

# Summer Term 2021



**Kingston Programme**  
**Children's Centre services**  
serving: Kingston, New Malden,  
Old Malden, Chessington,  
Surbiton and Tolworth

## Further information

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### Find us online:

**Twitter:** <https://twitter.com/aforchildren>

**Facebook:** <https://www.facebook.com/groups/2579582222120629>

**Website:** <https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/children-centres>

### AfC Kingston Town Children's Centre

**Email:** [kingstonccs@achievingforchildren.org.uk](mailto:kingstonccs@achievingforchildren.org.uk)

### AfC Chessington Children's Centre

**Email:** [kingstonccs@achievingforchildren.org.uk](mailto:kingstonccs@achievingforchildren.org.uk)

### AfC Tolworth Children's Centre

**Email:** [kingstonccs@achievingforchildren.org.uk](mailto:kingstonccs@achievingforchildren.org.uk)

### AfC Old Malden Children's Centre

**Email:** [kingstonccs@achievingforchildren.org.uk](mailto:kingstonccs@achievingforchildren.org.uk)

**Outreach phone numbers: 07784 006661 and 07849 305143**

### Translation advice

Translation Advice

Please contact us if you need this leaflet in Braille, large print, on audio tape or in another language.

Phone: 020 8891 1411.

# Introduction

Welcome to Kingston Children's Centre Services

We are so pleased to be able to begin to offer some small group sessions in our centres this half term, as well as continuing our virtual programme.

This timetable will cover the first half of the summer term from

**19 April to 28 May 2021**

We will be carefully monitoring the pandemic situation and hope to be able to allow more of our wonderful sessions to return as the summer term progresses. Until then we have a number of sessions available online, or within the centres on a 1-1 basis.

Our Children's Centres are places where all families with children under five, and expectant mothers and fathers, can go to help their children to get the best start in life.

## Our Aims

- To promote high quality inclusive education and care from birth to five years. To provide all-inclusive opportunities for parents and carers to meet and support each other.
- To offer support, advice and information to parents, carers and families, through multi agencies e.g. Health Visitors, Midwives Nurseries, Pre Schools, Schools and Family Support Workers.
- To support and develop parents and carers awareness of how to become a "Play Partner" for their children and how to help their children be ready for school.
- To promote and support parents and carers in healthy lifestyles and preparing their children for school.

## Our Objectives

- To provide well planned age appropriate, all-inclusive sessions and activities to extend children's learning through the Early Years Foundation Stage.
- To provide an environment that is friendly, relaxed, supporting and welcoming to all families.
  - To have staff who will lead by example and model good practice.
    - To make information available that is clear for parents

# Our sessions

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We are currently unable to offer all our previous sessions. Please join our Facebook Group for further updates and information.

[Facebook Kingston Children's Centres](#)

## Midwives appointments

By appointment only.

## Health Visitors clinic and review appointments.

Initially by invitation only please speak to your health visitor for further information.

## Breast Feeding Support

Feeding advice and support for expectant and feeding Mums. Booking essential.

## 1-1 Children's Centre Sessions

Bookable appointments to meet with Centre staff to discuss any concerns you may have while your child plays. Please see more detailed information within programme.

## Interactive Rhymetime

Songs and rhymes delivered virtually via Google Meet. Booking essential.

## Interactive Story & Activity Sessions

Stories, songs, dance, craft and play delivered virtually via Google Meet. Booking essential.

## Let's Explore

Small group sessions for 4 to 5 families with babies under 18 months. Especially for babies born during the pandemic.

## Let's Play

Small group play sessions for 4 to 5 families who have been referred to the Centres for additional support.

## Let's Nurture

Small group sessions for children with SEND. Invite only.

## Online Intro to Solids

Advice, information and support when your baby is ready to move on from milk alone. Session includes child development. Delivered by Health Visitor and Children's Centre staff.

## Healthy Start Vitamins

Exchange your vouchers or purchase from the Centre. £1.50 for children's vitamins. £1.00 for adult vitamins. Call to book.

## Understanding your Baby/You and your Baby

Online course delivered by educational psychologist. Includes baby's emotional development, play and relationships.

# Summer Term: 19 April to 28 May 2021

# MONDAYS

## Tolworth

**Midwives Post Natal Clinic**  
Appointments only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8339 9848 to book.**

## Chessington

**Midwives Clinic**  
Appointments Only

**Let's Explore**  
10.00-11.30am  
10, 17 & 24 May  
Invitation Only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8397 2006 to book.**

## Old Malden

**Midwives Clinic**  
Appointments only

**Health Visitors Well Baby Clinic**  
9.00-12.30pm  
Appointments Only  
Limited appointments available with the Health Visiting team. Please bring your red book.  
**Please call 020 8949 9974/8505 or your health visitor to discuss.**

**Breast Feeding Support**  
1.30-3.30pm  
Appointments Only  
Breast feeding support for feeding and expectant mums.  
**Please call 020 8274 7709 to book your appointment.**

**Let's Nurture**  
1.30-2.45pm  
10, 17 & 24 May  
Invitation Only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour and emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8241 0837 to book.**

## Kingston Town

**Midwives Clinic**  
Appointments Only

**Sling Clinic**  
10.00-12.00pm  
26 April & 24 May  
**Please follow the link to book:**  
[Sling Clinic Booking](#)  
For enquiries contact [sheenslings@gmail.com](mailto:sheenslings@gmail.com)

**Let's Explore**  
1.15-2.30pm  
10, 17 & 24 May  
Invitation Only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8481 0640 to book**

## Virtual

**Online Interactive Rhymetime**  
10.00am  
**Please follow the link to book:**  
[Click to book](#)

**Online Intro to Solids**  
1.00pm  
Monday 10 May  
**Please follow the link to book:**  
[Click to book](#)

**Facebook**  
Pre-recorded activity and/or information on our Facebook page.

[Children's Centres](#)

## Information

**If you have not attended a Kingston Children's Centre in the past or you have had a new addition to your family please complete our online registration form.**

[Registration Form](#)

**Online Baby Massage**

**To express an interest in our online baby massage please complete the online form**

[Baby Massage](#)

## Tolworth

**Midwife Clinic**  
Appointments only

**Let's Explore**  
1.30-2.45pm  
11, 18 & 25 May  
Invitation Only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8339 9848 to book**

## Chessington

**Health Visitors Well Baby Clinic**  
1.00-2.30pm  
Appointments Only  
Limited appointments available with the Health Visiting team. Please bring your red book.  
**Please call 020 8408 8512 or your health visitor to discuss.**

**Breast Feeding Support**  
1.00-4.30pm  
Appointments Only  
Breast feeding support for feeding and expectant mums.  
**Please call 020 8274 7709 to book your appointment.**

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8397 2006 book**

## Old Malden

**Midwives**  
Appointments only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8241 0837 to book**

## Kingston Town

**Midwives Clinic**  
Appointments Only

**Health Visitors Well Baby Clinic**  
9.00-12.30pm  
Appointments Only  
Limited appointments available with the Health Visiting team. Please bring your red book.  
**Please call 020 8549 3672 or your health visitor to discuss.**

**Rhyme and Sign**  
10:00- 10:30am  
Appointments only  
Do you have concerns about your child's language acquisition and speech? Join us for a 5 week course in rhyme and sign. Starts 27<sup>th</sup> April

[Click to book](#)

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8481 0640 to book**

## Virtual

**Facebook**  
Pre-recorded activity and/or information on our Facebook page.

[Children's Centres](#)

**Understanding your Baby/You and your Baby**  
10.00-11.30am  
2 part course  
4 & 18 May  
To book call 020 8339 9848 or complete the booking form:

[Click to book](#)

**Family Information Advice Sessions**  
1.30pm-2.30pm  
Tuesday 27<sup>th</sup> April

[Click to book](#)

& Tuesday 25<sup>th</sup> May

[Click to book](#)

## Information

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[Registration Form](#)

**Online Baby Massage**

To express an interest in our online baby massage please complete the online form

[Baby Massage](#)

# Spring Term: 19 April to 28 May 2021

# WEDNESDAYS

## Tolworth

**Health Visitors  
Well Baby Clinic**  
1.00-2.30pm  
Appointments Only  
Limited appointments  
available with the Health  
Visiting team. Please bring  
your red book.  
**Please call 020 8274 7719 or  
your health visitor to discuss.**

**1-1 Children's Centre  
Sessions**  
Appointments Only  
Child focused play and advice  
sessions, tailored to support  
you with any worries you  
have about child  
development, behaviour  
concerns, children's  
emotional health. Support  
with nursery applications, 2  
year funding and much more.  
**Call 020 8339 9848 to book**

## Chessington

**Midwives Clinic**  
Appointments Only

**Let's Play**  
10.00-11.30am  
5, 12, 19 & 26 May  
Invitation Only

**Health Visitors Reviews**  
12.30-4.30pm  
Invitation Only  
1 and 2 year reviews

**1-1 Children's Centre  
Sessions**  
Appointments Only  
Child focused play and advice  
sessions, tailored to support  
you with any worries you  
have about child  
development, behaviour  
concerns, children's  
emotional health. Support  
with nursery applications, 2  
year funding and much more.  
**Call 020 8397 2006 to book**

## Old Malden

**Midwives Clinic**  
Appointments only

**Let's Play**  
9.15-10.30am  
12, 19 & 26 May  
Invitation Only

**Health Visitors  
Well Baby Clinic**  
1.00-2.30pm  
Appointments Only  
Limited appointments available  
with the Health Visiting team.  
Please bring your red book.  
**Please call 020 8949 9974/8505  
or your health visitor to discuss.**

**Let's Explore**  
1.30-2.45pm  
12, 19 & 26 May  
Invitation Only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice  
sessions, tailored to support you  
with any worries you have about  
child development, behaviour  
concerns, children's emotional  
health. Support with nursery  
applications, 2 year funding and  
much more.  
**Call 020 8241 0837 to book**

## Kingston Town

**Midwives Clinic**  
Appointments Only

**Breast Feeding Support**  
9.15-12.00pm  
Appointments Only  
Breast feeding support for  
feeding and expectant mums.  
**Please call 020 8274 7709 to  
book your appointment.**

**1-1 Children's Centre  
Sessions**  
Appointments Only  
Child focused play and advice  
sessions, tailored to support  
you with any worries you  
have about child  
development, behaviour  
concerns, children's  
emotional health. Support  
with nursery applications, 2  
year funding and much more.  
**Call 020 8481 0640 to book**

## Virtual

**Online Interactive  
Rhymetime**  
10.00am  
**Please follow the link to  
book:**  
[Click to book](#)

**Facebook**  
Pre-recorded activity  
and/or information on  
our Facebook page.

[Children's Centres](#)

## Information

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a Kingston Children's  
Centre in the past or you  
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registration form.

[Registration Form](#)

**Online Baby Massage**

To express an interest in  
our online baby massage  
please complete the  
online form

[Baby Massage](#)

## Tolworth

**Midwives clinic**  
Appointments only

**Let's Play**  
9.15-10.30am  
13, 20 & 27 May  
Invitation Only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8339 9848 to book**

## Chessington

**Primary Ballet**  
4.00-4.30pm  
From 22 April  
For children of school age to continue to develop their ballet technique in a safe and fun environment encouraging creativity, rhythm and coordination.  
**Please email [emma@eha.co.uk](mailto:emma@eha.co.uk) to book or for any enquiries.**

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8397 2006 to book**

## Old Malden

**Junior Jammers**  
10.00-10.45am  
From 22 April  
**To book visit [www.juniorjammers.co.uk](http://www.juniorjammers.co.uk) or call 07511 549432**

**Baby Jammers**  
11.00-11.30am  
From 22 April  
**To book visit [www.juniorjammers.co.uk](http://www.juniorjammers.co.uk) or call 07511 549432**

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8241 0837 to book**

## Kingston Town

**Midwives Clinic**  
Appointments Only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
**Call 020 8481 0640 to book**

## Virtual

**Online Intro to Solids**  
10.00am  
Thursday 22 April  
Thursday 27 May  
**Please follow the link to book:**  
**[Click to book](#)**

**Facebook**  
Pre-recorded activity and/or information on our Facebook page.  
**[Children's Centres](#)**

## Information

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**[Registration Form](#)**

**Online Baby Massage**

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**[Baby Massage](#)**

## Tolworth

**Midwives Clinic**  
Appointments only

**Perinatal Mental Health**  
Appointments only

**Breast Feeding Support**  
*9.15am-12.00pm*  
Appointments Only  
Breast feeding support for feeding and expectant mums.  
[Please call 020 8274 7709 to book your appointment.](tel:02082747709)

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
[Call 020 8339 9848 to book](tel:02083399848)

## Chessington

**Midwives Clinic**  
Appointments Only

**Mummy & Me Ballet (parent and child class)**  
*10.15-11.00am*  
From 23 April  
A class for parents to join with their child to begin the basics of ballet in a relaxed and fun environment.  
[Please email emma@ehta.co.uk to book or for any enquiries](mailto:emma@ehta.co.uk)

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
[Call 020 8397 2006 to book](tel:02083972006)

## Old Malden

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
[Call 020 8241 0837 to book](tel:02082410837)

## Kingston Town

**Midwives Clinic**  
Appointments Only

**1-1 Children's Centre Sessions**  
Appointments Only  
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.  
[Call 020 8481 0640 to book](tel:02084810640)

## Virtual

**Interactive Story & Activity Sessions**  
*10.00am*  
[Please follow the link to book:](#)  
[Click to book](#)

**Facebook**  
Pre-recorded activity and/or information on our Facebook page.

[Children's Centres](#)

## Information

If you have not attended a Kingston Children's Centre in the past or you have had a new addition to your family please complete our online registration form.

[Registration Form](#)

**Online Baby Massage**

To express an interest in our online baby massage please complete the online form

[Baby Massage](#)

# Useful numbers

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**Single Point of Access**

020 8547 5008

**Families Information Service**

020 8547 5215

**Relate**

020 8940 8578

**Victim Support**

0845 450 3936

**National DV 24hr Helpline**

0808 2000 247

**Homestart**

020 8296 0654

**Kingston Hospital Antenatal Clinic**

020 8934 3863

**NHS 111 (previously NHS Direct)**

111

**NHS 119 COVID Test Booking**

119

**National Breastfeeding Helpline**

0300 100 0212

**Citizens Advice Bureau Kingston**

020 3166 0953

Mon, Tues, Thurs, Fri 10-3.30pm

**Police**

**Non urgent:** 101

**Emergencies:** 999

**Samaritans**

020 8399 6676

# Where are we?

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**Tolworth Children's Centre**

School Lane, Tolworth, KT6 7QJ

Telephone: 020 8339 9848

Mobile: 07803 438016

**Chessington Children's Centre**

Buckland Road, Chessington, KT9 1JE

Telephone: 020 8397 2006

Mobile: 07849 305143

**Kingston Town Children's Centre**

Villiers Road, Kingston, KT1 3AR

Telephone: 020 8481 0640

**Old Malden Children's Centre**

Sheephouse Way (entrance on

Lawrence Avenue),

New Malden, KT3 5NB

Telephone: 020 8241 0837

Mobile: 07738 259762