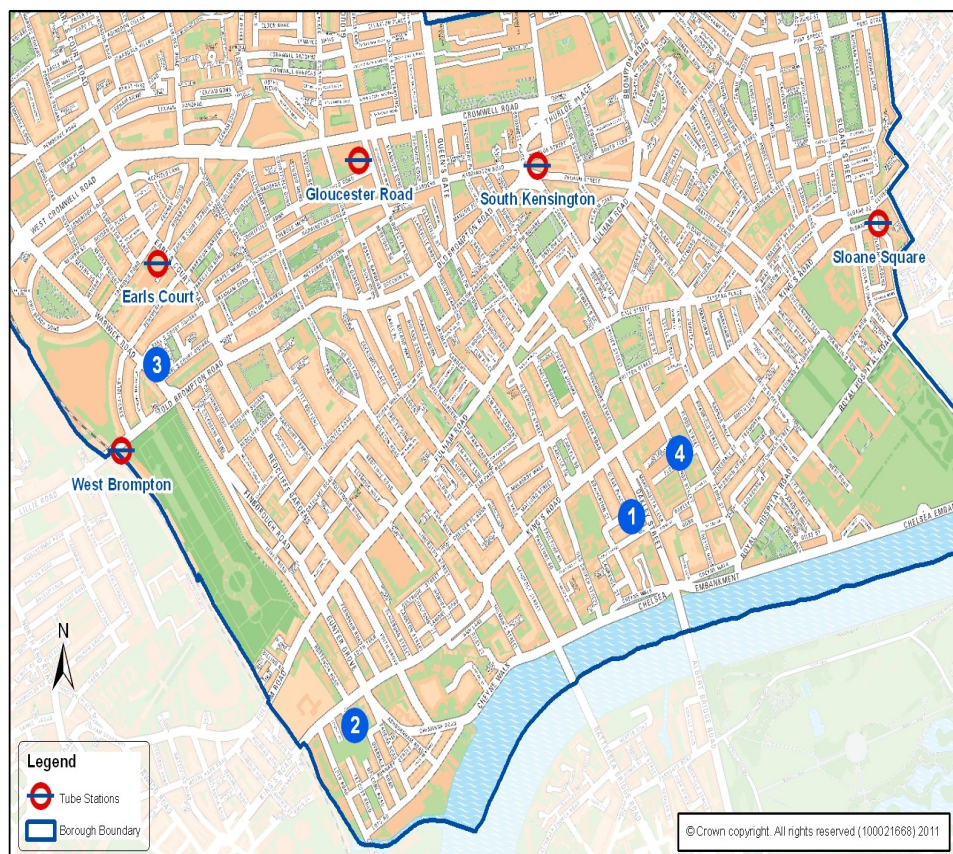


CONTACT INFORMATION AND VENUES

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
Earl's Court Community Nursery	65 Philbeach Gardens, SW5 9EE	020 7835 1817



January - April 2014



CHILDREN'S CENTRES ACTIVITIES CALENDAR

Spring Term 2014
South Locality

Find us on



[RBKC Children's Centres](https://www.facebook.com/rbkcchildrenscentres)

www.rbkc.gov.uk/earlyyears



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

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.

Antenatal classes			Referral by midwives			
Antenatal care is the care you receive from healthcare professionals during your pregnancy. Midwives will check that you and your baby are well, give you useful information to help you have a healthy pregnancy and answer any questions you may have. It will happen in the Children’s Centres the first, second and fourth week of the month.						
Cheyne	Wednesdays	08/01/2014	23/04/2014	10:00	12:00	

Baby Massage		Booking recommended through your Health Visitor			
Baby Massage helps building up a strong parent child attachment resulting in better social and emotional development for your child. Three and four week courses.					
Violet Melchett	Thursdays	06/02/2014	20/02/2014	14:00	15:00
	Thursdays	13/03/2014	27/03/2014	14:00	15:00
Chelsea Open Air	Thursday	09/01/2014	30/01/2014	13:30	14:45
	Tuesday	25/02/2014	18/03/2014	10:30	11:45

Childminders Drop In					Drop in	
Stay and Play where registered childminders can create positive relationships, meet and share best practice through one to one and group support.						
Earl's Court Community Nursery	Thursdays	09/01/2014	03/04/2014	10:00	12:00	

Cook & Taste				Crèche / Booking	
Covering healthy eating for adults and young children, tips on fussy eating, as well as recipes suitable for the whole family. Please note that this programme does not cover weaning, but does signpost parents to free local weaning groups.					
Cheyne	Thursdays	09/01/2014	13/02/2014	13:00	15:00

ESOL classes (English classes)				Crèche/Booking		
Opportunity to learn and develop your communication skills and to enable you to effectively support your children’s communication skills. You will be able to gain a recognise qualification.						
Term time only. Not happening the week commencing on the 17/02/2014						
St Cuthbert’s	Beginner English	Mondays	06/01/2014	31/03/2014	09:30	11:30
St Cuthbert’s	Entry Level 1	Mondays	06/01/2014	31/03/2014	13:00	15:00
St Cuthbert’s	Entry Level 2	Wednesdays	08/01/2014	02/04/2014	09:30	11:30
World’s End Under 5s	Entry Level 2	Thursdays	09/01/2014	03/04/2014	13:00	15:00
St Cuthbert’s	Entry Level 3	Wednesdays	08/01/2014	02/04/2014	13:00	15:00

Fathers' Football				Booking	
Friendly football club where fathers can play a game of football in a safe environment. To register for the activity, please ring 0207 376 0032/ 07958 599 922 or email info@solidaritiesports.org Not happening on 14 and 21 April (Easter School Holidays)					
St. Luke's Church, Sydney Street, London SW3 6NH	Mondays	06/01/2014	28/04/2014	19:00	20:00

Fathers' Groups				Drop in	
Spend the Saturday with your child/children enjoying a wide range of activities with other fathers from the community.					
Chelsea Open Air	Saturdays	Once a month on:			
		11 January			
		1 February		10:00	12:00
		1 March			
		5 April			

Family Days				Booking	
One day excursions to local attractions with families groups led and supported by a member of children centre staff.					
Chelsea Open Air	Thursday	13/02/2014	09:00	15:00	
	Friday	11/04/2014	09:00	15:00	

Family Information Service outreach visit				Drop in
The Family Information Service Outreach officer visits Children’s Centres Stay and Plays once a month to provide information on childcare. If you have got any queries about childcare, please come along .				
Cheyne	Tuesdays	28/01/2014	10:00	12:00
		25/02/2014	10:00	12:00
		25/03/2014	10:00	12:00
Violet Melchett	Fridays	10/01/2014	10:00	12:00
		14/02/2014	10:00	12:00
		28/03/2014	10:00	12:00

Healthy Baby Clinic				Drop in	
For families, nannies, carers, to get information and advice on health issues, immunisations, any parenting advice and support needed or just to drop in to chat about the progress of your child.					
St Cuthbert's	Fridays	10/01/2014	25/04/2014	10:00	12:00

Healthy Child Info Sessions			Drop in / booking (depending on the session)			
Deliver by healthy professionals, each of the sessions will cover a different health promotion topic such as weaning, baby massage or First Aid. You can also ask any queries and concerns you have got around specific health and social topics in a safe environment.						
St Cuthbert with St Matthias CE Primary School and Earl's Court Children's Centre	First Aid (booking)	Friday	17/01/2014		14:00	16:00
		Friday	21/02/2014		14:00	16:00
		Friday	21/03/2014		14:00	16:00
	Baby Massage (Booking)	Fridays	24/01/2014	31/01/2014	14:00	16:00
			28/02/2014	07/03/2014	14:00	16:00
	Teething and Dental care	Friday	07/02/2014		14:00	16:00
	Weaning	Friday	14/02/2014		14:00	16:00
			14/03/2014		14:00	16:00
Understanding your baby's development milestones.		Friday	28/03/2014		14:00	16:00
Healthy Tots			Booking/Referral			
This is a six weekly programme where you can discuss your child's development and health needs and concerns, with a focus on breastfeeding, immunizations, sleep, weaning etc. and to offer you appropriate advice and early support for both you and your child.						
Violet Melchett	Thursday	09/01/2014	13/02/2014		10:30	12:00
Violet Melchett	Thursday	20/02/2014	27/03/2014		10:30	12:00
Hear Me Follow Me			Referral			
A 6 week course for parents and their child run by the speech and language therapy team. It offers practical advice on how parents can support their child's language development at home through talking and listening, snack time, pretend play, book sharing, singing and signing. Parents attend with their child.						
Chelsea Open Air	Thursday	27/02/2014	03/04/2014		09:30	11:00
Language Group			Booking/Referral			
Speech and language therapy groups for children with diagnosed speech and language therapy difficulties. Parents will develop their understanding of how to support and develop their child's speech, language and communication through support provided and strategies modelled each week. Children will be encouraged to take part in small group activities with a focus on communication including song time, story time, snack time and a variety of play and creative activities. The aim is to develop each child's are of language need : attention , play , understanding , social communication, talking.						
Violet Melchett	Wednesday	29/01/2014	26/03/2014		10:00	12:00
Not happening: on the 19/02/2014						

Learning more than one language				Creche/ Booking	
A workshop for parents run by the speech an language therapy team. It aims to share current advice/latest research about children learning more than one language; give top tips for supporting children’s language development and give an opportunity for parents to ask questions or share any concerns they may have about their child learning more than one language.					
Chelsea Open Air	Wednesday	26/03/2014	13:30	15:00	
Parent Nurturing Programme				Creche/Booking	
It is a parenting programme aimed to any parent interested in improving their relationship with their child. Their main aims are to help parents and carers understand their own emotional needs and learn positive parenting practices. The Nurturing Programme uses the Four Constructs: self-awareness and self-esteem; appropriate expectations; positive discipline; and empathy. Speak to the Early Help Team to book a place on the course. Term time only					
Violet Melchett	Tuesdays	14/01/2014	01/04/2014	13:00	15:00
Physical Education for the community				Drop In	
This activity supports children’s physical development, playing different games and exercising					
Cheyne	Tuesdays	07/01/2014	29/04/2014	11:00	11:30
Read, Rhyme and Sign				Drop In	
A series of themed sessions to introduce families to books and reading. Making stories more interesting and engaging through interaction with props, songs, and makaton.					
Chelsea Open Air	Thursdays	16/01/2014	06/02/2014	9:15	9:45
Chelsea Open Air	Thursdays	27/02/2014	20/03/2014	14:15	14:45
Read to Succeed				Booking advised	
A workshop for parents run by the speech an language therapy team. It aims to provide information on how to develop children’s language skills through shared book reading, the importance of frequent book sharing in relation to children language and thinking skills and top tips and strategies for developing language skills through book sharing. Parent workshop only. No crèche available.					
Violet Melchett	Tuesday	04/02/2014	10:00	11:00	
Home safety equipment can help create a safer environment for your child. Cheyne and Violet Melchett Children’s Centres sell a wide range of home safety equipment. These are sold at cost price. Contact the centres for the full list of equipment on sale.					

SLT visit to Drop ins			Drop in	
Visit by a Speech and Language Therapist to answer any questions or concerns from parents about their child’s communication development; to discuss language development strategies and provide advice leaflets e.g. dummies, multilingualism, etc.				
Cheyne	Thursday	06/02/2014	10:00	12:00
Violet Melchett	Friday	07/02/2014	10:00	12:00
St Cuthbert’s	Thursdays	20/02/2014	09:30	11:30
Chelsea Open Air	Monday	03/03/2014	09:15	10:45

Stay and Play	Drop in
<p>Come along where you will be able to enjoy with your child while having lots of fun. There is a wide range of resources you can use and an activity corner where the facilitator will be giving you ideas of things to do with your child. Different practitioners from Health and Early Help will be visiting the Stay and Play sessions so you will be able to have a chat with them as well.</p> <p>Term time only Stay and Plays: not happening week commencing on the 17/02 or during Easter Break (14-25/04/2014)</p>	

Cheyne	Tuesdays	07/01/2014	01/04/2014	10:00	12:00
		Term time only			
Cheyne	Thursdays	09/01/2014	27/03/2014	10:00	12:00
		Term time only			
		09/01/2014	10/04/2014		
St Cuthbert's	Thursdays	Not happening on 23/01		09:30	11:30
		Term time only.			
Violet Melchett	Fridays	10/01/2014	04/04/2014	10:00	12:00
		Term time only			
Chelsea Open Air	Mondays	13/01/2014	28/04/2014	09:15	10:45
		Term time only			
Chelsea Open Air	Mondays	13/01/2014	28/04/2014	13:15	14:45
		Term time only			
Chelsea Open Air	Wednesdays	10/01/2014	30/04/2014	9:15	10:45

Sticky Fingers: Creative Fun				Booking	
This is a series of themed workshops to introduce parents and children to simple, fun creative activities that will support young children’s learning and development and can easily be replicated in the home.					
Chelsea Open Air	For children 18 months to 3 years	Tuesday	04/02/2014	09:30	10:30
		Tuesday	25/03/2014	09:30	10:30
Chelsea Open Air	For children from 6 to 18 months	Tuesday	11/02/2014	09:30	10:15
		Tuesday	01/04/2014	09:30	10:15

Tiny Tots	<i>Drop in</i>
This drop in session is aimed to improve parents knowledge about growth and developmental of their child; to inform parents on healthy weaning, appropriate amounts and types of food, play and behaviour, routines, sleep and immunisations; to advise on nutrition and physical activity for the family and to inform on ongoing support provided in Child Health Clinics. Term time only, not happening on the 17th February 2013.	

Violet Melchett	Monday	13/01/2014	07/04/2014	10:30	12:30
-----------------	--------	------------	------------	-------	-------

Community Drop ins				Drop in	
Drop in sessions where you can come along with you child and access resources to play and meet other parents/carers.					
Earl's Court Community Nursery	Mondays	06/01/2014	07/04/2014	Times to be confirmed with the Nursery	
World's End	Monday to Fridays	06/01/2014	11/04/2014	09:30	11:45

Top Tips for Talking				Crèche / Booking	
Workshop for parents run by the speech and language therapy team. It provides advice on the ages and stages of early language development; strategies and practical activities to develop language at home.					
Cheyne	Wednesday	12/02/2014	10:00	11:00	

Welfare Reform Info/Advice Sessions				Booking	
Are you thinking about returning to work but not sure whether you can afford to? Would you like to find out what benefits yo may be entitled to, if you return to work? Do you want to know more about the bedroom tax? Are you thinking of signing up for mutual exchange or downsizing your property? Are you getting the right benefits? Are you worried about universal credit or the Welfare Reform? If yes, then you will find this session helpful.					
Cheyne	Thursday	13/02/2014	13/02/2014	10:00	15:00

Don't forget to pick up your **ENJOY AND ACHIEVE PROGRAMME** from your Children's Centre. There are lots of free courses to learn new skills, meet friends and support your child's development.

For more information and the latest news of the activities happening in the Children's Centres, like our Facebook page [RBKC Children's Centres](#)



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.