**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 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.

**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@kingsthecistian.rbksch.org

**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!

**Our mission statement**
Respecting, valuing and supporting each family in their unique parenting journey.

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**Kingston Town Children’s Centre**
**Spring 2016 Programme**
**4 January to 24 March**
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<th>Monday</th>
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<td><strong>Midwife Clinic</strong>&lt;br&gt;Appointment only</td>
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<td><strong>Stay and Play and Toy Library</strong>&lt;br&gt;9.30-11.00am&lt;br&gt;Play session for children under 5 and their parents or carers.&lt;br&gt;£2.50 per family.</td>
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<td><strong>Family Links</strong>&lt;br&gt;9.30am-11.30am&lt;br&gt;14th January for 10 weeks&lt;br&gt;Call for more information or to book your place&lt;br&gt;Karen 020 8547 6965</td>
<td><strong>Sleep Talk</strong>&lt;br&gt;1.00-2.00pm&lt;br&gt;21 January, 18 February, 17 March, 21 April&lt;br&gt; Drop-in or call to book your place. Advice and information on how much sleep your baby needs and establishing bedtime routines.</td>
<td><strong>Rhyme Time</strong>&lt;br&gt;9.30-10.15am&lt;br&gt;Interactive fun music session.&lt;br&gt;Walkers to 5 years.</td>
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<td><strong>Weaning Talk</strong>&lt;br&gt;1.30-2.30pm&lt;br&gt;4 January, 1 February, 7 March, 4 April&lt;br&gt;Drop-in or call to book your place. Advice on how to introduce your baby to solid food.</td>
<td><strong>New Birth Celebration!</strong>&lt;br&gt;10.30am-11.30am&lt;br&gt;9 February, 22 March, 10 May&lt;br&gt;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</td>
<td><strong>Breastfeeding Drop-in</strong>&lt;br&gt;10.30-12.00 noon&lt;br&gt;Breastfeeding advice from the Infant Feeding Team.</td>
<td><strong>Baby Rhyme Time</strong>&lt;br&gt;10.30-11.00am&lt;br&gt;Interactive fun music session.&lt;br&gt;Newborns to crawlers.</td>
<td><strong>Key:</strong>&lt;br&gt;<strong>Purple</strong> - Please call the centre to Pre Book your place or for more information&lt;br&gt;<strong>Green</strong> - no need to book just Drop-in&lt;br&gt;<strong>Burgundy</strong> - Outreach in the community with Rachel&lt;br&gt;There is an honesty jar at each chargeable session if you are able to pay £2.50</td>
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<td><strong>Stay and Play at The Keep</strong>&lt;br&gt;9.30-11.00am&lt;br&gt;Play session for children under 5 and their parents or carers. Held at The Community Centre, 29 The Keep, Kingston. KT2 5UA</td>
<td><strong>Parent Led Play</strong>&lt;br&gt;10.00am-11.30am&lt;br&gt;Play session for children under 5 and their parents of carers. £2.50 per family</td>
<td><strong>Bumps to Babies</strong>&lt;br&gt;9.30-11.30am&lt;br&gt;Drop-in Play session. Meet other families with babies under 18 months, pregnant mums welcome!</td>
<td><strong>Family Learning - Early Years Maths Course</strong>&lt;br&gt;12.30pm-2.30pm&lt;br&gt;20 January to 10 February&lt;br&gt;Please call to book your place and for more information</td>
<td><strong>Purple</strong> - Please call the centre to Pre Book your place or for more information&lt;br&gt;<strong>Green</strong> - no need to book just Drop-in&lt;br&gt;<strong>Burgundy</strong> - Outreach in the community with Rachel&lt;br&gt;There is an honesty jar at each chargeable session if you are able to pay £2.50</td>
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<td><strong>Get to know your baby</strong>&lt;br&gt;10.30-12.00 noon&lt;br&gt;Call to book your place on this 5 week postnatal course.</td>
<td><strong>Tatty Bumpkin</strong>&lt;br&gt;2.00pm-3.00pm&lt;br&gt;Yoga inspired session with stories and songs. Over 2's only. Call to book your place £2.50 per session</td>
<td><strong>Messy Play</strong>&lt;br&gt;1.30-3.00pm&lt;br&gt;Sensory play session with sand, water and more. Under 5’s £2.50 per family.</td>
<td><strong>Twilight Stay and Play</strong>&lt;br&gt;3.30-4.30pm&lt;br&gt;Play session for children under 5 and their parents of carers. £2.50 per family.</td>
<td><strong>Purple</strong> - Please call the centre to Pre Book your place or for more information&lt;br&gt;<strong>Green</strong> - no need to book just Drop-in&lt;br&gt;<strong>Burgundy</strong> - Outreach in the community with Rachel&lt;br&gt;There is an honesty jar at each chargeable session if you are able to pay £2.50</td>
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<td><strong>Child Health Clinic</strong>&lt;br&gt;9.30-11.00am&lt;br&gt;Drop-in to see a Health Visitor to have your child weighed.</td>
<td><strong>Family Learning - Early Years Maths Course</strong>&lt;br&gt;12.30pm-2.30pm&lt;br&gt;20 January to 10 February&lt;br&gt;Please call to book your place and for more information</td>
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