

Autumn Term 2021



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

Further information

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

AfC Chessington Children's Centre

Email: kingstonccs@achievingforchildren.org.uk

AfC Tolworth Children's Centre

Email: kingstonccs@achievingforchildren.org.uk

AfC Old Malden Children's Centre

Email: kingstonccs@achievingforchildren.org.uk

Outreach phone numbers: 07784 006661 and 07541 206836

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

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.

We are so pleased to be able to continue to offer our sessions in our centres this half term. Some sessions may start up during this term after this timetable has been published so keep an eye on the Facebook page and centre advertisements. This timetable will cover the second half of the autumn term from

1 November to 17 December 2021

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

Please join our Facebook Group for further updates and information.

<https://www.facebook.com/groups/kingstonchildrenscentres>

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.

Stay & Play Sessions

All of our Stay & Play sessions include a variety of indoor and outdoor activities for you and your child to have fun and learn together. Sessions include toys, activities and singing. We would like to request a Voluntary contribution of £2.50 for attendance to help pay for the costs of the session

0 – 18 month Baby Stay & Play, Under 12 months Stay & Play

Designed to support Mums new to motherhood. Meet others, share experiences and have lots of age appropriate play. Social, Sensory and Discovery play.

Thursday Group

An emotional health and wellbeing group for mums and mums to be. Contact Health Visitors for further information on 020 8408 8512

Let's Explore

Small group sessions for 4 to 5 families with babies under 18 months.

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.

Home Start Support & Play

Play session with additional support for families run by volunteers from the Home Start charity.

Mummy & Me Ballet

Explore music and dance, fun props and games. Children aged 16 months – 2 ½ years.

Playball

Sessions for 2-3 year olds and 3-4 year old fun structured sessions encouraging sport and movement.

Tolworth

Midwives clinic
appointments only

Rhyme Time
10.00-10.45am
Songs, rhymes, musical instruments and Makaton rhymes.

Booking essential
call the Centre the on
0208 339 9848

Mum and Baby Pilates
1.00 -1.45pm
2:00-2:45pm
£36 for the 6 week course
Enjoy some gentle exercise together with your baby.
Suitable for all mums and babies aged from 6-8 weeks to pre-crawlers
Booking essential
Call 0208 339 3848 to book.

Monday Mums
An emotional health and wellbeing group for new mums.
Contact your Health Visitor for further information.

Chessington

Midwives clinics
appointments only

Junior Jammers
10:00-10:45am
Musical singing session for children aged 0-5 years
£6.00 per child
£10.00 for child and sibling
To book visit
www.juniorjammers.co.uk

Baby Jammers
11:00-11:45am
Musical singing session for children aged 0-18 months
£5.00 per child
To book visit
www.juniorjammers.co.uk

Old Malden

Midwives clinics
appointments only

Breastfeeding Support
9.30-11.30am
Breastfeeding support for feeding and expectant Mums.
Please call 020 8274 7709 to book your appointment.

Health Visitors
Well Baby Clinic
9:00-12:30pm
Appointments available with the Health Visiting Team.
Please bring your Red Book.
Call 0208 949 9974/8505 to book
Appointments Only

Kingston Town

Midwives clinics
appointments only

Sling Clinic
10.00-12.00pm
15 November & 13 December
Please follow the link to book:
To book

For enquiries contact
sheenslings@gmail.com

Virtual

Facebook
Please join our Facebook page for information and updates on any new upcoming courses or events.

Kingston Children's Centre
Facebook

Online Intro to Solids including play and development
10am

Monday 8 November
Monday 22 November
Monday 6 December
Monday 20 December

To book

Outreach/Information

Bumps to Babies Drop In
Drop in between 8.45-10am session runs to 10.15am
Surbiton Children's Centre Nursery, Alpha Road KT5 8TD
Meet other families with babies up to 12 months, expectant mums welcome

Voluntary Contribution
We request a voluntary contribution of £2.50 for attendance at our sessions to support the cost of fruit and resources.

Play Pass
For families where making a donation may prove difficult or who are in receipt of benefits. Please speak to a member of staff.

Tolworth

Midwives clinics
appointments only

Health Visitors

Child Health Reviews
1st and 3rd Tuesday of the
month
1:00-4:00pm

Appointments Only

Appointments available with
the Health Visiting Team.
Please bring your Red Book

Under 18 Months Stay and Play

10.30-11.45am
Session for families with babies
under 18 months.
Booking essential, call the Centre
on 0208 339 9848

Let's Play

1:30 – 2:45pm
Small group play sessions for
families.

Invitation only

BCG Immunisation Clinic

For more information talk to
Centre staff.

Chessington

Baby Massage

5 week course promoting
bonding, attachment, muscle
and brain development.
£25 per course.

To request a place on our
next available course please
complete the booking form.

To book

Breastfeeding Support

1:00-4:30pm
Breastfeeding support for
feeding and expectant Mums.
Please call 020 8274 7709 to
book your appointment.

Health Visitors

Well Baby Clinic
1:00-4:30pm

Appointments Only

Appointments available with
the Health Visiting Team.
Please bring your Red Book
Call 020 8408 8512

Old Malden

Midwives clinics
appointments only

0-5 Stay and Play

9:30-11:00am
Play session with fun indoor
and outdoor activities and
singing.

Booking essential

Please call 0208 241 0837

Post Natal Support Group.

4 week course.
1.00 – 2.30pm
Covers attachment, sleep &
baby massage.
Contact your Health Visitor
for further information.

Let's Nurture

1:30-2:45pm
Small group play session for
children under the age of 5
that have SEND.
Invitation only.

If you have concerns about
your child's social and
communication development
please call the team on
020 8241 0837

Kingston Town

Midwives clinics
appointments only

Health Visitors

Well Baby Clinic
9:00-3:00pm

Appointments Only

Appointments available with
the Health Visiting Team.
Please bring your Red Book
Call 020 8549 3672
to book

Home Start Play Session

10:00 – 11:00am
Play session with support for
families run by volunteers
from the Home Start charity.

Invitation only

Let's Explore

2:00 – 3:30pm
Small group play sessions for
families.

Invitation only

Virtual

Facebook

Please join our Facebook page
for information and updates
on any new upcoming courses
or events.

[Kingston Children's Centre
Facebook page](#)

Online Financial Wellbeing Workshop

Tuesday 9 November
10.30-12.30pm

The session will cover the
importance of budgeting,
credit options, managing
debt, how to become more
financially resilient and
organisations that can offer
support.

To book please complete the
link
[To book](#)

Outreach/Information

Rhyme and Sign

10:00-11:00am

Surbiton Children's Centre
Nursery, Alpha Road KT5 8RS
5 weeks of Rhyme and Sign
sessions for children displaying
speech and communication
delay.

**Contact 020 8481 0640 for
further information.**
Spaces are limited

Rhyme & Play

**Surbiton Library, Ewell Road,
Surbiton, KT6 6AG**

10-11.30am

Join us for stories, songs and
rhymes to share with your little
ones followed by some time to
play.

Come along, have fun and
make new friends.

[To book](#)

For further information please
call Siobhan Meacher,
Children's Centre Outreach
Worker on 07784 006661

Tolworth

Midwives clinics
appointments only

Let's Play

9:00 – 10:30am

Small group play sessions for families.

Invitation only

Health Visitor

Well Baby Clinic
1:00-3:00pm

Appointments Only

Appointments available with the Health Visiting Team. Please bring your Red Book Call 020 8274 7719

Baby Massage

5 week course promoting bonding, attachment, muscle and brain development. £25 per course.

To request a place on our next available course please complete the booking form.

[To book](#)

Chessington

Midwives clinics
appointments only

Let's Play

9:30 – 11:15am

Small group play sessions for families.

Invitation only

Talking Tots

10:00 - 10:30

Combines games, songs, rhymes and fun activities to gently boost communication and social skills.

Invitation only

If you would be interested in attending Talking Tot sessions in the new year please speak to the team at Chessington on 020 8397 2006 option 5

Health Visitors

Child Health Reviews
1:00-4:00pm

Appointments Only

Old Malden

Midwives clinics
appointments only

Health Visitors

Well Baby Clinic
1:00-4:00pm

Appointments Only

Appointments available with the Health Visiting Team. Please bring your Red Book Call 020 8949 9974/8505 to book

Under 18 Months Stay & Play

10.30-11.45am

Session for families with babies under 18 months.

Booking essential

Please call 020 8241 0837 to book

Playball Kids

Children aged 2 to 3 years
1-1.30pm

Children aged 3 to 4 years
1.40-2.10pm

Fun and structured sessions encouraging sport and movement. Develop a wide range of skills; sport, listening, team work and independence.

£35 for 5 sessions or £70 for 10

[Book online](#)

[Playball sessions](#)

Kingston Town

Midwives clinics
appointments only

Breastfeeding Support

9:30-12:00pm

Breastfeeding support for feeding and expectant Mums. Please call 020 8274 7709 to book your appointment.

Understanding your Baby

Solihull Group

10:00- 12:30pm

Started 28th September.

Invitation only

Health Visitors

Well Baby Clinic
9:00-1pm

Appointments Only

Appointments available with the Health Visiting Team. Please bring your Red Book Call 020 8549 3672 to book

Getting to know Your Baby.

2:30 – 4:00pm

Covers attachment, sleep & baby massage. Contact your Health Visitor for further information.

Information

Online Registration Form

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

[Online registration form](#)

Facebook

Please join our Facebook page for information and updates on any new upcoming courses or events.

[Kingston Children's Centres Facebook Page](#)

Voluntary Contribution

We request a voluntary contribution of £2.50 for attendance at our sessions to support the cost of fruit and resources.

Play Pass

For families where making a donation may prove difficult or who are in receipt of benefits. Please speak to a member of staff.

Upcoming Events

Baby Massage

5 week course promoting bonding, attachment, muscle and brain development. £25 per course.

To request a place on our next available course please complete the booking form.

[To book](#)

Parenting

To express an interest in one of our 6 week Parenting course 'Care for the Family' please complete the online form:

Our next course will start in January 2022

[To book](#)

1-1 Children's Centre sessions

Limited bookable sessions to discuss particular issues with a member of the Children's Centres team. Contact your local Centre for more information.

Tolworth

Midwives clinics
appointments only

Thursday Group
10:00 – 12:00pm

An emotional health and wellbeing group for mums and mums to be. Contact Health Visitors for further information on 020 8408 8512

Under 5 Stay and Play
9:00-10:30am

Play session with fun indoor and outdoor activities and singing.

Booking essential

Please call the Centre on 020 8339 9848 to book

Chessington

Under 5 Stay and Play
9:30-11:15am

Play session with fun indoor and outdoor activities and singing.

Booking essential

Please call the Centre on 020 8397 2006 option 5 to book.

Post Natal Support Group.

4 week course.

10:00 – 11:30am

Covers attachment, sleep & baby massage.

Contact your Health Visitor for further information.

Old Malden

Junior Jammers
10:00-10:45am

Musical singing session for children aged 0-5 years
£6.00 per child

£10.00 for child and sibling

To book visit

www.juniorjammers.co.uk

Baby Jammers

11:00-11:45am

Musical singing session for children aged 0-18 months
£5.00 per child

To book visit

www.juniorjammers.co.uk

Kingston Town

Midwives clinics
appointments only

Under 18 Months Stay & Play

9:30 – 11:00am

Session for families with babies under 18 months

Booking essential

Please call the Centre on 020 8481 0640 to book

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Online registration form

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Kingston Children's Centre
Facebook page

Voluntary Contribution

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Play Pass

For families where making a donation may prove difficult or who are in receipt of benefits.

Please speak to a member of staff.

Upcoming Events

Baby Massage

5 week course promoting bonding, attachment, muscle and brain development.

£25 per course.

To request a place on our next available course please complete the booking form.

To book

Parenting

To express an interest in our 6 week Parenting course please complete the online form:

To book

1-1 Children's Centre sessions

Limited bookable sessions to discuss particular issues with a member of the Children's Centres team. Contact your local Centre for more information.

Tolworth

Midwives clinics
appointments only

Perinatal Mental Health
Appointments only

Breastfeeding Support

9.30-12:00pm

Breastfeeding support for
feeding and expectant Mums.
Please call 020 8274 7709 to
book your appointment.

Junior Jammers

10:00-10:45am

Musical singing session for
children aged 0-5 years
£6.00 per child
£10.00 for child and sibling

To book visit

www.juniorjammers.co.uk

Baby Jammers

11:00-11:45am

Musical singing session for
children aged 0-18 months
£5.00 per child

To book visit

www.juniorjammers.co.uk

Chessington

Midwives clinics
appointments only

Under 12 Months Stay & Play

9:45-11am **session 1**

11.30-12.45 **session 2**

Sessions for families with
babies under 12 months.

Booking essential

call the Centre to book
020 8397 2006 option 5

Mummy & Me Ballet

9.45—10.30am

Explore music and dance, fun
props and games.

Age 16 months – 2 ½ years
£7.00 per child.

Contact Emma@ehta.co.uk
for further information and to
book your place.

Mum and Baby Pilates

1.00 -1.45pm

£36 for the 6 week course
Enjoy some gentle exercise
together with your baby.
Suitable for all mums and
babies aged from 6-8 weeks
to pre-crawlers

Booking essential

Call 020 8397 2006 option 5
to book.

Old Malden

Drop In**Parent Support Café**

9.30-12pm

Friday 12 November

Friday 26 November

Friday 3 December

Friday 17 December

**Free drop in open to all
Parents.**

Come along and meet for a
chat and support from our
'Parent Champions'.

- Struggling with your child's
behaviour
- Are they being excluded
from school?
- Have a bad attitude towards
you or others?
- Poor school attendance?
- Not sure of what services are
available that can help and
support you?
- Would you like to meet
parents in similar situations?

Please feel free to drop in on
the above dates
for a brew and a chat.

Kingston Town

Midwives clinics
appointments only

Health Visitors

Well Baby Clinic

10:00-1:00pm

Appointments Only
Appointments available with
the Health Visiting Team.
Please bring your Red Book
Call 020 8549 3672 to book

Under 5 Stay and Play

10:00-11.30am

Play session with fun indoor
and outdoor activities and
singing.

Booking essential

Please call the Centre
0208 481 0640
to book

Let's Play

1:30-3.00pm

Small play session with fun
indoor and outdoor activities
and singing.

Invitation only

Information

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Online registration form

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staff.

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£25 per course.

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To book

Parenting

To express an interest in our 6
week Parenting course please
complete the online form

To book

1-1 Children's Centre sessions

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discuss particular issues with
a member of the Children's
Centres team. Contact your
local Centre for more
information.

Useful numbers

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

Where are we?

Tolworth Children's Centre

School Lane, Tolworth, KT6 7QJ

Telephone: 020 8339 9848

Surbiton Children's Centre Nursery

Alpha Road KT5 8TD

Chessington Children's Centre

Buckland Road, Chessington, KT9 1JE

Telephone: 020 8397 2006

Surbiton Library

Ewell Road, Surbiton, KT6 6AG

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

Translation Advice

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