

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.

Toy Library

You can join for an annual fee of £10.00. You can borrow up to three toys for three weeks. A range of toys and equipment including, cars, duplo, puzzles and games, toys for babies under 6 months, pretend play and lots more. Call Kingston Town for more details on 020 8481 0640.

Clothes bank at Norbiton Children's 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's Centre at £1.50 for children's vitamins and £1.00 for adult vitamins.

Find us at:

Kingston Town Children's Centre

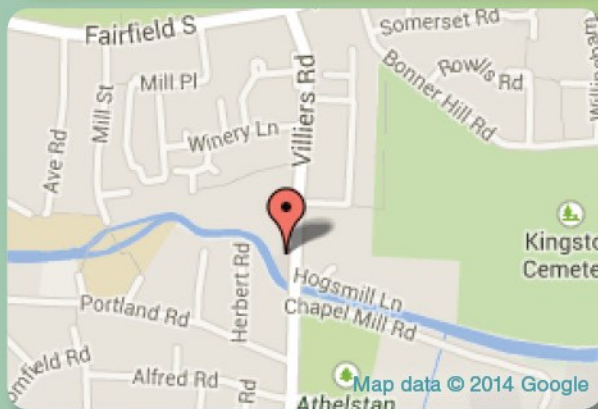
Villiers Road

Kingston

KT1 3AR

Or contact us on 020 8481 0640 or

kingstontowncc@kingathelstan.rbksch.org



Kingston Town Children's Centre

Spring 2016 Programme

4 January to 24 March



achieving
for children

Monday

**Midwife Clinic
Appointment only****Stay and Play and Toy
Library****9.30-11.00am**

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

£2.50 per family.

Weaning Talk**1.30-2.30pm****4 January,
1 February, 7 March,
4 April**

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
10.30-12.00 noon**

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

New Birth Celebration!**10.30am-11.30am****9 February,
22 March, 10 May**Drop in session for new parents to meet centre staff and find out what you can do at you local Children Centre
For new parents and babies up to 16 weeks**Parent Led Play****10.00am-11.30am**

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

£2.50 per family

**Tatty Bumpkin
2.00pm-3.00pm**Yoga inspired session with stories and songs. Over 2's only. Call to book your place
£2.50 per session**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**10.30-12.00 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!

**Family Learning - Early
Years Maths Course****12.30pm-2.30pm****20 January to 10
February**

Please call to book your place and for more information

**Twilight Stay and Play
3.30-4.30pm**

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

£2.50 per family.

Thursday

**Midwife Clinic
Appointment only****Family Links****9.30am-11.30am**14th January for 10 weeks
Call for more information or to book your place
Karen 020 8547 6965**Sleep Talk****1.00-2.00pm****21 January,
18 February,
17 March, 21 April**

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:
Kyngsnympton 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.**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**