



Developmental Reviews

By appointment only: 0330 0581679

Monday

One year old review 10.00 -12.00

Two year old review 12.00 -2.30

Thursday

One year old review 1.30 - 3.00

Friday :Two year old review 9.00 -12.00



Well Baby Clinic

For further information please call 0330 0581679

Eastwood Children Centre

Tuesday - 10:00am-11.30 am

The Lennox

Thursday - 10:00am-12:00pm



Breastfeeding Cafe

Tuesday 10—11.30am



Family Action Newpin

Support for parents who are the main carer of a child under five. Trained staff will discuss things you find difficult and together plan a programme of activities for you and your child.

Contact : 020 87851863

Talk Shop at 168 Roehampton lane

8th January 1.30 to 2.30pm

5th February 1.30 to 2.30pm



Foodbank for Families

Foodbank for Families can provide emergency food for up to three days. If you are in need of a voucher please call the centre or ask at reception

Contact a family

166 Roehampton Lane SW15 4HR

Support, advice and information for families with disabled children.

10th and 24th January. 7th and 28th February 14th and 28th March. For more info please contact:

Carol Bennet 020 8947 5260

Wandsworth Health Trainer

Health topics such as weight management ,healthy eating , physical activity and stopping smoking. Support to develop a personal health action plan and to achieve their goals.

Call reception for Details

Please note: Timetable correct at the time of going to print.

Mobile Phone Use

To keep all children safe

Please DO NOT use your mobile phone or take photographs (with cameras or mobile phones) during sessions.



Eastwood Children's Centre Timetable

January 7th to 15th February 2018



166 Roehampton Lane SW15 4HR




Roehampton

cc@eastwood.wandsworth.sch.uk

0208876 3976 Opt.3 or 07595120978

To check if you are eligible for 15 hours free childcare for your 2 Year old child?

Please visit or contact the Children's Centre for further information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9.30 - 11.30</p> <p>Solihull Parenting Group</p> <p>A group to help parents develop their parenting skills.</p> <p>Invitation only</p> <p>10 weeks course</p> <p>Starting 14th January</p> <p>Crèche Available.</p> <p><i>Please call to book a place</i></p>	<p>9.30 -11:00</p> <p>Fantastic Two's</p> <p>Play and Learn sessions preparing your child for pre-school early education</p> <p>Starts 8th January</p> <p>Invitation Only</p> 	<p>10.30—11.00am</p> <p>Sing and Rhyme</p> <p>Roehampton Library</p> <p>0-3 years</p> <p>Enjoy Rhymes and songs with musical instruments</p> <hr/> <p>9.30-11.30</p> <p>ESOL</p> <p>English course for parents wanting to develop their English.</p> <p>Crèche available</p> <hr/> <p>10.00—12.00</p> <p>Understanding your baby.</p> <p>Parents with babies aged 0 to 8 months.</p> <p>Starts 23rd January.</p> <p>By Referral only</p>	<p>9.30-11.30</p> <p>English functional skills</p> <p>English course for parents wanting to develop their English writing skills.</p> <p>Crèche available</p> <hr/> <p>9.30 —10.30</p> <p>Music and Movement</p> <p>Walkers – 3 years</p> <p>We sing, We dance, We move together!</p> <p>No childminders/nannies</p> <hr/> <p>10.00- 11.00</p> <p>Advice and Support</p> <p>Lennox Centre</p> <p>Outreach worker available for advice and support</p>	<p>10.00 -11:30</p> <p>Let's get Messy!</p> <p>0 – 3 years</p> <p>Have fun getting messy and exploring a range of different sensory materials</p>  <p>No childminders/nannies</p> <p><i>* session fills quickly, please arrive on time to avoid disappointment*</i></p>	<p>9.30 - 11.30</p> <p>Dads Go Wild!</p> <p>0-5 years</p> <p>Outdoor Activity session for Children 0-5 years old and their male carers</p> <p>1st Saturday of the month</p>
<p>1.30 -3.00</p> <p>Let's get Active</p> <p>Walkers— 3 years</p> <p>Physical activity play session</p> <p>Jump, skip, balance, climb.</p>	<p>1.30—3.00</p> <p>Play and Learn</p> <p>0 –2years</p> <p>Fun activities to help your child develop their skills</p> <p>No childminders/nannies</p> <hr/> <p>1.00—3.00</p> <p>Baby and Me</p> <p>6 post-natal sessions .</p> <p>New mothers with babies aged 8 to 16 weeks</p> <p>Starts 23rd January</p>	<p>12.30—2.30</p> <p>ESOL</p> <p>English course for parents wanting to develop their English.</p> <p>Crèche available</p>	<p>1.30—3.00</p> <p>"Just for Twos"</p> <p>2 years</p> <p>A fun and interactive learning session for 2 years old.</p> 	<p>1.00- 2.00</p> <p>Bumps, Baby and Me</p> <p>0 -12mths</p> <p>Play session for expectant parents and parents with babies under 1 year</p>	<p><i>*Crèche spaces need to be booked in advance</i></p>

New Courses and Events:

Parents Breakfast Morning:

24th January 10.45–11.45am

New Birth Celebration:

15th February **1 to 2.00pm**

Now I am 2!

12th February **10.30 –11.30am**