



ROYAL BOROUGH OF KENSINGTON AND CHELSEA

Children's Centre Activity Programme

North Locality

January to March 2012



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Welcome to the Royal Borough of Kensington and Chelsea Children's Centre North locality activity programme for January 2012 to 31 March 2012. We have four Children's Centre across the locality and work with partners who deliver activities in community venues. Each of them offers a safe, warm friendly welcome to Fathers, Mothers, Uncles, Aunties, Grandparents and other family members and carers of children under five.

Children's Centres deliver services in three key areas:

1. Improving outcomes for young children and their families and reducing inequalities.

Child development and school readiness supporting personal, social and emotional development, physical development, communication and language pre birth to five years old – so that children develop as confident and curious learners and are able to take full advantage of the learning opportunities presented to them in school.

2. Raising parents aspirations and improving parenting skills

Building on strengths and supporting aspirations so that parents and carers are able to give their child the best start in life.

3. Child and family health and life chances

Promoting good physical and mental health for both children and their families, supporting parents to improve the skills that enable them to access education training and employment. Addressing risk factors so that children and their families are safe, and are able to improve their emotional and economic well being and their future life chances.

Royal Borough of Kensington and Chelsea Children's Centre are for:

- Resident Fathers and Mothers of Children under five
- Fathers and Mothers of a resident child or children under five
- Adults who live in a house where there is a child under five
- Residents who wish to volunteer or help shape and design services

To access activities within this programme, you must complete a **Children's Centre Registration form**, the form asks for information about you and your child. We need this information to ensure we are providing services that meet the needs of our community. We do not share your information with any other agency. We encourage local people to get involved in the design of services and how our children's centres are run. Each Children's Centre will have either a **Local Advisory Board** or **Governing body** that you can join. You do not have to be a parent to join these groups. Your children's centre will give you more information about this.

Our aim is to work with all the children under five and their families in the north locality. We also have some target groups that we are keen to reach

- Lone parents, teenage parents, pregnant teenagers
- Children in workless households
- Children from Black and Minority ethnic groups
- Disabled children, children of disabled parents
- Travellers

Who works in our Children's Centres? We work with a wide range of professionals to ensure that our children's centres meet the needs of the many families that we aim to support. Below you will find more information about some of those professionals and the services they offer:

Professional	The services or activities they offer
Health Visitor	Breastfeeding support, immunisations, baby weighing clinics, developmental checks, advice and support, for parents with low mood, weaning advice. They also run the Healthy Child Information Session and Talking Times .
Midwives	Ante natal classes, ante natal clinics, post-natal clinics, breastfeeding support and training, baby massage. Pregnancy testing, advice and support through pregnancy.
Speech and language therapists	Advice and support on communication and learning development. One to one support and group therapeutic sessions. They run courses such as Small Steps to Speaking, It Takes Two To Talk and Hear Me Follow Me . They also visit drop ins on a monthly basis.
Music therapists	Provide practical advice and support to parents and carers who are concerned about their child's development. They provide advice and support for parent and baby bonding, they run courses for parents such as Shake Natter and Roll .
Occupational therapists	Provide practical advice and support to parents and carers who are concerned about their child's development. They give advice on supporting gross motor and fine motor skill development. They run courses for parents such as Early Explorers .
Physiotherapists	Provide practical advice and support to parents and carers who are concerned about their child's physical development. They give advice on positioning, handling activities to promote gross motor skills, fine motor skills and parent/baby bonding. They run courses for parents such as Up and Active .
Family Outreach Workers	Offer practical advice and support in the child's home. They work with parents over a series of sessions to help them when they are facing particular issues with parenting such as, setting boundaries, bedwetting, sleep, fussy eating. They are also hold drop in surgeries at children's centres.
Paediatric dieticians	Provide advice, guidance and practical tips on weaning and healthy diets.
Adult Mental health (CAHMS)	Provide support groups, one to one counselling, family counselling and therapy.
Childcare practitioners	Provide childcare, early education, Crèches, Stay and Play sessions, Tiny tots, Dads groups
Parenting tutors	Parenting classes such as <ul style="list-style-type: none"> • Parent Nurturing Programme • Triple P • Strengthening families Strengthening Communities. (classes are delivered in English or Arabic)
Librarians	Provide libraries in each of our children's centre so you can join the library and borrow books. They work with parents to support them to identify practical skills for reading at home with their children. They provide Rhyme Time sessions in community venues.
Advisors	Offer professional advice and guidance on topics such as Housing, Benefits, Debt advice, Childcare, Employment, Sexual Health and Relationships.
Counsellors	Specialist counsellors provide support to those who wish to overcome issues such as Domestic Violence, Drugs and or Alcohol addiction
Sports tutors	Provide activities such as Mother and Baby Yoga, Get back into shape, Mother and baby fitness, Fathers football.
Activity tutors	As part of our Enjoy and Achieve Programme for Parents we offer a number of creative classes to support parents well being, aspirations and life chances. We offer courses such as jewellery making, nail art, DIY skills, Embroidery, Story telling, Sewing.
Back to work	We work with training providers who provide accredited training to support you back into work or make a career change eg Hospitality, Security, HGV, Driving, Admin and Finance.
Family learning tutors	Provide training courses such as English for Speakers of Other Languages (ESOL), Numeracy and Literacy.
Oral health (Dentists)	Provide advice and guidance on children's oral health care.

Back to Work Programme

We offer vocational courses to support parents back into work or to make a career change.

- HGV Category C Driving, Diploma in Administration, CCTV (SIA)
- Foundation Diploma in Book-keeping, Diploma in Administration,
- Door Supervisor (SIA),



To enrol on these courses you will need to undergo an assessment with your children's centre manager. They will want to assess that you are aware of the expectations of the course and are able to fulfil these requirements. The courses are free, however there is an expectation that you will work closely with the professionals we make available to you, who will support you to achieve your qualification, update your CV complete job applications and prepare for interviews.

Achieving your Personal Goals

We want to support you to build on your strengths and achieve your own aspirations so that you can feel good about yourself and thereby give your child the best start in life. We offer a two day course called

GOALS that will help you **to build independence, self-esteem, inner strength, personal and social responsibility, self-motivation and purposefulness.** Individuals from all

ages and backgrounds learn how to build healthy self-esteem, understand

their personal motivations and to take responsibility for their futures. People are empowered with the self-belief and enthusiasm in a word, the "OOMPH" - they need to move their lives forward.



Healthy Start

If you are pregnant or have a child under four years old, you could get Healthy Start Vouchers to help buy some basic foods. To be eligible you must undergo a means test. Pregnant women and children under four years can get one £3.10 voucher per week. Children under one year old can get two £3.10 vouchers per week. Women and children who get Healthy Start Vouchers can also get Healthy Start vitamin coupons to swap for free healthy start vitamins. Healthy Start Vitamins are specifically designed for pregnant and breastfeeding women and growing children. Speak to your Health visitor or Midwife at your Children's Centre to find out how to access this scheme.

Bookstart and Bookstart Corner Plus

Bookstart give free books to all children under five years of age. There are three different packs, one each for babies, pre-schoolers and toddlers. Bookstart Corner Plus is a new programme for parents who would like extra help in supporting their children to read at home and enjoy books. Speak to your local children's centre to find out more about these schemes.

Home Safety Equipment

Safety equipment can help create a safer environment for your child. It does not replace the need for supervision especially with younger children, but it can make protecting your child easier.

St Quintin Children's Centre, **Clare Gardens Children's Centre** and **Holmfield House** sell a wide range of home safety equipment including safety gates, baby monitors, DVD locks, smoke detectors, window locks these are sold at cost price so are cheaper than if you were to buy them from a high street shop. Contact these centres for the full list of equipment on sale.

January 2012

CLARE GARDENS	COURSE	DAYS	TIME	KEY
MONDAYS	Mother and Baby Yoga	9, 16, 23, 30	11-12.30	
TUESDAYS	Childcare & Benefit information	10	9-12	
	Grandparents group	17	10.30-12.30	
WEDNESDAYS	Baby massage	18, 25	10-11	
THURSDAYS	Weaning Party	5	1.30-3.30	
	Book-sharing	12, 19, 26	3.45-5.45	
	Healthy Child Info session	12, 19, 26	10-12	
FRIDAYS	Breastfeeding Support	6, 13, 20, 27	1.30-3.30	10-
	Action, Songs, Rhymes over 1's	13 ★ 20, 27	10.45	
	Action, Songs, Rhymes under 1's	13, 20, 27	11-11.45	

GOLBORNE	COURSE	DAYS	TIME	KEY
WEDNESDAYS	Entry L1 ESOL ©	11, 18, 25	9.30-11.30	
	FOT link visit	18	9-11	
THURSDAYS	CD makers	12, 19, 26	1-2	

HOLMFIELD HOUSE	COURSE	DAYS	TIME	KEY
MONDAYS	Development Checks	9, 16, 23, 30	1-3.30	
	Numeracy & Literacy ©	9, 16, 23, 30	10-3	
TUESDAYS	Breastfeeding Support / Baby Cafe	3 ★ 10, 17, 24, 31	10:30-12	
	Antenatal Clinic	3, 10, 17, 24, 31	8.30-4.30	
	Arabic Mothers Group ©	10, 17, 24, 31	1-3	
WEDNESDAYS	Healthy Child Info Session ©	11, 18, 25	10-12	
THURSDAYS	Antenatal Clinic	5, 12, 19, 26	8.30-4.30	
	Tots and toddlers	5, 12 ★ 19 ★ 26	10-12	
	Break4U ©	12, 19, 26	12.30-4.30	
SATURDAYS	Family friends volunteer training	7, 14	10-4	

MAXILLA	COURSE	DAYS	TIME	KEY
MONDAYS	Stay and Play	9, 16, 23 ★ 30	9.30 -11.30	
	Baby Cafe	9, 16, 23, 30	9.30 -11.30	
	Birth Stories	23	12 - 2	
TUESDAYS	Entry L2 ESOL (term course) ©	10, 17, 24, 31	9.30 -11.30	
	Stay and Play	10, 17 ★ 24, 31	9.30 -11.30	
WEDNESDAYS	Nail course ©	25	10 - 3	
THURSDAYS	Get back in shape	5, 12, 19, 26	11 - 12	
	Assertiveness ©	5	9.30 - 3	
	Incredible Years (term course) ©	12, 19, 26	9.45 -11.45	
FRIDAYS	Sewing Class (term course) ©	6, 13, 20, 27	10-3	
	Stay and Play	6, 13, 20, 27	9.30-11.30	
SATURDAYS	Fathers' Group	21	11.30 - 2	

ST QUINTIN	COURSE	DAYS	TIME	KEY
WEDNESDAYS	Antenatal Clinic	4, 11, 18, 25	8-12	
	Childcare and Benefit information	4	9-12	
	Young carers	4, 11, 18, 25	5-7	
	Postnatal group	11, 18, 25	11.12.30	
THURSDAYS	Child health clinic	5, 12, 19, 26	1.30-3.30	
	Development checks	5, 12, 19, 26	10-12.30	
FRIDAYS	Development checks	6, 13, 20, 27	9.30-4	
	Storytelling workshop	13	10.30-12.30	
	Read and Rhyme	13, 20, 27	10.30-11	
SATURDAYS	ME Time Mothers/Female carers	28	11.30-1.30	

Daily Stay and Play sessions are held at

Little Wormwood Scrubs 10–1pm

Ilys Booker Centre 9.30–1pm

St Marks Stay and Play 12.30–4pm

Meanwhile Gardens Under 6 2–5pm

February 2012

CLARE GARDENS	COURSE	DAYS	TIME	KEY
MONDAYS	Mother & Baby Yoga	6, 20, 27	11-12.30	
TUESDAYS	Sexual Health Session ©	14	10-12	
	Childcare & Benefit information	21	9-12	
	Grandparents group	21	10.30-12.30	
WEDNESDAYS	Baby massage	1, 8, 15	10-11	
	Family Film Sharing	15	1-3	
THURSDAYS	Get your child ready for school	2	1-3	
	Wearing Party	2	1.30-3.30	
	Book-sharing	2, 9, 23	3.45-5.45	
	Healthy Child Info session	9, 16, 23	10-12	
FRIDAYS	Breastfeeding Support	3, 10, 17, 24	1.30-3.30 10-	
	Action, Songs, Rhymes over 1's	3, 10, 17, 24	10.45	
	Action, Songs, Rhymes under 1's	3, 10 ★ 17,24	11-11.45	

GOLBORNE	COURSE	DAYS	TIME	KEY
TUESDAYS	Family Film Sharing	14	1-3	
WEDNESDAYS	Entry L1 ESOL ©	1, 8, 22, 29	9.30-11.30	
	FOT link visit	15	9-11	

HOLMFIELD HOUSE	COURSE	DAYS	TIME	KEY
MONDAYS	Development Checks	6, 13, 20, 27	1-3.30	
	Numeracy & Literacy ©	6, 20, 27	10-3	
	ICT course (6 week course) ©	20, 27	1-3	
TUESDAYS	Breastfeeding Support / Baby Cafe	7 ★ 14, 21, 28	10:30-12	
	Antenatal Clinic	7, 14, 21, 28	8.30-4.30	
	Arabic Mothers Therapeutic Group ©	7, 21, 28	1-3	
WEDNESDAYS	Healthy Child Info Session ©	1, 8, 15, 22, 29	10-12	
THURSDAYS	Antenatal Clinic	2, 9, 16, 23	8.30-4.30	
	Tots and toddlers	2, 9 ★ 16, 23	10-12	
	Break4U ©	2, 9, 16, 23	12.30-4.30	
FRIDAYS	It Takes 2 to Talk ©	3, 10, 17, 24	1-3	

MAXILLA	COURSE	DAYS	TIME	KEY
MONDAYS	Stay and Play	6, 20, 27 ★	9.30-11.30	
	Baby Cafe	6, 13, 20, 27	9.30-11.30	
	Birth Stories	27	12-14	
TUESDAYS	Entry L2 ESOL ©	7, 21, 28	9.30-11.30	
	Stay and Play	7, 21 ★ 28	9.30-11.30	
WEDNESDAYS	GOALS (2 day course) ©	8	9.30-3	
	First Aid ©	22	10-1.30	
THURSDAYS	Get back in shape	2, 9, 16, 23	11-12	
	Incredible Years ©	2, 9, 23	9.45-11.45	
	GOALS ©	9	9.30-3	
	Hear me, follow me (6 Week course) ©	23	9.30-11	
FRIDAYS	Sewing Class ©	3, 10, 24	10-3	
	Stay and Play	3, 10, 24	9.30-11.30	
SATURDAYS	Fathers' Group	25	11.30-2	

ST QUINTIN	COURSE	DAYS	TIME	KEY
WEDNESDAYS	Antenatal Clinic	1, 8, 15, 22, 29	8-12	
	Childcare and Benefit information	1	9-12	
	Young carers	1, 8, 22, 29	5-7	
	Postnatal group	1, 8, 15, 22, 29	11.12.30	
	Family Film Sharing	15	10-12	
THURSDAYS	Child health clinic	2, 9, 16, 23 ★	1.30-3.30	
	Development checks	2, 9, 16, 23	10-12.30	
FRIDAYS	Development checks	3, 10, 17, 24	9.30-4	
	Read and Rhyme	3, 10, 24	10.30-11	
SATURDAYS	ME Time Mothers/Female carers	25	11.30-1.30	

Daily Stay and Play sessions are held at

Little Wormwood Scrubs 10–1pm (term time only)

Ilys Booker Centre 9.30–1pm (term time only)

St Marks Stay and Play 12.30–4pm

Meanwhile Gardens Under 6 2–5pm

March 2012

CLARE GARDENS	COURSE	DAYS	TIME	KEY
MONDAYS	Mother & Baby Yoga	5, 12, 19, 26	11-12.30	
TUESDAYS	Grandparents group Early Explorers	20 6, 13, 20, 27	10.30-12.30 10-11	
THURSDAYS	Weaning Party Book-sharing Healthy Child Info Session	1 1, 8, 15, 22, 29 8	1.30-3.30 3.45-5.45 10-12	
FRIDAYS	Breastfeeding Support Action, Songs, Rhymes over 1's Action, Songs, Rhymes under 1's	2, 9, 16, 23, 30 2, 9, 16, 23, 30 2, 9 ★ 16, 23, 30	1.30-3.30 10- 10.45 11-11.45	

GOLBORNE	COURSE	DAYS	TIME	KEY
WEDNESDAYS	Entry L1 ESOL © Family Outreach link visit	7, 14, 21, 28 14	9.30-11.30 9-11	

HOLMFIELD HOUSE	COURSE	DAYS	TIME	OTHER
MONDAY	Development Checks Numeracy & Literacy © ICT course ©	5, 12, 19, 26 5, 12, 19, 26 5, 12, 19, 26	1-3.30 10-3 1-3	
TUESDAY	Breastfeeding Support / Baby Cafe Antenatal Clinic Arabic Mothers Therapeutic Group DIY (2 day course) © GOALS (2 day course) ©	6 ★ 13, 20, 27 6, 13, 20, 27 6, 13, 20, 27 13 20	10:30-12 8.30-4.30 1-3 10-3 9.30-3	
WEDNESDAY	Healthy Child Info Session © DIY © GOALS ©	7, 14 14 21	10-12 10-3 9.30-3	
THURSDAY	Antenatal Clinic Tots and toddlers Break4U © CD makers	1, 8, 15, 22, 29 1, 8 ★ 15, 22 1, 8 1, 8, 15, 22	8.30-4.30 10-12 12.30-4.30 1-2	
FRIDAY	It Takes 2 to Talk © Small Steps to Speaking ©	2, 9, 16, 23, 30 16	1-3 10-12	

MAXILLA	COURSE	DAYS	TIME	KEY
MONDAYS	Stay and Play Baby Cafe	5, 12, 19, 26 ★ 6, 13, 20, 27	9.30-11.30 9.30-11.30	
TUESDAYS	Entry L2 ESOL © Stay and Play	6, 13, 20, 27 6, 13, 20 ★ 27	9.30-11.30 9.30-11.30	
WEDNESDAYS	Up and Active DIY (2 day course) ©	7, 14 21	9.30-11 10-3	
THURSDAYS	Get back in shape Incredible Years © Hear me, follow me © DIY ©	1, 8, 15, 22, 29 1, 8, 15, 22 1, 8, 15, 22, 29 22	11-12 9.45-11.45 9.30-11 10-3	
FRIDAYS	Sewing Class © Stay and Play	2, 9, 16 2, 9, 16, 23	10-3 9.30-11.30	
SATURDAYS	Fathers' Group	24	11.30-2	

ST QUINTIN	COURSE	DAYS	TIME	KEY
WEDNESDAYS	Antenatal Clinic Childcare and Benefit information Young carers Postnatal group	7, 14, 21, 28 7 7, 14, 21, 28 7, 14, 21, 28	8-12 9-12 5-7 11.12.30	
THURSDAYS	Child health clinic Development checks Get your child ready for school	1, 8, 15, 22 ★ 29 1, 8, 15, 22, 29 29	1.30-3.30 10-12.30 1-3	
FRIDAYS	Development checks Storytelling Read and Rhyme	2, 9, 16, 23, 30 9 2, 9, 16, 23	9.30-4 10.30-12.30 10.30 - 11	
SATURDAYS	ME Time Mothers/Female carers	31	11.30-1.30	

Daily
Stay and Play
sessions are held
at

Little
Wormwood
Scrubs 10–1pm

Ilys Booker
Centre
9.30–1pm

St Marks Stay and
Play 12.30–4pm

Meanwhile
Gardens Under 6
2–5pm

Understanding the codes



When you see this sign it means that you will need to call your local children's centre to book a place on the activity



This sign means that there is no need to book, just turn up at the centre at the time and day advertised



This sign means you will need to be referred to this activity by another professional. Call or visit your Children's centre to find out how?



This sign it means a professional will be available at this session to give you advice in their specialist area.

Below is a guide to some of the activities in the programme. We hope this additional information will help you to decide whether the activity is right for you.

Stay and Play	These sessions are for adults and children to play and socialise in a safe environment. There are lots of quality resources, rhyme time and regular visits from professionals to give advice in their area.
Healthy Child Information Sessions	Each session is two hours long and covers one of the following topics. You may attend all of them or just the ones of interest to you. Baby massage, sleep management, accident prevention, fussy eating, speech and language development, school readiness, play and stimulation, dental health, behaviour management.
Baby Café, Breast-feeding Support	Health visitors and breastfeeding Counsellors are on hand to help you master your breastfeeding technique. This is a good activity to meet other local mothers too.
Dad's Group	This is a male only group for dads, uncles and grandfathers. Come along with your children to enjoy a wide range of activities and events.
Family Film	During school holidays our centres create a cinema within their centre and invite families to watch a popular children's film. Recent films shown have been Toy Story 3, Shrek, Princess and the Frog
ME Time	A group for mothers and female carers to get together and enjoy special time away from their children.
Grandparents Group	The group is run by the Grandparents association for all Grandparents, drop in for a cup of coffee, meet other Grandparents. Advice and support is also available

Children's Centre contact details

1	Clare Gardens Children's Centre 349 Westbourne Park Road W11 1EG	0207 727 2725
2	Golborne Children's Centre 2a Bevington Road W10 5TN	0208 968 5622
3	Holmfield House 4-6 Golborne Road W10 5PE	0207 938 8400
4	Ilys Booker Centre Term time only Lower Clarendon Walk W11 1SL	0207 221 9031
5	Little Wormwood Scrubs Playhut Dalgarno Gardens W10 6AD	0208 969 7779
6	Maxilla Children's Centre 4 Maxilla Walk W10 6NQ	0208 962 3070
7	Meanwhile Gardens Playhut Elkstone Road W10 5NT	0208 960 7894
8	Rugby Portobello Trust Term time only 221 Walmer Road W11 4EY	0207 221 9031
9	St Marks Park Stay and Play Kensington Memorial Park W10 6NP	0208 968 4339
10	St Quintin Children's Centre 90 Highlever Road W10 6PN	0208 968 2580

