop-in or call to book your place. Advice on how to introduce your baby to solid food.

The Centre will be closed on 4 May and 30 May

Tuesday

Get to know your baby

10.30am-12.00 noon

Call to book your place on this 5 week postnatal course.

Parent Led Play

10.00am-11.30am

Play session for children under 5 and their parents or carers. £2.50 per family

Wednesday

Child Health Clinic

9.30am-11.00am

Drop-in to see a Health Visitor to have your child weighed.

Breastfeeding Drop-in

10.30am-12.00 noon

Breastfeeding advice from the Infant Feeding Team.

Bumps to Babies

9.30am-11.30am

Drop-in Play session. Meet other families with babies under 18 months, pregnant mums welcome!

Family Learning

Cook and Eat

12.30-2.30pm

Free 5 week course
Call 020 8481 0640 to book your place
Starting 8 June

Twilight Stay and Play

3.30pm-4.30pm

Play session for children under 5 and their parents or carers. £2.50 per family.

Thursday

Midwife Clinic
Appointment only

Little Tots

10.00am-11.30am

Play session for 15 months to 30 months
£2.50 per family
Starting 5 May

Sleep Talk

1.00-2.00pm

21 April, 19 May, 16 June, 14 July

Drop-in or call to book your place. Advice and information on how much sleep your baby needs and establishing bedtime routines.

Messy Play

1.30pm-3.00pm

Sensory play session with sand, water and more. Under 5's
£2.50 per family.
There will be no Messy Play on the first Thursday of each month.

Friday

Midwife Clinic
Appointment only

Twins and Multiples Group

9.30am-11.00am

Stay and Play session for families with twins or multiples
£2.50 per family

Rhyme Time

9.30-10.15am

Interactive fun music session.
Walkers to 5 years.

Baby Rhyme Time

10.30-11.00am

Interactive fun music session.
Newborns to crawlers.

The Centre will be closed on the afternoon of 22 April

Notes

Parents Voice

Do you visit Kingston Town, Norbiton, Or North Kingston Children's Centres
Access a Children Hall, Kingsnympton Park, Dickering Lane, or The Keep?

North Kingston Children's Centre
Thursday 14 July
1.30pm-2.30pm

Norbiton Children's Centre
Thursday 24 November
9.30am-10.30am

We want your views and ideas to help develop the Children Centres to ensure they match the needs of the community.

Norbiton Summer Programme 11 April – 21 July 2016

Monday

Bumps to Babies
9.30am-11.30am

Child Health Clinic
10.00am-11.00am
Drop in to see a Health Visitor, to have your child weighed.

Post Natal Support Group and Breastfeeding
10.00am-11.00am
Drop-in for support with feeding, weaning and sleep.

Sleep Talk
12.00 noon-1.00pm
9 May, 6 June, 4 July, 1 August

Stay and Play
1.30pm-3.00pm
Play session for Children under 5 and their parents and carers
£2.50 per family.

The Centre will be closed on 4 May and 30 May

Tuesday

Midwife Clinic
Appointments only

Sensory Room Play
10.00am-2.00pm
Bookable drop in session for children under 5
Book a time slot to use all the sensory play equipment including light panels and bubble tube. Call the Centre to book your time slot
£2.50 per family

Wednesday

Midwife Clinic
Appointments only

Stay and Play
9.30-11.00am
Play session for Children under 5 and their parents and carers
£2.50 per family

Baby Signing
2.00pm-3.00pm
Commencing 4 May
Pre-bookable 5 week course for newborns to sitters.
Please call to book your place 020 8949 6065

Thursday

Family Learning Free Family Language Course
9.30am-11.30am
28 April – 26 May
Find out how your child learns language skills

Use games and other activities to help your child learn at home

Learn to speak, read and write in English

Call 020 8949 6065 to book your place and free crèche space

Monthly 21&co
1.15pm-2.45pm
First Thursday of the month 5 May, 2 June, 7 July, 5 August
21 & co is a support group in Surrey and South West London dedicated to giving support to families who have children with Down Syndrome

Friday

Fresh Fridays
9.30am-11.30am
Invitation Only

Messy Play
1.30pm-2.45pm
Sensory play session with sand, water and more
Under 5's
£2.50 per family
No session 22 April

Notes

Parents Voice
Do you visit Kingston Town, Norbiton, Or North Kingston Children's Centres Access a Children Hall, Kingsnympton Park, Dickerage Lane, or The Keep?

North Kingston Children's Centre
Thursday 14 July
1.30pm-2.30pm

Norbiton Children's Centre
Thursday 24 November
9.30am-10.30am

We want your views and ideas to help develop the Children Centres to ensure they match the needs of the community.

North Kingston Summer Programme 11 April – 21 July 2016

Monday

Midwife Clinic
Appointment Only

Stay and Play for Keep families

9.30-11.00am
Play session for children under 5 and their parents or carers. For Keep Families only
No session 18 April

Child Health Clinic

1.00pm-2.30pm
Drop-in to see a Health Visitor to have your child weighed.

Bumps to Babies

1.00pm – 2.30pm
Drop-in Play session. Meet other families with babies under 18 months, pregnant mums welcome!

Mum2Mum Breastfeeding Drop-In
1.00pm-2.30pm

The Centre will be closed on 4 May and 30 May

Tuesday

Midwife Clinic
Appointment Only

Stay and Play

9.30-11.00am
Play session for children under 5 and their parents or carers.
£2.50 per family.

Crawlers and Explorers

1.15pm-2.30pm
Sensory play session for crawlers to early walkers
£2.50 per family.
Starting 3rd May

Wednesday

Midwife Clinic
Appointment Only

Baby Massage

10.30am-11.30am
Please call for further information and to book your place 020 8547 0187
Charges apply
Starting 11 May

Baby Massage

1.00pm-2.00pm
Please call for further information and to book your place 020 8547 0187
Charges apply
Starting 11 May

Thursday

Midwife Clinic
Appointment Only

Childminders Stay and Play

9.15-11.00am
Term time only play session for Childminders and the children they care for.
£2.50 per childminder

Stay and Play

1.30-2.30pm
Play session for children under 5 and their parents or carers.
£2.50 per family.
There will be no Stay and Play on the first Thursday of each month.

Friday

Midwife Clinic
Appointment Only

Stay and Play

9.30am-11.00am
Play session for children under 5 and their parents or carers.
£2.50 per family.

Sleep Talk

11.30am
13 May, 10 June
Drop-in.
Advice and information on how much sleep your baby needs and establishing bedtime routines.

Weaning Talk

11.30am
22 April, 27 May, 24 June
Drop-in for advice on how to introduce your baby to solid food.

The Centre will be closed on the afternoon of 22 April

Notes

Parents Voice

Do you visit Kingston Town, Norbiton, Or North Kingston Children's Centres Access a Children Hall, Kingsnympton Park, Dickering Lane, or The Keep?

North Kingston Children's Centre
Thursday 14 July
1.30pm-2.30pm

Norbiton Children's Centre
Thursday 24 November
9.30am-10.30am

We want your views and ideas to help develop the Children Centres to ensure they match the needs of the community.

Kingston Summer Outreach Programme 11 April – 21 July 2016

Monday

Stay and Play for Keep families

9.30am-11.00am

Play session for children under 5 and their parents or carers. Held at North Kingston Children's Centre for Keep Families only

Tuesday

Rhyme Time at Corpus Christi Primary School

Coming soon...

Interactive music and rhymes for children and their parents/carers

Stay and Play at Piper Hall

1.00pm - 2.45pm

Play session for children under 5 and their parents or carers. Held at Piper Hall Community Centre, Piper Rd, Kingston Upon Thames, Surrey, KT1 3EX
Open to Cambridge estate residents

Wednesday

Thursday

Stay and Play at Kingsnympton Park

9.45am-11.15am

Play session for children under 5 and their parents or carers. Held at the: Kingsnympton Park Community Centre, Kingston Hill, Kingston.

Friday

Stay and Play at Dickerage Sports and Community Centre

10.00am-11.30am

For Children under 5 and their parents and carers

Held at Dickerage Sports and Community Centre KT3 3EQ

Term Time Only

Notes

Parents Voice

Do you visit Kingston Town, Norbiton, Or North Kingston Children's Centres Access a Children Hall, Kingsnympton Park, Dickerage Lane, or The Keep?

North Kingston Children's Centre
Thursday 14 July
1.30pm-2.30pm

Norbiton Children's Centre
Thursday 24
November
9.30am-10.30am

We want your views and ideas to help develop the Children Centres to ensure they match the needs of the community.

Our sessions

Baby Massage

Please contact the children's centre for further information and to book your place.

Baby Signing

Bookable 5 week course for new-borns to sitters. Learning new songs and rhymes along with signs from British Sign Language

Bumps to Babies

Drop-in Play session. Meet other families with babies under 18 months, pregnant mums welcome!

Baby Rhyme Time and Rhyme Time

Interactive music and rhymes for children and their parents/carers.

Breastfeeding Drop In

Parents are offered support and advice on breastfeeding by a trained breastfeeding counsellor.

Child Health Clinic

This is run by our local Health Visiting Team for your child's routine growth monitoring – Drop In

Childminder Stay and Play

Term time only play session for Childminders and the children they care for.

Fresh Fridays

Invitation only

Get to Know Your Baby

This is run by our local health visiting team. It covers Attachment, sleep, baby massage. Please book your place through the Children's centre

Messy Play

Come and get messy and creative with your child. Have fun allowing your child to explore different textures with their senses. Please wear clothes that you don't mind getting messy! £2.50 per family

Midwife Clinic

Appointment only bookable through the midwifery team.

Monthly 21&co

First Thursday of the month 21 & co is a support group in Surrey and South West London dedicated to giving support to families who have children with Down Syndrome

Mum2Mum Breastfeeding Drop In

Parents are offered support and advice on breastfeeding by a trained peer supporter

Parent Led Play

Under 5's Stay and play- led by parent volunteers.

Post Natal Support and Breastfeeding Group

Drop in support for feeding, weaning and sleep.

Sensory Room Bookings

Sensory room sessions available at Norbiton Children's centre. Please call for more information 020 8949 6065 - £2.50 per family

Sleep Talk

This is run by our local health visiting team once a month. This is a drop in service. Please speak to the children's centre for more information

Stay and Play

Under 5's Stay and play- Come and have fun with your child while supporting their language and development. Play activities planned to meet early year's foundation stage. £2.50 per family

Toy Library

You can join for an annual fee of £10 and can borrow up to three toys for 3 weeks. There is a range of toys and equipment suitable for children under 5. Call Kingston Town children's centre for more information 020 8481 0640

Stay and Play and Twilight Stay and Play

Under 5's Stay and play- Come and have fun with your child while supporting their language and development. Play activities planned to meet early year's foundation stage. £2.50 per family

Weaning Talk

This is run by our local health visiting team once a month. This is a drop in service with advice on how to introduce your baby to solid food. Please speak to the children's centre for more information

Our outreach sessions

The Keep

Play session for children under 5 and their parents /carers from 'The Keep'

Stay and Play at Piper Hall

Play session for children under 5 and their parents /carers.

Held at Piper Hall Community Centre. Open to Cambridge estate residents

Stay and Play at Kingsnympton Park

Play session for children under 5 and their parents / carers.

Held at Kingsnympton Park Community Centre.

Stay and Play at Dickerage Sports and Community Centre

Play session for Children under 5 and their parents /carers

Held at Dickerage Sports and Community Centre

Rhyme Time at Corpus Christi Primary School

Coming soon.... Interactive music and rhymes for children and their parents/carers.

Family Learning

A range of courses available at the children's centres including Family language, Cook and Eat, Helping your child with English and Maths. Please speak to staff for more details


Parenting Programmes

Free course with crèche. Please contact the Centre or Karen Williams (parenting co-ordinator) for further information
020 8547 6965

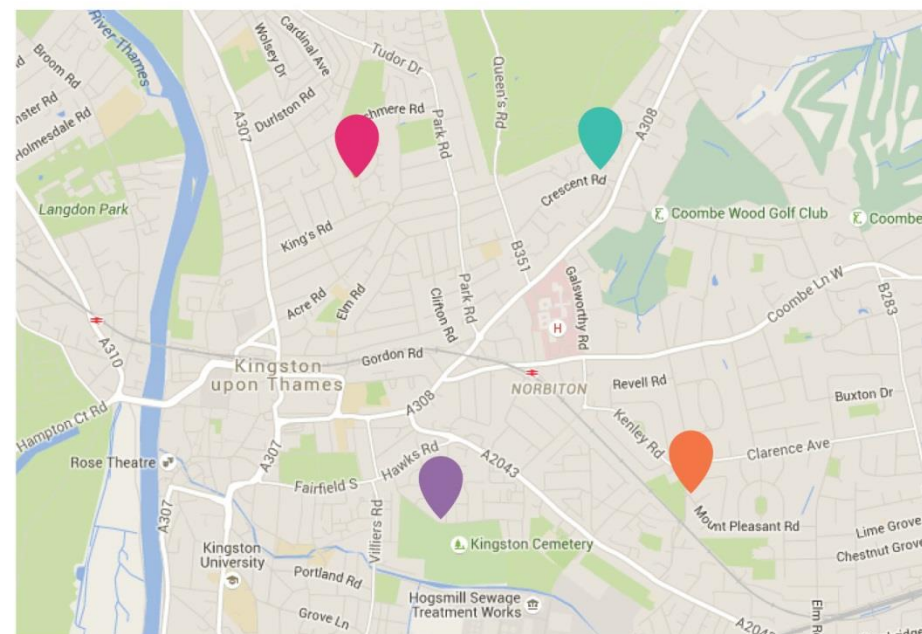
Strengthening Families Parenting Advisor

Information and support including effective job searching, volunteering, cv writing. Please speak to staff for more information.

Our outreach venues

 **Community Centre**
29 The Keep
Kingston
KT2 5UA

 **Dickerage Community Centre**
Dickerage Lane
New Malden
KT3 3EQ



 **Kingsnympton Park Community Centre**
Kingston Hill
Kingston
KT2 7RR

 **Piper Hall Community Centre**
Piper Rd
Kingston Upon Thames
KT1 3EX