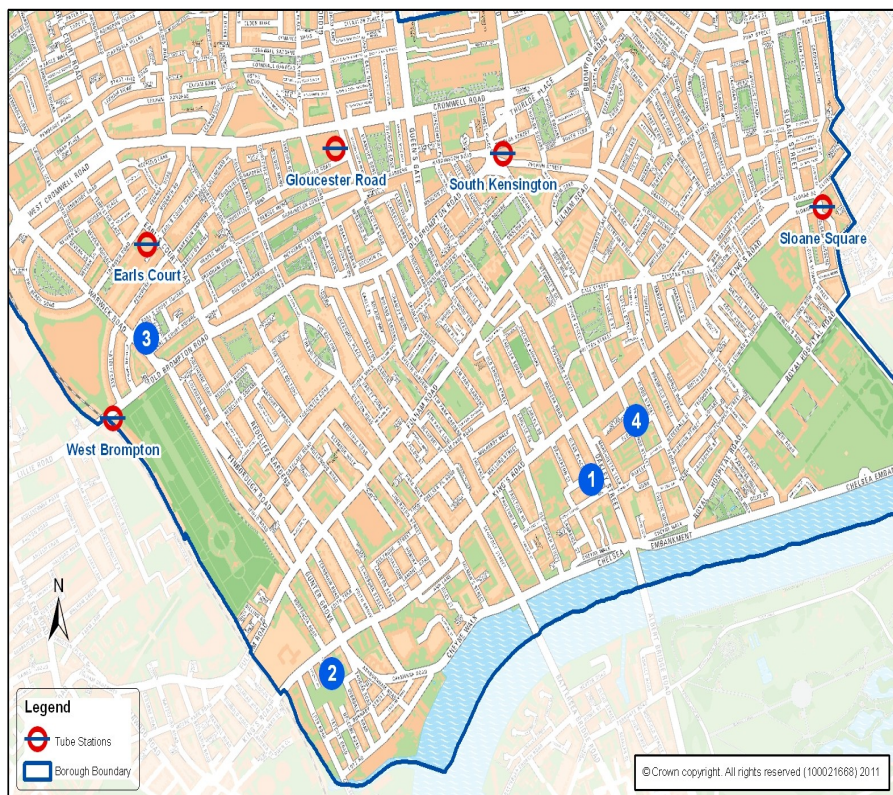


## CONTACT INFORMATION AND VENUES

1 Chelsea Open Air Nursery School and Children's Centre	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	Warwick Road, SW5 9UE	020 7373 8225
4 Violet Melchett Children's Centre	30 Flood Street, SW3 5RR	020 7938 8621

## DROP INS CONTACT INFORMATION AND VENUES

World's End under Fives	18 Blantyre Street, SW10 0DS	020 7351 5871
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**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

September-December 2012



# CHILDREN'S CENTRES ACTIVITIES CALENDAR

**Autumn Term 2012**  
**South Locality**



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

CHELSEA OPEN AIR					
	MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEP	<b>9.15-10.45</b> Stay and Play (starting the 10th) <b>1.15-2.45</b> Stay and Play (starting the 10th)	<b>9.15-10.45</b> Stay and Play <b>1.30-2.45</b> Baby massage (5th, 12th and 19th) <b>1.30-2.45</b> Healthy Child Info Session (26th)	<b>9.15-9.45</b> Read and Rhyme (starting the 27th) <b>AM</b> Back to work and family support (13th)		
OCT	<b>9.15-10.45</b> Stay and Play (SLT on the 1st) <b>1.15-2.45</b> Stay and Play	<b>9.15-10.45</b> Stay and Play <b>1.30-2.45</b> Healthy Child Info Session (3rd, 10th) <b>1.30-2.45</b> Baby Massage (31st)	<b>9.15-9.45</b> Read and Rhyme (finishing the 18th) <b>9.30-10.30</b> Sticky fingers-creative fun (4th) <b>AM</b> Back to work and family support (4th, 25th)	<b>9.30-10.45</b> Play, Make and Say © (19th) <b>9.30-10.30</b> I know why its Yum Mum (26th)	<b>10-12</b> Dads' Group with Fathers Massage from 11-12 on the 6th
NOV	<b>9.15-10.45</b> Stay and Play <b>1.15-2.45</b> Stay and Play	<b>9.15-10.45</b> Stay and Play <b>1.30-2.45</b> Baby Massage (7th and 14th) <b>1.30-2.45</b> Healthy Child Info Session (starting the 21st)	<b>9.30-10.30</b> Sticky fingers-creative fun (8th) <b>9.15-9.45</b> Read and Rhyme (starting the 15th) <b>AM</b> Back to work and family support (15th)	<b>9.30-11</b> Hear Me Follow Me (starting the 9th)	<b>10-12</b> Dads' Group with Fathers Massage from 11-12 on the 3rd
DEC	<b>9.15-10.45</b> Stay and Play <b>1.15-2.45</b> Stay and Play	<b>9.15-10.45</b> Stay and Play <b>1.30-2.45</b> Healthy Child Info Session (5th, 12th)	<b>9.15-9.45</b> Read and Rhyme (6th) <b>9.30-10.30</b> Sticky fingers-creative fun (6th) <b>AM</b> Back to work and family support (6th)	<b>9.30-11</b> Hear Me Follow Me (finishing the 14th)	<b>10-12</b> Dads' Group with Fathers Massage from 11-12 on the 1st

CHEYNE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEP		<b>9.30-11.30</b> FIS on the 11th <b>10-12</b> Stay and Play <b>10-10.30</b> Read and Rhyme (25th) <b>10.30-11.30</b> Physical Education for the Community		<b>10-12</b> Stay and Play (SLT on the 20th) <b>AM</b> Back to work and family support (13th)	<b>9.30-3</b> NCT group © every fortnight
OCT	<b>10-11.30</b> Oral Health Promotion (1st)	<b>10-12</b> Stay and Play <b>10-10.30</b> Read and Rhyme <b>9.30-11.30</b> FIS on the 23rd <b>10.30-11.30</b> Physical Education for the Community	<b>9.30-11.30</b> Learning more than one Language © (3rd) <b>1.30-3</b> Oral Health Promotion (3rd)	<b>10-12</b> Stay and Play <b>AM</b> Back to work and family support (4th, 25th)	<b>9.30-3</b> NCT group © every fortnight
NOV		<b>10-12</b> Stay and Play <b>10-10.30</b> Read and Rhyme <b>10.30-11.30</b> Physical Education for the Community		<b>10-12</b> Stay and Play <b>AM</b> Back to work and family support (15th)	<b>9.30-3</b> NCT group © every fortnight
DEC		<b>10-12</b> Stay and Play <b>10-10.30</b> Read and Rhyme (finishing the 11th) <b>10.30-11.30</b> Physical Education for the Community		<b>10-12</b> Stay and Play <b>9.30-11.30</b> FIS on the 6th <b>AM</b> Back to work and family support (6th)	<b>9.30-3</b> NCT group © every fortnight



## ST CUTHBERTS WITH ST MATTHIAS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEP	<b>9.30-11.30</b> Entry Level 1 ESOL © (starting the 17th) <b>12-3</b> ESOL Registration and exam drop in session © (starting the 17th)	<b>12-2</b> Mother and Baby Yoga (starting the 11th) <b>11-11.30</b> Baby Rhyme Time (starting the 11th. SLT on the 25th)	<b>9.30-11.30</b> Entry Level 2 ESOL © (starting the 19th) <b>1-3</b> Entry Level 3 ESOL © (starting the 19th, not class on the 26th)	<b>1-3</b> Talking Times (starting the 13th) <b>PM</b> Back to work and family support (27th)	<b>2-3.30</b> Healthy Child Info Session (starting the 14th) <b>9.30-1.30</b> FIS on the 21st <b>2-3.30</b> Weaning on the 28th
OCT	<b>12-3</b> ESOL Registration and exam drop in session © No session on the 29th	<b>12-2</b> Mother and Baby Yoga <b>11-11.30</b> Baby Rhyme Time No sessions on the 30th	<b>9.30-11.30</b> Entry Level 2 ESOL © <b>1-3</b> Entry Level 3 ESOL © No sessions on the 31st	<b>1-3</b> Talking Times <b>PM</b> Back to work and family support (18th)	<b>2-3.30</b> Healthy Child Info Session
NOV	<b>12-3</b> ESOL Registration and exam drop in session ©	<b>12-2</b> Mother and Baby Yoga <b>11-11.30</b> Baby Rhyme Time	<b>9.30-11.30</b> Entry Level 2 ESOL © <b>1-3</b> Entry Level 3 ESOL ©	<b>1-3</b> Talking Times <b>PM</b> Back to work and family support (8th,29th)	<b>9.30-1.30</b> FIS on the 2nd <b>2-3.30</b> Healthy Child Info Session <b>2-3.30</b> Weaning on the 9th
DEC	<b>9.30-11.30</b> Entry Level 1 ESOL © (finishing the 17th) <b>12-3</b> ESOL Registration and exam drop in session © (finishing the 17th)	<b>12-2</b> Mother and Baby Yoga <b>11-11.30</b> Baby Rhyme Time (finishing the 11th)	<b>9.30-11.30</b> Entry Level 2 ESOL © <b>1-3</b> Entry Level 3 ESOL © No sessions on the 19th	<b>1-3</b> Talking Times (finishing the 13th) <b>PM</b> Back to work and family support (20th)	<b>9.30-1.30</b> FIS on the 14th <b>2-3.30</b> Healthy Child Info Session (finishing the 14th) <b>2-3.30</b> Weaning on the 7th

## VIOLET MELCHETT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPT	<b>8-6</b> Dietician clinic <b>10.30-12.30</b> Tiny Tots (starting the 10th)	<b>10-12</b> Stay and Play (starting the 11th) <b>1-3</b> PNP © (starting the 18th)	<b>1-3</b> It takes 2 to talk © (starting the 12th)	<b>10-12</b> Childminders Nanny Stay and Play <b>10-12</b> Healthy Tots <b>2-3</b> Baby Massage <b>PM</b> Back to work and family support (27th)	<b>10-12</b> Stay and Play (starting the 14th. FIS on the 14th) <b>10-12</b> Read and Rhyme (starting the 14th)
OCT	<b>8-6</b> Dietician clinic <b>10.30-12.30</b> Tiny Tots	<b>10-12</b> Stay and Play <b>1-3</b> PNP © (not happening on the 30th)	<b>1-3</b> It takes 2 to talk © (finishing the 3rd) <b>1-3</b> It takes 2 to talk © (starting the 17th)	<b>10-12</b> Childminders Nanny Stay and Play <b>10-12</b> Healthy Tots <b>2-3</b> Baby Massage (starting the 11th) <b>2-3</b> Language and Literacy skills needed to be School Ready (on the 11th) <b>PM</b> Back to work and family support (18th) <b>10.30-11.30</b> I know why its Yum Mum (on the 18th)	<b>10-12</b> Stay and Play (SLT on the 15th, FIS on the 26th) <b>10-12</b> Read and Rhyme
NOV	<b>8-6</b> Dietician clinic <b>10.30-12.30</b> Tiny Tots	<b>10-12</b> Stay and Play <b>1-3</b> PNP ©	<b>1.30-3</b> Smoking cessation (7th)	<b>10-12</b> Childminders Nanny Stay and Play <b>10-12</b> Healthy Tots <b>2-3</b> Baby Massage (starting the 15th) <b>PM</b> Back to work and family support (8th,29th)	<b>10-12</b> Stay and Play <b>10-12</b> Read and Rhyme
DEC	<b>8-6</b> Dietician clinic <b>10.30-12.30</b> Tiny Tots	<b>10-12</b> Stay and Play (finishing the 11th) <b>1-3</b> PNP © (finishing the 4th)		<b>10-12</b> Childminders Nanny Stay and Play <b>10-12</b> Healthy Tots No sessions on the 20th <b>PM</b> Back to work and family support (20th)	<b>10-12</b> Stay and Play <b>10-12</b> Read and Rhyme No sessions on the 21st.

DROP INS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEP-DEC	9.30-11.45 World's End under 5's	9.30-11.45 World's End under 5's	9.30-11.45 World's End under 5's (SLT on the 3rd of October)	9.30-11.45 World's End under 5's	9.30-11.45 World's End under 5's 10.30-11 Baby Rhyme Time at World's End under 5's from 14 Sep-14th Dec. Term time only

### 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. For those families not eligible, Healthy Start Vitamins are available to purchase in the Children's Centres as follows:

- Children's vitamins: £1.80 (2 month supply)
- Women's vitamins: £0.91 (2 month supply)

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.

### 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.

**Cheyne Children's Centre and Violet Melchett** sell a wide range of home safety equipment including safety gates, baby monitors, DVD locks, smoke detectors and 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.

### 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.

### KEY WORDS AND SYMBOLS:

**FOT:** Family Outreach Team  
**SLT:** Speech and Language Therapy  
**© :** Crèche available for the activity  
**NCT:** National Childbirth Trust

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

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.

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.