## CONTACT INFORMATION AND VENUES

<table>
<thead>
<tr>
<th>Venue</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Chelsea Open Air Nursery School and Children’s Centre</td>
<td>51 Glebe Place, SW3 5JE</td>
<td>020 7352 8374</td>
</tr>
<tr>
<td>2 Cheyne Children’s Centre</td>
<td>10 Thorndike Close, SW10 0ST</td>
<td>020 7349 1650</td>
</tr>
<tr>
<td>3 St. Cuthbert with St. Matthias CE Primary School and Earl’s Court Children’s Centre</td>
<td>Warwick Road, SW5 9UE</td>
<td>020 7373 8225</td>
</tr>
<tr>
<td>4 Violet Melchett Children’s Centre</td>
<td>30 Flood Street, SW3 5RR</td>
<td>020 7938 8621</td>
</tr>
</tbody>
</table>

## DROP INS CONTACT INFORMATION AND VENUES

<table>
<thead>
<tr>
<th>Venue</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>World’s End Under Fives</td>
<td>18 Blantyre Street, SW10 0DS</td>
<td>020 7351 5871</td>
</tr>
<tr>
<td>Earl’s Court Community Nursery</td>
<td>65 Philbeach Gardens, SW5 9EE</td>
<td>020 7835 1817</td>
</tr>
</tbody>
</table>

Royal Borough of Kensington and Chelsea Children’s Centres 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 in the borough where there is a child Under five
- Residents who wish to volunteer or help shape and design services

**CHILDREN’S CENTRES ACTIVITIES CALENDAR**

**Spring Term 2013**

**South Locality**

www.rbkc.gov.uk/earlyyears
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JAN</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.15-10.45 Stay and Play starting the 14th: - <strong>21st</strong>: Family Information Service visit 1.15-2.45 pm Stay and Play starting the 14th</td>
<td>9.30-10.30 Sticky Fingers for 18 mths-3 years old and their parents on the 15th (b)</td>
<td>9.15-10.45 Stay and Play starting the 14th 1:30–2:45 pm Baby massage 4 week programme starting the 16th (b)</td>
<td>9.15-9.45 Read and Rhyme and Sign starting the 24th (b) 10-12 Cook and Taste 6 week programme starting the 24th (b)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FEB</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.15-10.45 Stay &amp; Play: - <strong>4th</strong>: Speech and Language Therapist visit - <strong>11th</strong>: Family Information service visit 1.15-2.45 pm Stay and Play</td>
<td>9.30-10.30 Sticky Fingers for 18 mths-3 years old and their parents on the 12th (b) 1.15-2 pm Sticky Fingers for 6-18 month olds and their parents on the 5th (b)</td>
<td>9.15-10.45 Stay and Play starting the 14th 1:30–2:45 pm Baby massage 4 week programme starting the 27th (b)</td>
<td>9.15-9.45 Read and Rhyme and Sign on the 7th and 14th (b) 10-12 Cook and Taste (term time only) (b)</td>
<td>10-12 Dads' group on the 2nd 10-12 Hypno-birthing group on the 2nd (b)</td>
<td></td>
</tr>
<tr>
<td><strong>MAR</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.15-10.45 Stay and Play 1.15-2.45 pm Stay and Play</td>
<td>9.30-10.30 Sticky Fingers for 18 mths-3 years old and their parents on the 12th (b) 1.15-2 pm Sticky Fingers for 6-18 month olds and their parents on the 5th (b)</td>
<td>9.15-10.45 Stay and Play: - <strong>6th</strong>: Stop Smoking visit (to be confirmed) - <strong>13th</strong>: Family Information Service visit 1:30–2:45 pm Baby massage finishing the 20th (b)</td>
<td>9.30-10.30 ‘I know why it's yum mum!' on the 21st 10-12 Cook and Taste on the 7th (b)</td>
<td>9.30-11.30 Learning More Than One Language on the 8th (b)</td>
<td>10-12 Dads' group on the 2nd 10-12 Hypno-birthing group on the 2nd (b)</td>
</tr>
</tbody>
</table>

**CHELSEA OPEN AIR**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JAN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-11:30 Shake, Natter and Roll starting the 14th (b)</td>
<td>10-12 Stay and Play: - <strong>10-10.30</strong> Read and Rhyme starting the 22nd - <strong>22nd</strong>: Family Information Service visit - <strong>29th</strong>: Speech and Language Therapist visit 11-11.30 Physical Education for the Community 1-2 pm Breastfeeding support/Home support visit starting the 15th (b)</td>
<td>1.30-2.30 Healthy Child Info Session: 4 week programme starting the 16th (b)</td>
<td>10-12 Stay and Play 1-3 Cook and Taste 6 week programme starting the 17th (b)</td>
</tr>
<tr>
<td><strong>FEB</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-11:30 Shake, Natter and Roll finishing the 18th (b)</td>
<td>10-12 Stay and Play: - <strong>10-10.30</strong> Read and Rhyme: 5th and 12th - <strong>19th</strong>: Family Information Service visit 11-11.30 Physical Education for the Community 1-2pm Breastfeeding support/Home support visit (b)</td>
<td>10-11 Small Steps to Literacy on the 13th (b) 1.30-2.30 Healthy Child Info Session on the 6th (b) 1.30-2.30 Healthy Child Info Session starting the 27th (b)</td>
<td>10-12 Stay and Play 1-3 Cook and Taste (term time only) (b)</td>
</tr>
<tr>
<td><strong>MAR</strong></td>
<td>10-12 Stay and Play: - <strong>10-10.30</strong> Read and Rhyme - <strong>19th</strong>: Family Information Service visit 11-11.30 Physical Education for the Community 1-2 pm Breastfeeding support/Home support visit finishing the 19th (b)</td>
<td>1.30-2.30 Healthy Information Sessions finishing the 20th (b)</td>
<td>10-12 Stay and Play</td>
</tr>
</tbody>
</table>

**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 or 07958 599 922 or email info@solidaritysports.org

**Hypno Birthing in the Children Centre on Saturdays:** By appointment only. Please contact the Midwifery service for further information on 07917 246595.
### ST CUTHBERTS WITH ST MATTHIAS

#### JAN
- **Monday:** 9.30-11.30 Entry Level 1 ESOL starting the 14th
- **Tuesday:** 9.30-11.30 Entry Level 1 ESOL
- **Wednesday:** 9.30-11.30 Entry Level 2 ESOL starting the 16th
- **Thursday:** 9.30-11.30 Stay and Play starting the 17th
  - 9.30-10 Baby Rhyme Time
- **Friday:** 10-12 Healthy Baby Café
  - 1-4 pm Talking Times 1-2-1
  - 2-4 pm Healthy Child Information Session

#### FEB
- **Monday:** 9.30-11.30 Entry Level 1 ESOL (term time only)
- **Tuesday:** 9.30-11.30 Entry Level 1 ESOL Registration and exam drop in session (term time only)
- **Wednesday:** 9.30-11.30 Entry Level 2 ESOL (term time only)
- **Thursday:** 9.30-11.30 Stay and Play (not happening on the 28th)
  - 9.30-10 Baby Rhyme Time on 7th and 14th
- **Friday:** 10-12 Healthy Baby Café
  - 12.30-1.30 pm Baby Massage: 8th, 15th
  - 1-4 pm Talking Times 1-2-1
  - 2-4 pm Healthy Child Information Session:
    - 8th and 15th: Baby Massage (b)

#### MAR
- **Monday:** 9.30-11.30 Entry Level 1 ESOL
- **Tuesday:** 9.30-11.30 Entry Level 2 ESOL
- **Wednesday:** 9.30-11.30 Entry Level 2 ESOL
- **Thursday:** 9.30-11.30 Stay and Play: 9.30-10 Baby Rhyme Time
  - 10-11.30 Speech and Language Therapist visit the 7th
- **Friday:** 10-12 Healthy Baby Café
  - 1-4 pm Talking Times 1-2-1
  - 2-4 pm Healthy Child Information Session:
    - 8th and 15th: Baby Massage (b)
    - 29th: Weaning

### VIOLET MELCHETT

#### MONDAY
- **8 am-6 pm** Dietician clinic:
  - 10.30-12.30 Tiny Tots: 7th and 21st
  - 10.30-12.30 Tiny Tots: Health
  - 10.30-12.30 Baby Massage (7th and 21st)
  - 1-3 pm Cook and Taste: (b)

#### TUESDAY
- **8 am-6 pm** Dietician clinic:
  - 1-3 pm Cook and Taste (b)

#### WEDNESDAY
- **8 am-6 pm** Dietician clinic:
  - 10-12 Hear Me Follow Me on 5th and 12th
  - 10-12 Hear Me Follow Me on the 27th

#### THURSDAY
- **8 am-6 pm** Dietician clinic:
  - 10-12 Hear Me Follow Me on 6th and 13th
  - 10.30-11.30 ‘I know why it’s yum mum!’ on the 27th

#### FRIDAY
- **8 am-6 pm** Dietician clinic:
  - 10-12 Stay and Play (not happening on the 29th)
  - 11-11.30 Read and Rhyme

---

**One to one breast feeding support session in the Children’s Centre and Home support visits:**

By appointment only.

Please contact Violet Melchett Children’s Centre for further information / the Midwifery service on 07917 246595

**Aqua Aerobics at Chelsea Pool,**

Chelsea Manor St.

Dates and times to be confirmed with Midwifery Service on 0791 724 6595

---
### 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 and Violet Melchett Children’s Centres** 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.

**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.

**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. Please contact the Midwifery service for further information on 07917 246595.

Please note that the week commencing the 24th December Children’s centres will be closed and reopen on Wednesday 2nd January 2013.

### 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.