

Foodbank

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.

Parents Help

We are looking for parents to volunteer their skills and knowledge to support various activities and sessions. We can help you to find relevant training and work experience.

CAP money course

A free short course that makes managing your money simple. Learn great tips to help you budget, save, manage and prevent debt. Starting in the Autumn term at Norbiton, call 020 8949 6065 for more details.

Clothes bank at Norbiton Children Centre

We have children's clothes from 0 to 5 years. Call 020 8949 6065 for more details.

Parents Voice and Advisory Board

We are looking for parents to join a group to help shape the future of our activities, be a voice for the community in telling us what you like or what we can improve.

Our mission statement

Respecting, valuing and supporting each family in their unique parenting journey.

Strengthening Families Employment Adviser

Available during our Stay and Play sessions, offering advice on employment, training, welfare benefits and offering family support. Also available are 1 to 1 advice and group information sessions on :

- CV building and mock interviews
- Effective job searching
- Training, education and work placements
- Volunteering
- Self employment
- Digital and budgeting skills coaching

Whether you are looking to get back to work or for your first job... we can help to make it easy!

Healthy Start Vitamins

Are now available to purchase at Norbiton Children Centre at £1.50 for children's vitamins and £1.00 for adult vitamins.

Find us at:

Kingston Town Children's Centre

Villiers Road

Kingston

KT1 3AR

Or contact us on 020 8481 0640 or

kingstontowncc@kingathelstan.rbksch.org



Kingston Town Children's Centre Autumn Programme 7 September to 18 December 2015



Providing children's services for
the Royal Borough of Kingston and
the London Borough of Richmond

Monday

**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.

Weaning Talk**1.30-2.30pm****07 September****05 October****02 November****07 December**

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

**Stay and Play at
The Keep****9.30-11.00am**

Play session for children under 5 and their parents or carers. Held at The Community Centre, 29 The Keep, Kingston. KT2 5UA

Tuesday

**Get to know your baby
10.30am-12.00 noon**

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

Baby Signing**10.00-11.00am****Commencing 13 October**

Pre-bookable 5 week course for newborns to sitters.

**Stay and Play at Piper
Hall****1.00-2.45pm**

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 residents

Wednesday

Child Health Clinic**9.30-11.00am**

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**9.30-11.30am**

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

Stay and Play**1.30-3.00pm**

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

Thursday

**Midwife Clinic
Appointment only****Sleep Talk****1.00-2.00pm****17 September****15 October****19 November****17 December**

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

Messy Play**1.30-3.00pm**

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.

**Stay and Play at
Kingsnympton Park
9.45-11.30am**

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

Held at the:

Kyngsnypton Park Community Centre, Kingston Hill, Kingston.

Friday

**Midwife Clinic
Appointment only****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.

**Kingston Twins and
Multiples Group****2.00-3.30pm**

Play session for families with twins or multiple births
0-4 years

Party Hire**Coming soon!**

Would you be interested in hiring the Playroom for your child's party? Please call the centre for further information.

Key: Purple - Please call the centre to Pre Book your place or for more information

Green - no need to book just Drop-in

Burgundy - Outreach in the community with Rachel

There is an honesty jar at each chargeable session if you are able to pay £2.50