








WHAT'S ON AT SOUTHMEAD CHILDREN'S CENTRE

Monday 7th January - Friday 5th April 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<p>Basic ESOL Course ای سول 9:30am - 11:30am Group Room</p> <p>A basic English language course for parents who speak very little English. COURSE HAS NOW STARTED.</p> <p>Let's Move 12:00pm - 1:00pm</p> <p>A fun, energetic session to encourage you and your child to move! Come and have fun in a safe environment where your little one can roll, walk, run, jump, dance and more! Babies: 7th, 14th, 21st, 28th Jan, 4th, 11th Feb</p> <p>Confident walkers—4 years: 25th Feb, 4th, 11th, 18th, 25th March, 1st April</p>	<p>Sticky Fingers 9am - 10:20am</p> <p>A drop in play session for children aged 0-4 years. Come prepared to get messy! Sticky fingers is a fun, exciting way for your child to learn and develop many different skills.</p> <p>Parent's Space  10:45am - 12:15pm *Please see dates overleaf *</p> <p>Fun workshops and sessions to meet new people, learn new skills and find out everything you need to know about the children's centre! More information on the workshops can be provided at reception. Childcare available. Please contact reception to book your place</p>	<p>Babies and Crawlers 9:15am - 10:30am</p> <p>A structured play session with music and activities to stimulate the senses and help your baby develop. For babies and children who are not yet walking.</p> <p>Forest School 9:00am - 10:15am Wimbledon Common</p> <p>Explore & learn about the natural environment and enjoy doing fun outdoor activities. For confident walkers to 4 years.</p> <p>Well Baby Clinic & Breastfeeding Café 10am - 12pm</p> <p>Come and get your baby weighed and speak to the Health Visitors.</p> <p>One Off Parent Workshops 11:00am - 12:15pm  *Please see overleaf*</p> <p>Childcare available. Please book your place</p>	<p>Rising Twos  9:00am - 10:30am For children aged 20 months - 3yrs.</p> <p>A structured session to develop your child's independence and getting ready for school. Invitation only however please call to see if you may be eligible.</p> <p>MEND Mums  9:30am - 11:00am 17th January until 28th February</p> <p>A 6 week course of exercise & nutrition advice for mums with babies 0-6 months. Please book your place.</p> <p>Play and Learn 11:00am - 12:15pm</p> <p>A drop in play session for children aged 0-4 years. Play and learn is a fun, exciting way for your child to develop many different skills.</p>	<p>Sing and Explore 9:30am - 10:00am</p> <p>Children aged 0 months to Non-Walkers Play Room</p> <p>A fun music session encouraging your baby to explore different sounds and musical instruments.</p> <p>Music and Movement 10:30am - 11:15am</p> <p>Confident walkers to 4 years Group Room</p> <p>A fun music session encouraging physical activity and to promote your child's speech development.</p> <p>Learn to Love to Read 11:30am - 12:30pm</p> <p>A 10 week course to explore sounds, songs and stories to aid your child's language development. For children aged 2-4 years. Starting 18th January. Please contact reception to book your place.</p>
AFTERNOON	<p>Play and Learn  2:00pm - 3:00pm</p> <p>A drop in play session for children aged 0-4 years. Play and learn is a fun, exciting way for your child to develop many different skills.</p>	<p>Basic ESOL Course ای سول 1:00pm - 3:00pm Group Room</p> <p>A basic English language course for parents who speak very little English COURSE HAS NOW STARTED.</p>	<p>Personal Development Course  1:00pm - 3:00pm Starting 16th January until 27th February</p> <p>A 6 week course to develop Self Confidence, Positive Thinking, Self-reflection, Mindfulness and self-care. Childcare available. Please book your place</p> <p>CV Workshop  1:00pm - 3:00pm 6th March & 13th March</p> <p>A 2 part workshop to identify your skills and strengths, plus build a CV. Childcare available.</p> <p>Family Music Session To be confirmed for March</p>	<p>Babies and Crawlers 1:30pm - 3:00pm</p> <p>A structured play session with music and activities to stimulate the senses and help your baby develop. For babies and children who are not yet walking.</p> <p>Baby Massage 2:00pm - 3:30pm A 4 week baby massage course.</p> <p>Weaning Group 2:00pm - 3:30pm</p> <p>Support and advice on weaning for parents of babies aged 3-4 months. Contact us to book your place.</p>	<p>THE CENTRE IS CLOSED EVERY FRIDAY BETWEEN 12:30PM - 2:30PM</p> <p>Southmead Children's Centre</p> <p>Southmead Primary School Princes Way, Wimbledon SW19 6QT (Entrance off Swanton Gardens)</p> <p>Call: 020 8788 4379</p>

Parent's Space Dates

- 15th Jan: *Employable Me*
22nd Jan: *Employable Me*
29th Jan: *Advisory Board (9:30-11:00)*
5th Feb: *Potty training*
12th Feb: *Support for little talkers*
5th Mar: *First aid*
12th Mar: *Healthy cooking*
19th Mar: *Advisory Board (9:30-11:00)*
26th Mar: *Plant and grow*
2nd April: *Parent Forum*



PLEASE NOTE:

Our Booking System for the above courses is open NOW.
Spaces do fill up quickly so please book your space immediately.

Play Sessions

We understand that you may have two or more children of different ages. You are welcome to bring siblings to play sessions if you have one child within the age range for that play session.

Childcare

For Mums, Dads and Carers attending courses at the centre, we provide a childcare provision for children aged 3 months - 5 years.

Are you Registered?

Please make sure you fill out a registration form the first time you come to visit us. It helps us to keep you updated on all the new and exciting things we plan to do within the centre. Please also keep us up to date if you move home or change your number.

New Addition to the Family?

Has your family expanded? Or are Grandad, Grandma or Uncle and Aunty going to bring your child to the centre? If so, please pick up an 'Additional Family Member' form so we can get them registered too!

Food Bank Vouchers



If you are finding it difficult financially, the food bank can provide emergency food for up to three days. The children's centre is a foodbank voucher holder. If you are in need of a voucher please come to the centre and speak to either Carrie.



Centre Opening Times

Monday - Friday*

9am - 4pm

*Closed on Friday's between 12.30-2:30pm

We are closed on bank holidays

and for 2 weeks during the December holiday period.

Half Term

Monday 18th - Friday 22nd February 2019

A reduced timetable operates over the half term period.

Please contact Reception for more information.

PLEASE NOTE

Places are limited for Childminders, Nannies and Au Pairs and places will be reserved for invited children. Our drop-in sessions do get busy and therefore have maximum numbers. This is to abide with health and safety regulations and to ensure the session is safe and enjoyable for you and your child. When we have met our maximum capacity, we will be unable to allow any more families in.

How to Contact us...

Tel: 0208 788 4379

Email: childrenscentre@southmead.wandsworth.sch.uk

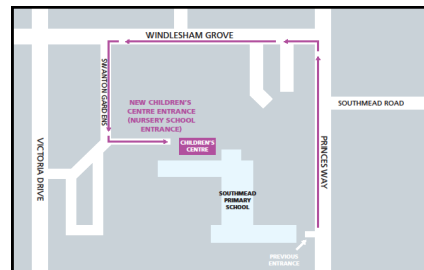
Web: www.southmeadchildrenscentre.com

Facebook:

Southmead Children's Centre



Don't forget to 'LIKE' our page!



There is limited free parking on the roads surrounding the centre. Please check signs for further information before you park your car.

Speech & Language

Our Speech & Language Therapists are happy to discuss any concerns that you may have about your child's speech and language development. You can find them during the below drop in sessions:

Talkshop (9am - 10am): 29th January
26th February
26th March

Rising Twos drop in: 17th January
28th February

One Off Parent Workshops

Limiting Sugars: Wednesday 23rd January
Having Fun Getting Active: Tuesday 19th Feb.
Enjoying Mealtimes: Wednesday 27th Feb.
Bin the Bottle: Wednesday 20th March

Please speak to Reception to book your place. Leaflets with more information on these workshops are available at Reception.

Rising Twos' Workshops

Workshops for those children who are invited to Thursdays Rising Twos session 9:00-10:30am
Please ask reception if you are eligible.

Exploring Outdoors: 31st Jan. & 21st March

Explore the outdoors over at Wimbledon common with our skilled Forest School staff



Dance and Movement: 14th Feb. & 4th April

A fun, energetic session to encourage you and your child to move! Come and have fun in a safe environment where you little one can walk, run, jump, dance and more!



Cooking: 17th Jan. & 7th March

A chance for your child to explore different foods, practice their cutting skills and take home a