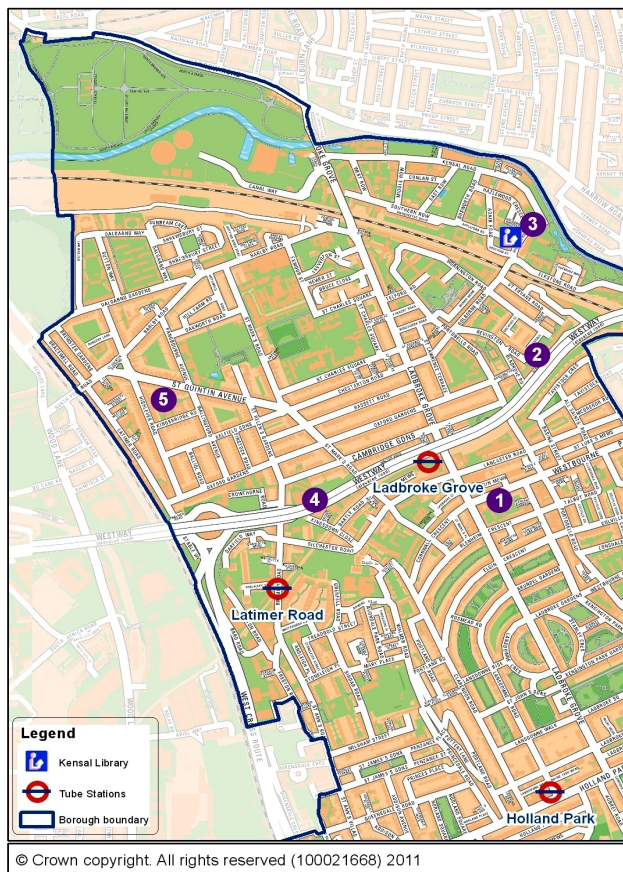


## CONTACT INFORMATION AND VENUES



- 1** Clare Gardens Children's Centre  
349 Westbourne Park Road, W11 1EG  
020 7727 2725
- 2** Golborne Children's Centre  
2a Bevington Road, W10 5TN  
020 8968 5622
- 3** Holmfield House  
4 - 6 Golborne Road, W10 5PE  
020 7938 8400
- 4** Maxilla Children's Centre  
4 Maxilla Walk, Kingsdown Close, W10 6NQ  
020 8962 3070
- 5** St Quintin Children's Centre  
90 Highlever Road, W10 6PN  
020 8968 2580

## DROP INS CONTACT INFORMATION AND VENUES

Ilys Booker Centre	Lower Clarendon Walk, W11 1SL	0207 221 9031
Little Wormwood Scrubs Playhut	Dalgarno Gardens, W10 6AD	020 8969 7779
Meanwhile Gardens Playhut	Elkstone Road, W10 5NT	020 8960 7894
Rugby Portobello Trust	221 Walmer Road, W11 4EY	020 7221 9031
St Mark's Park Playhut	Kensington Memorial Park, St Mark's Road, W10 6BZ	020 8968 4339

### KEY WORDS AND SYMBOLS:

**FOT:** Family Outreach Team  
**FIS:** Family Information Service  
**JCP:** Job Centre Plus

**SLT:** Speech and Language Therapy  
**© :** Crèche available for the activity  
**KLC:** Kensington Leisure Centre, Walmer Road, London W11 4PQ

September-December 2012



# CHILDREN'S CENTRES ACTIVITIES CALENDAR

## Autumn Term 2012

## North Locality



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

[www.rbkc.gov.uk/earlyyears](http://www.rbkc.gov.uk/earlyyears)



**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.

CLARE GARDENS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEP	10-11.30 Mother & Baby Yoga 1.30-3 Sensory Room (3rd)	9.30-11.30 Family Information Service (4th) 12.30-2.30 Grandparents Group (11th)	10-11 Infant Massage course 1-3 Cook and taste ©	8.30-4.30 Antenatal clinic 1-3 Breastfeeding support AM Back to work and family support (13th)	10-10.45 Actions, songs & Rhymes over 1's 11-11.45 Actions, songs & Rhymes under 1's 1-3.30 Development checks (7th, 21st) 9.30-11.45 Child Safety/FOT (7th) 1.30-3.30 Weaning (14th)
OCT	10-11.30 Mother & Baby Yoga 1.30-3 Sensory Room (1st)	12.30-2.30 Grandparents Group (9th) 3-4 I know why its Yum Mum (2nd)	10-11 Infant Massage course (finishing the 3rd; 1-2 Infant Massage course (starting the 17th ) 1-3 Cook and taste © (finishing the 10th)	8.30-4.30 Antenatal clinic 1-3 Breastfeeding support 3-4.30 Book sharing AM Back to work and family support (4th,25th)	10-10.45 Actions, songs & Rhymes over 1's 11-11.45 Actions, songs & Rhymes under 1's (FOT, SLT on the 5th) 1-3.30 First Aid (5th) 1.30-3.30 Weaning (12th) 1-3.30 Development checks (19th,26th)
NOV	10-11.30 Mother & Baby Yoga 1.30-3 Sensory Room (5th)	9.30-11.30 Family Information Service (6th) 12.30-2.30 Grandparents Group (6th) 1-2 Ready Steady Talk (13th)	1-2 Infant Massage course (finishing the 14th)	8.30-4.30 Antenatal clinic 1-3 Breastfeeding support 3-4.30 Book sharing (not happening the 1st) AM Back to work and family support (15th)	9.30-11.45 Child Safety/FOT (2nd) 10-10.45 Actions, songs & Rhymes over 1's 11-11.45 Actions, songs & Rhymes under 1's 1-3.30 Development checks (2nd, 16th) 1.30-3.30 Weaning (9th)
DEC	10-11.30 Mother & Baby Yoga 1.30-3 Sensory Room (3rd)	9.30-11.30 Family Information Service (4th) 12.30-2.30 Grandparents Group (11th)	1-3 Cook and taste © (reunion session on the 5th)	8.30-4.30 Antenatal clinic 1-3 Breastfeeding support 3-4.30 Book sharing AM Back to work and family support (6th)	10-10.45 Actions, songs & Rhymes over 1's 11-11.45 Actions, songs & Rhymes under 1's (FOT on the 7th)) 1-3.30 Development checks (7th) 1.30-3.30 Weaning (14th)

GOLBORNE		
	WEDNESDAY	THURSDAY
SEP	9.30-11.30 ESOL Level 1 © (Starting the 19th)	11-12 Shake, Natter & Roll PM Back to work and family support (13th)
OCT	9.30-11.30 ESOL Level 1 © (no class on 31st)	11-12 Shake, Natter & Roll (ending the 11th) PM Back to work and family support (4th, 25th)
NOV	9.30-11.30 ESOL Level 1 ©	PM Back to work and family support (15th)
DEC	9.30-11.30 ESOL Level 1 © (finishing the 19th)	PM Back to work and family support (6th)

**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. You can also get Healthy Start vitamin coupons to swap for free healthy start vitamins which 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.

Please note that the week commencing the 24th December Children's centres will be closed and reopen on Monday 6th January 2013.

The **Bookstart** and **Healthy Start** schemes are available in your Children's Centres. Please speak to your local children's centre to find out more.

**Home Safety Equipment: Holmfield House, St Quintin and Clare Gardens Children's Centres** sell a wide range of home safety equipment at cost price. Contact them for more info.

HOLMFIELD HOUSE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEP	<b>8.30-4.30</b> Antenatal Clinic <b>10-3</b> Family Literacy © (starting the 17th) <b>10-11.30</b> Oral Health promotion (17th) <b>1-4</b> Development Checks	<b>8.30-4.30</b> Antenatal Clinic <b>10.30-12.30</b> Baby Cafe (FIS on the 18th) <b>1-3</b> Arabic Therapeutic group © (starting the 11th)	<b>10-12</b> Cook and Taste © (starting 12th) <b>10-12</b> A healthy break <b>10-3</b> Family Numeracy © (starting the 18th)	<b>10-12</b> Tots and Toddlers (SLT on the 27th) <b>12.30-4</b> Break4U © (no session on 13th) <b>1.30-3</b> Oral Health promotion (20th)	<b>1-4</b> Development Checks
OCT	<b>8.30-4.30</b> Antenatal Clinic <b>10-3</b> Family Literacy © <b>1-4</b> Development Checks (no session on the 29th)	<b>8.30-4.30</b> Antenatal Clinic <b>9.30-12.30</b> FIS on the 30th <b>10.30-12.30</b> Baby Cafe (no session the 30th) <b>1-3</b> Arabic Therapeutic group © (no session the 30th) <b>1-2</b> I know why its Yum Mum (2nd)	<b>10-12</b> Cook and Taste © (finishing 17th) <b>10-12</b> A healthy break (no session the 31st) <b>10-3</b> Family Numeracy © (no session the 31st) <b>10-12</b> School readiness (31st)	<b>10-12</b> Tots and Toddlers <b>12.30-4</b> Break4U ©	<b>1-4</b> Development Checks
NOV	<b>8.30-4.30</b> Antenatal Clinic <b>10-3</b> Family Literacy © <b>1-4</b> Development Checks	<b>8.30-4.30</b> Antenatal Clinic <b>10.30-12.30</b> Baby Cafe <b>1-3</b> Arabic Therapeutic group ©	<b>10-12</b> A healthy break <b>10-3</b> Family Numeracy ©	<b>10-12</b> Tots and Toddlers <b>11-12</b> Shake, Natter and Roll (starting the 8th) <b>12.30-4</b> Break4U © (no session on the 1st)	<b>1-3</b> It takes 2 to talk © (starting the 9th) <b>1-4</b> Development Checks (no session on the 2nd)
DEC	<b>8.30-4.30</b> Antenatal Clinic <b>10-3</b> Family Literacy © <b>1-4</b> Development Checks	<b>8.30-4.30</b> Antenatal Clinic <b>10.30-12.30</b> Baby Cafe (FIS on the 11th) <b>1-3</b> Arabic Therapeutic group ©	<b>10-12</b> Cook and Taste © reunion session on the 12th <b>10-12</b> A healthy break (no session on the 19th) <b>10-3</b> Family Numeracy ©	<b>10-12</b> Tots and Toddlers <b>11-12</b> Shake, Natter and Roll (finishing the 13th) <b>12.30-4</b> Break4U ©	<b>1-3</b> It takes 2 to talk © (finishing the 14th) <b>1-4</b> Development Checks

ST QUINTIN						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEP	<b>10-10.30</b> Read and Rhyme		<b>8-12.30</b> Antenatal Clinic <b>10-12</b> Bumps and Babies (starting the 12th) (FOT on the 19th) <b>11-12.30</b> Nearly & New Mums (starting the 12th) <b>1.30-2.30</b> Postnatal Clinic	<b>9.30-1</b> Play, Make and Say (6th) <b>AM</b> Back to work and family support (27th) <b>1.30-3.30</b> Child Health Clinic	<b>11.30-12</b> Physical Education (starting the 14th)	<b>11.30-2</b> Father's and Children's Group (15th)
OCT	<b>10-10.30</b> Read and Rhyme (1st)	<b>10-11</b> I know why it's Yum Mum (2nd)	<b>8-12.30</b> Antenatal Clinic <b>10-12</b> Bumps and Babies (SLT on the 3rd, FOT on the 17th) <b>11-12.30</b> Nearly & New Mums (no session on the 31st) <b>1.30-2.30</b> Postnatal Clinic <b>1.30-3</b> Smoking Cessation	<b>AM</b> Back to work and family support (18th) <b>1.30-3.30</b> Child Health Clinic	<b>11.30-12</b> Physical Education	<b>11.30-2</b> Father's and Children's Group (6th)
NOV	Please contact the Health Visiting Team to book an appointment for Development Checks		<b>8-12.30</b> Antenatal Clinic <b>1.30-2.30</b> Postnatal Clinic <b>11-12.30</b> Nearly & New Mums <b>10-12</b> Bumps and Babies (FOT on the 14th)	<b>AM</b> Back to work and family support (8th,29th) <b>1.30-3.30</b> Child Health Clinic	<b>11.30-12</b> Physical Education	<b>11.30-2</b> Father's and Children's Group (3rd)
DEC			<b>8-12.30</b> Antenatal Clinic <b>10-12</b> Bumps and Babies (FOT on the 12th) <b>11-12.30</b> Nearly & New Mums <b>1.30-2.30</b> Postnatal Clinic	<b>AM</b> Back to work and family support (20th) <b>1.30-3.30</b> Child Health Clinic	<b>11.30-12</b> Physical Education	<b>11.30-2</b> Father's and Children's Group (1st)

MAXILLA					
	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
SEP	<b>9.30-11.30</b> Stay and Play (Developmental Reviews on the 10th) <b>9.30-11.30</b> Baby Cafe <b>10-4</b> Antenatal Clinic <b>1-3.30</b> Developmental Reviews (10th) <b>1.30-3.30</b> Weaning (17th)	<b>9.30-11.30</b> Stay and Play (FOT on the 11th, JCP on the 18th, SLT on the 25th)	<b>AM</b> Back to work and family support (27th) <b>9.30-11</b> Hear me follow me (starting the 13th) <b>9.30-11.30</b> Entry Level 3 ESOL © (starting the 13th) <b>11-12</b> Get back in shape at Kensington Leisure Centre <b>12-1</b> Aqua Natal - Kensington Leisure C (13th, 20th, 27th) <b>1-3</b> Entry Level 2 ESOL © (starting the 13th)	<b>9.30-11.30</b> Stay and Play <b>10-3</b> Sewing class © (starting the 14th)	<b>11.30-2</b> Fathers Group (22nd)
OCT	<b>9.30-11.30</b> Stay and Play <b>9.30-11.30</b> Baby Cafe <b>10-4</b> Antenatal Clinic <b>1.15-2.15</b> Read and Rhyme <b>1.30-3.30</b> Weaning (15th) No sessions during half term (29th)	<b>9.30-11.30</b> Stay and Play (FIS on the 2nd, FOT on the 9th, JCP on the 16th)  No session during half term (30th)	<b>AM</b> Back to work and family support (18th) <b>9.30-11</b> Hear me follow me <b>9.30-11.30</b> Entry Level 3 ESOL © <b>11-12</b> Get back in shape at Kensington Leisure Centre <b>12-1</b> Aqua Natal at Kensington Leisure Centre (4th, 11th) <b>1-3</b> Entry Level 2 ESOL ©	<b>9.30-11.30</b> Stay and Play <b>10-3</b> Sewing class ©	<b>11.30-2</b> Fathers Group (20th)
NOV	<b>9.30-11.30</b> Stay and Play <b>9.30-11.30</b> Baby Cafe <b>10-4</b> Antenatal Clinic <b>1.15-2.15</b> Read and Rhyme <b>1.30-3.30</b> Weaning (12th)	<b>9.30-11.30 Stay and Play</b> (FOT on the 6th, FIS on the 13th, JCP on the 20th) <b>9.30-11.30</b> Learning more than language © (21st)	<b>AM</b> Back to work and family support (8th,29th) <b>9.30-11.30</b> Entry Level 3 ESOL © (starting the 8th) <b>11-12</b> Get back in shape at Kensington Leisure Centre <b>1-3</b> Entry Level 2 ESOL © (starting the 8th)	<b>9.30-11.30</b> Stay and Play (no session on the 2nd) <b>10-3</b> Sewing class ©	<b>11.30-2</b> Fathers Group (17th)
DEC	<b>9.30-11.30</b> Stay and Play (Developmental Reviews on the 17th) <b>9.30-11.30</b> Baby Cafe <b>10-4</b> Antenatal Clinic <b>1.15-2.15</b> Read & Rhyme <b>1.30-3.30</b> Weaning (10th) <b>1-3.30</b> Developmental Reviews (17th)	<b>9.30-11.30</b> Stay and Play (FOT on the 4th)	<b>AM</b> Back to work and family support (20th) <b>9.30-11.30</b> Entry Level 3 ESOL © <b>11-12</b> Get back in shape at Kensington Leisure Centre <b>1-3</b> Entry Level 2 ESOL ©	<b>9.30-11.30</b> Stay and Play <b>10-3</b> Sewing class © (finishing the 14th)	<b>11.30-2</b> Fathers Group (15th)

DROP INS (A safe place for parents and children to play and learn)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEP-DEC	<b>9.30-1</b> Ilys Booker <b>10-1</b> Little Wormwood Scrubs Playhut <b>12.30-4</b> St Marks Stay and Play <b>2-5</b> Meanwhile Gardens	<b>10-1</b> Rugby Portobello Trust <b>10-1</b> Little Wormwood Scrubs Playhut <b>12.30-4</b> St Marks Stay and Play <b>2-5</b> Meanwhile Gardens: SLT on the 25th September	<b>9.30-1</b> Ilys Booker with Baby Rhyme from 11.30-11.45 starting 12 Sep. Term time only. <b>10-1</b> Little Wormwood Scrubs Playhut <b>10.30-12.30</b> Childminder Drop in at Meanwhile Gardens <b>12.30-4</b> St Marks Stay and Play with Baby Rhyme from 2.15-3.15 starting on the 12th Sep. Term time only.	<b>9.30-1</b> Ilys Booker <b>10-1</b> Little Wormwood Scrubs Playhut <b>12.30-4</b> St Marks Stay and Play: SLT on the 27th Sep <b>2-5</b> Meanwhile Gardens with Baby Rhyme from 3-3.30 starting the 13th September. Term time only. <b>10.30-11.30</b> Library Service at Kensal	<b>9.30-1</b> Ilys Booker <b>10-1</b> Little Wormwood Scrubs Playhut: SLT on the 12th October. <b>12.30-4</b> St Marks Stay and Play <b>2-5</b> Meanwhile Gardens

Hypno Birthing sessions are also on offer with our Health Coordinator by appointment only. Three one-to-one sessions aimed to promote normal birth among pregnant women and partners. If you would like to make an appointment, please contact your nearest Children's Centre.

Don't forget to pick up your Enjoy and Achieve Programme from your Children's Centre. There are lots of free courses to help you learn new skills, meet friends and support your child's development.