



CHILDREN'S CENTRES CONTACT INFORMATION AND VENUES

1	Chelsea Open Air Nursery School and Children's Centre (COA)	51 Glebe Place SW3 5JE	020 7352 8374
2	Cheyne Children's Centre	10 Thorndike Close SW10 0ST	020 7349 1650
3	St. Cuthbert with St. Matthias CE Primary School and Earl's Court Children's Centre (SCWSM)	Warwick Road SW5 9UE	020 7373 8225
4	Violet Melchett Children's Centre	30 Flood Street SW3 5RR	020 7938 8621

Enjoy and Achieve Programme

Free training for parents

South Locality

Spring Term

January to March 2013



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

www.rbkc.gov.uk/earlyyears

Welcome to the Royal Borough of Kensington and Chelsea South locality Enjoy and Achieve programme. The programme has been designed to provide opportunities that support young children's personal, social and emotional development as well as their physical development and communication and language from pre-birth to age 5, so they can develop as confident and curious learners. We hope that as parents you will find activities that support you to achieve your personal aspirations and parenting skills, building on your strengths, so that you are empowered to give your child the best start in life. We hope that you find activities within the programme that help to promote good physical and mental health for you and your family. Our Back to Work programme offers opportunities for you to access education, training and employment as well as Business Start Up advice. You will also find support for the issues that sometimes arise and stop you achieving other goals, such as Debt and Housing issues.

ELIGIBILITY CRITERIA

To be eligible for a place on one of our courses you must meet one of the following criteria:

- Be a parent or carer of a child under 5 who is resident in RBKC
- Be a pregnant woman or the partner of a pregnant woman who is resident in RBKC
- Be an RBKC registered childminder
- Be the nanny of a child who is resident in RBKC
- Be the parent or carer of a child who is accessing education or childcare in an RBKC Children's Centre
- Be a registered member of our Children's Centres related to a child under 5

NB: You can book onto a **maximum of three** Enjoy & Achieve courses each term across the borough.

Bookings can only be made at the centre where the course is running. Please see the back of this leaflet for Children's Centres contact details.

Courses with the following sign © have a crèche provided.

If you would like to enrol in any of these courses, please contact the Children's Centre / drop in where the course is taking place. Details are at the back of this leaflet.

BACK TO WORK AND FAMILY SUPPORT

We are very fortunate to be able to offer our families support from REED in Partnership. They are working closely with us to provide one to one support to eligible families. Their programme offers a wide range of services and advice such as Counselling, **Debt advice**, Training, **Work experience**, Financial advice, **Job search**, Debt management each tailored to meet your individual needs. They also offer a comprehensive **Health and Well Being** package of support. If you would like to access this programme please complete a referral form at your local children's centre.



Our Families Programme is here to help

BACK TO WORK PROGRAMME

COURSE TITLE	DATES	TIMES	VENUE
Job club © Are you actively looking for work or planning to get back into work and need some support? If so, the job club is for you! Help with CVs, interview techniques, understanding the job market and more.	OnFridays: 25 Jan 22 Feb 22 March 29 March	1-3 pm	SCWSM
GOALS © It is a two day programme which will support you to develop the personal resources and skills you need to achieve meaningful goals.	Wednesday 20/03/2013 and Thursday 21/03/2013	9.30-3.30	Cheyne

TRADE COURSES

Kitchen fitting, Plastering, Painting & Decorating, Paving, Tiling, Carpentry

If you are interested in these courses, please contact your nearest Children's Centre to make an appointment for an interview.

COURSES FOR A HEALTHY LIFESTYLE

COURSE TITLE	DATES	TIMES	VENUE
FITT Buggy classes To help new mums get fit in a fun and friendly environment without the need for a baby sitter!	Tuesdays 26/02/2013- 26/03/2013	10-11	Cheyne
First Aid © A workshop to provide you with the confidence and knowledge to implement basic life support with babies and infants (Accredited by British Red Cross)	Thursday 28/02/2013	9.30am-1pm	SCWSM
Zumbatonic for children Using an adapted child friendly version of the Zumba dance technique. Children aged 3 to 5 years will enjoy this weekly fun dance class that will also help to keep them fit and healthy. Please note adults will need to stay with their children.	Tuesdays 22/01/2013- 05/03/2013 (not happening on 19/02/2013)	10-10.45	SCWSM
I know why it's yum mum! Fun, musical and memorable workshop which enable children to discover WHY fruit and vegetables are so good for their bodies, and leaving them wanting to eat more!	Thursday 21/03/2013	9.30-10.30	COA
	Wednesday 27/03/2013	10.30-11.30	Violet Melchett

Bramleys Big Adventure

136 Bramley Road W10 6SR

Enjoy the play equipment with separate areas for under 2s and under 5's. Wavey, spiral and tube slides, balance beams, ball pools and so on. Please note that no Children's Centre staff will be at this activity. We hope you and the other parents will enjoy the centre together. You are not permitted to take your own food, however they have a café with healthy meals on sale.

Please pick up the invitation from your closest Children's Centre.

COURSES TO SUPPORT YOU AS A PARENT

COURSE TITLE	DATES	TIMES	VENUE
School readiness for parents/carers of children aged over two years © During this four week course you will gain greater understanding of how to support your child's development. You will learn practical tips to support your child to develop confidently such as dressing themselves, taking turns, playing games, reading books and routines. There will be plenty of opportunities for discussions. By the end of the course we hope you will feel more confident in how you can support your child to become prepared for school or nursery.	Tuesdays 22/01/2013- 12/02/2013	1-3 pm	Violet Melchett
Dad Power © Would you like to increase your skills and confidence to parent your child(ren)? Then join this two week course , which will cover the role of a dad, understanding child development, helping children to develop and learn through play, understanding children's behaviour, simple ways to change children's behaviour, useful tips and advice and the magic of dad power!	Tuesdays 15/01/2013- 22/01/2013	9.30-2.30	Cheyne

FATHERS' FOOTBALL CLUB

Mondays from 7-8 pm

at St. Luke's Church

Sydney Street

London SW3 6NH

To register for the activity, please ring

0207 376 0032 / 07958 599 922 or email info@solidaritysports.org

COURSES FOR ADULTS AND CHILDREN TO DO TOGETHER

COURSE TITLE	DATES	TIMES	VENUE
Music and Story During this five week workshop you and your child will use music and instruments to bring stories to life. Bang drums in the jungle and shake maracas like a snake. You and your child will love these sessions. Please note there are separate sessions for over 2's and under 2's	Thursdays 17/01/2013- 14/02/2013	Under 2's 1-1.45 pm Over 2's 2-2.45 pm	SCWSM
Music and Movement Each week during this five week workshop you and your child will use music and movement to express yourselves, dancing, singing, clapping and sometimes using instruments too. The sessions will allow you and your child to stretch your imagination, have fun and meet new families too. Please note there are separate sessions for over 2's and under 2's	Thursdays 17/01/2013- 14/02/2013	Under 2's 10-10.45 Over 2's 11-11.45	Cheyne
Music and Making for over 2's During this three week workshop , you and your child will use everyday objects found in the home to make musical instruments. Make and play your instrument in class then take it home for more fun.	Thursdays 07/03/2013- 21/03/2013	2-3 pm	COA
Family Film Sharing Enjoy a family cinema experience with your children! For some children going to the cinema can be quite daunting so why not introduce your child to the wonderful world of film at your local children's centre? Each centre will be showing a recently released children's or family film. Please call nearer the time to see what film will be showing.	Thursday 21/02/2013	10-12	COA

COURSES TO GAIN A NEW SKILL AND MAKE NEW FRIENDS

COURSE TITLE	DATES	TIMES	VENUE
Acrylic Nail Course © Gain an accredited certificate in acrylic nails and UV gel nails which enables you to gain employment and or start your own business. No experience is necessary, just a willingness to learn the art of applying nail extensions.	Thursday 10/01/2013	10-3	SCWSM
Sew Friendly © An introduction to hand stitching while meeting other parents. At the end of the four week workshop, you will have made some hand-stitched items for yourself or your children and will have had the opportunity to develop the confidence to continue sewing at home.	Thursdays 07/03/2013- 28/03/2013	1-3 pm	SCWSM

DADS' SWIMMING WITH RBKC CHILDREN'S CENTRES

Enjoy quality time with your child/ren swimming and meeting other dads.

Each Sunday from 1 to 3 pm at Chelsea Sports Centre, Chelsea Manor Street Chelsea, London SW3 5PL.

To access this activity, you need to go to your local Children's Centre where they will issue you with a voucher valid for the forthcoming Sunday.

Each voucher admits one dad/male carer and up to 2 children under 5 years. (children over 5 years will be charged at £1.50 per child) Maximum number of children under 8 to 1 adult is 2.

