Spring Programme 2019

South Cluster
Children’s Centre, serving:
Kingston Hill, New Malden, Old Malden, Chessington, Surbiton, Tolworth

Further information

Find us online:
Twitter: @AfC_info
Facebook: @AfCinfopage
Website: www.afcinfo.org.uk
Email: southcc@achievingforchildren.org.uk

Translation advice
If you have difficulty reading this document because of a disability or because English is not your first language, we can help you. Please call our helpline on 020 8547 5000, or ask someone to call on your behalf.
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| Childminders Drop In*  
9.00-11.00am  
A play session run by childcare providers. Please contact the Centre for more details.  
Starts 7 January | Stay & Play*  
9.00-10.45am  
Play session with fun indoor/outdoor activities, healthy snack and singing. | Let’s Play**  
9.00-10.30am  
Play session for parents who would like to learn more about their child's development  
Refreshments provided  
Invitation only  
Starts 9 January | Mummy & Me Ballet*  
10.15-11am  
Term time only  
Explore music and dance, fun props and games.  
Age 16 months – 2 ½ years  
£4.00 per child  
Starts 10 January | Stay & Play*  
9.00-10.45am  
Play session with fun indoor/outdoor activities, healthy snack and singing.  
Starts 4 January |
| Kingston Carers Network*  
9.15-11.15am  
28 January  
25 February  
25 March  
Parent Support Group | Family Learning**  
Cook & Eat  
5 week course  
Prepare simple & tasty dishes.  
Learn about healthy eating.  
Encourage your family to try different types of foods, share food with your child.  
Free course with crèche  
Starts 15 January  
12.30 – 2.30pm  
Please call the centre to book 020 8339 9848 | Refuge Domestic Abuse Advice**  
10.00 – 3.00pm  
Confidential advice for people experiencing domestic violence/emotional abuse and or controlling behaviour.  
Contact the centre for further details | Mummy & Baby Fitness*  
11.15-12.00pm  
Term time only  
A gentle fitness class for mums to enjoy with their babies under 1 year.  
Incorporating ballet & yoga techniques.  
£5.00 per child  
Starts 10 January | Breast Feeding Support*  
9.30-11.30am  
Feeding and expectant Mums welcome.  
Starts 4 January |
| Family Learning**  
Boost Your Mood With Food  
5 week course  
Support to continue your journey in improving your mental health.  
This course can only be attended if you have already completed the Practical ideas for Happier Living.  
Starts 25 February  
12.45 – 2.45pm  
Please call the centre to book 020 8339 9848 | Health Visitors Clinic*  
For Babies 16 weeks and under  
1.15 – 2.45pm  
Run by our health visiting team, have your child weighed and get advice.  
Please remember to bring your red book.  
For babies over 16 weeks please contact your Health Visitor directly for an appointment or call 020 8274 7719 | Baby Jammers***  
11.30-12.00pm  
Musical singing session for children 0-18 Months.  
£3.00 per child | Mama Jammers***  
12.15-12.45pm  
Musical signing session for Mums, Dads and Carers with babies up to 4 months.  
£3.00 per child  
bookings via www.juniorjammers.co.uk or call 07511 549432 |
| Breast Feeding Support*  
9.30-11.30am  
Feeding and expectant Mums welcome.  
Starts 4 January | There is an honesty pot for all chargeable sessions, cost £2.50 per family. Play passes are available for families where cost may prove difficult. | Paediatric First Aid  
Various days and times.  
Covers infantile convulsions, choking and resuscitation.  
£15.00 per person  
Booking essential 020 8339 9848 |
| | | | | | Baby Massage**  
Various days and times.  
£25.00 5 week course. Promotes bonding and attachment, supports babies digestion.  
Booking essential 020 8339 9848 |

*Drop-in sessions  
** Contact the centre for booking details  
*** Call alternative number
### Chessington Children’s Centre:

#### Monday

- **Rhyme Time***
  - 10.00-11.15am
  - Songs, rhymes, musical instruments and Makaton rhymes.
  - Session includes snack time.
  - Drop in session.
- **Baby Jammers***
  - 10.15-10.45am
  - Musical session for children 0-18 Months.
  - £3.00 per child
- **Junior Jammers***
  - 11.00-11.45am
  - For children 0-5 years
  - £3.50 per child
  - £2.50 per sibling
- **Walk In Health Visitors Clinic***
  - 1.00-2.30pm
  - Drop in session.

#### Tuesday

- **Toy Library***
  - 9.30-11.00am
  - Term time only
  - Starts 8 January
- **Stay & Play 0-5’s***
  - 9.15-11.15am
  - Play, learn and have fun together.
  - Drop in session.
  - Starts 9 January
- **Mummy & Me Ballet***
  - 10.15-11am
  - Term time only
  - Explore music and dance, fun props and games.
  - Age 16 months – 2 ½ years
  - £4.00 per child
  - Starts 9 January

#### Wednesday

- **Stay & Play 0-5’s***
  - 9.15-11.15am
  - Play, learn and have fun together.
  - Drop in session.
  - Starts 10 January
- **Hip Hop Jazz***
  - 3.30-4.00pm
  - Term time only
  - Learn cool funky moves in our Street Jazz for Kids class.
  - 2 ½ to 5 years
  - £4.00 per child

#### Thursday

- **Stay & Play 0-5’s***
  - 9.15-11.15am
  - Play, learn and have fun together.
  - Drop in session.
  - Starts 10 January
- **Mama & Baby Ballet***
  - 10.15-11am
  - Term time only
  - Explore music and dance, fun props and games.
  - Age 16 months – 2 ½ years
  - £4.00 per child
  - Starts 10 January
- **Introduction to Ballet***
  - 4.00-4.30pm
  - Term time only
  - Class for children 3-6 years
  - Learn the basics of ballet, develop dance technique, stamina, creativity and musicality.
  - £5.00 per child.
  - Classes start back 10 January

#### Friday

- **Klub Malucha Polish Kids Club***
  - 9.30-11.00am
  - £3.50 per family
  - Contact
  - Katarzyna Wojciechowska
  - 07765 983279
  - Starts 11 January

#### Forthcoming Events

- **Paediatric First Aid***
  - Various days and times.
  - Covers infantile convulsions, choking and resuscitation.
  - £15.00 per person
  - Booking essential

- **Baby Massage***
  - Various days and times.
  - Promotes bonding and attachment, supports babies digestion.
  - Booking essential.
  - Please call 020 8397 2006

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*Drop-in sessions

** Contact the centre for booking details

*** Call alternative number
## Malden’s Children’s Centres:

### Monday
- **0-18 months Drop-in Baby Stay & Play**
  - Old Malden Children’s Centre
  - 9.30-11.00am
- **Family Learning**
  - **Sharing Stories**
    - Old Malden Children’s Centre
    - 5 week course
    - Help your child with reading, make puppets and games.
    - Improve your spoken English by sharing favourite stories.
    - Starts 14th January
- **Family Learning**
  - **Talk to Me**
    - Old Malden Children’s Centre
    - 5 week course
    - Learn how babies and young children develop language in the Early Years.
    - Encourage language development through play.
    - Starts 25 February
- **0-5 yrs Drop-in Stay & Play**
  - Old Malden Children’s Centre
  - 9.30-11.00am
  - A busy session run by childminders. Please contact the Centre for more details.
  - Starts 8 January
- **Intro to Solids**
  - Old Malden Children’s Centre
  - 8 Jan, 12 Feb
  - 12 Mar & 9 Apr
  - 1.00pm – 2.00pm
  - Please call the centre to book 020 8241 0837
- **Diddi Dance**
  - Old Malden Children’s Centre
  - 2.00-2.45pm
  - Active fun session for children aged 18 mths – 3 years.
  - Please call the centre to book 020 8241 0837
  - Starts 15 January
- **NEW: Baby Massage drop-in**
  - Old Malden Children’s Centre
  - 2.00-2.45pm
  - Suitable from 6 weeks to crawling
  - Starts 15 January

### Tuesday
- **Health Visitor Clinic**
  - New Malden Children’s Centre* 9.15-10.45am
  - Meet our HV Team who will weigh/measure your baby, and discuss any concerns you may have.
- **Breast Feeding Support**
  - New Malden Children’s Centre*
  - 10.30-12.00pm
  - Designed to support Mums new to motherhood in particular. Meet others, share experiences and have lots of age appropriate play experiences.
  - Also:
    - Baby massage session running 10.15am Drop-in but places are limited
    - Suitable from 6 weeks to crawling
    - Post-natal yoga sessions
  - Starts 9 January
  - To book call 020 8547 5050
  - Email: music.service@kingston.gov.uk
  - or contact the Centre
- **Family Music Together!***
  - Old Malden Children’s Centre
  - Free 6 week course
  - Make music together and discover new ways to enjoy music with your child as part of your daily routines.
  - Suitable for ages 0 – 4yrs
  - Starts 9 January
- **ESOL Classes with Free Crèche**
  - New Malden Children’s Centre
  - 1.15-2.45pm
  - 10 week commitment needed
  - Starts 11 Jan
  - See a member of staff if you are interested

### Wednesday
- **Childminders Drop-in**
  - Old Malden Children’s Centre
  - 9.30-11.30am
  - A play session run by childminders. Please contact the Centre for more details.
  - Starts 8 January
- **Intro to Solids**
  - Old Malden Children’s Centre
  - 8 Jan, 12 Feb
  - 12 Mar & 9 Apr
  - 1.00pm – 2.00pm
  - Please call the centre to book 020 8241 0837

### Thursday
- **Baby Meet & Greet**
  - Old Malden Children’s Centre
  - 9.30-11.15am
  - Designed for parents / carers with their children under 5 years.
  - Meet and discuss any concerns you may have.
  - Start 4 January
- **Family Learning**
  - **Sharing Stories**
    - Old Malden Children’s Centre
    - 5 week course
    - Help your child with reading, make puppets and games.
    - Improve your spoken English by sharing favourite stories.
    - Starts 8 January
  - **Talk to Me**
    - Old Malden Children’s Centre
    - 5 week course
    - Learn how babies and young children develop language in the Early Years.
    - Encourage language development through play.
    - Starts 15 January
- **Intro to Solids**
  - Old Malden Children’s Centre
  - 8 Jan, 12 Feb
  - 12 Mar & 9 Apr
  - 1.00pm – 2.00pm
  - Please call the centre to book 020 8241 0837

### Friday
- **Health Visitor Clinic**
  - New Malden Children’s Centre
  - 9.30-11.15am
  - Meet our HV Team who will weigh/measure your baby, and discuss any concerns you may have.

### Forthcoming Events
- **Paediatric First Aid**
  - Various days and times.
  - Covers infantile convulsions, choking and resuscitation.
  - £15.00 per person
  - Booking essential

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*Drop-in sessions **Contact the centre for booking details ***Call alternative number

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2 January – 5 April 2019
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<td><strong>Family Learning</strong>&lt;br&gt;Art &amp; Craft&lt;br&gt;Surbiton Children’s Centre&lt;br&gt;5 week course&lt;br&gt;Have fun with your child, getting messy and being creative together. Suitable for children 18 months and over&lt;br&gt;Starts 15 January&lt;br&gt;9.30 – 11.00am&lt;br&gt;Please call the centre to book 020 8339 9848</td>
<td><strong>Stay &amp; Play 0-5’s</strong>*&lt;br&gt;Surbiton Children’s Centre&lt;br&gt;Alpha Road, Surbiton, KT5 8RS&lt;br&gt;9.30-11.15am&lt;br&gt;Play, learn and have fun together.&lt;br&gt;Drop in session.&lt;br&gt;Starts 9 January</td>
<td><strong>Footie Tots</strong>*&lt;br&gt;Surbiton Children’s Centre, Alpha Road, Surbiton, KT5 8RS&lt;br&gt;1.30-2.00pm walking to 2 years&lt;br&gt;2.15-2.45pm walking to 2 years&lt;br&gt;3.45-4.30pm 2 years to 5 years&lt;br&gt;Developing co-ordination, balance and ball skills with a qualified football coach.&lt;br&gt;£3.00 per session.&lt;br&gt;Booking required on 020 8339 9848&lt;br&gt;Starts 9 January</td>
<td><strong>Baby Well-Being Clinic</strong>*&lt;br&gt;Appointment Only&lt;br&gt;Surbiton Children’s Centre&lt;br&gt;9.30-11.00am&lt;br&gt;Run by our health visiting team.&lt;br&gt;To arrange an appointment call 020 8274 7719</td>
<td><strong>Junior Jammers</strong>*&lt;br&gt;Surbiton Children’s Centre&lt;br&gt;Alpha Rd, Surbiton, KT5 8RS&lt;br&gt;9.30-10.15am&lt;br&gt;10.30-11.15am&lt;br&gt;Jumping and jiggling, musical singing group for children aged 1 to 5 years.&lt;br&gt;£3.50 per child&lt;br&gt;£2.50 per sibling&lt;br&gt;Starts 11 January</td>
<td><strong>Paediatric First Aid</strong>*&lt;br&gt;Various days and times.&lt;br&gt;Covers infantile convulsions, choking and resuscitation.&lt;br&gt;£15.00 per person&lt;br&gt;Booking essential 020 8339 9848</td>
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<td><strong>Sleep Talks</strong>*&lt;br&gt;Delivered free by the Health Visiting Team&lt;br&gt;Surbiton Children’s Centre&lt;br&gt;28 January&lt;br&gt;1.00 – 2.00pm&lt;br&gt;25 Feb &amp; 25 March&lt;br&gt;10.00-11.00am&lt;br&gt;Please call the centre to book 020 8339 9848</td>
<td><strong>Weaning Talks</strong>*&lt;br&gt;Delivered free by the Health Visiting Team&lt;br&gt;Surbiton Children’s Centre&lt;br&gt;14 Jan &amp; 11 Feb&lt;br&gt;1.00 – 2.00pm&lt;br&gt;11 March&lt;br&gt;10.00-11.00am&lt;br&gt;Please call the centre to book 020 8339 9848</td>
<td><strong>Baby Jammers</strong>*&lt;br&gt;Surbiton Children’s Centre&lt;br&gt;Alpha Rd, Surbiton, KT5 8RS&lt;br&gt;11.30-12.00pm&lt;br&gt;Musical singing session for children 0-18 Months.&lt;br&gt;£3.00 per child&lt;br&gt;bookings via <a href="http://www.juniorjammers.co.uk">www.juniorjammers.co.uk</a> or call 07511 549 432</td>
<td><strong>Baby Jammers</strong>*&lt;br&gt;Surbiton Children’s Centre&lt;br&gt;Alpha Rd, Surbiton, KT5 8RS&lt;br&gt;11.30-12.00pm&lt;br&gt;Musical singing session for children 0-18 Months.&lt;br&gt;£3.00 per child&lt;br&gt;bookings via <a href="http://www.juniorjammers.co.uk">www.juniorjammers.co.uk</a> or call 07511 549 432&lt;br&gt;Starts 11 January</td>
<td><strong>Baby Massage</strong>*&lt;br&gt;Various days and times.&lt;br&gt;Promotes bonding and attachment, supports babies digestion.&lt;br&gt;Booking essential 020 8339 9848</td>
<td><strong>There is an honesty pot for all chargeable sessions, cost £2.50 per family. Play passes are available for families where cost may prove difficult.</strong></td>
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*Drop-in sessions<br>** Contact the centre for booking details<br>*** Call alternative number
Our sessions

**Health Visitors Clinic**
Advice and information together with baby weighing. Please bring your red book.

**Breast Feeding Support**
Feeding advice and support for expectant and feeding Mums.

**Health Start Vitamins**
Now available. Exchange your vouchers or purchase from the Centre. £1.50 for children's vitamins. £1.00 for adult vitamins.

**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 messy play, toys, activities, singing and a healthy snack.

**Rhyme Time**
These sessions include lots of fun songs, action rhymes and a snack time. Suitable for all children aged 0-5 years.

**Baby Massage**
Certified International Association of Infant Massage Instructors.
Course promotes bonding, attachment, muscle and brain development. £25.00 per 5 week course. Please call the centre to book.

**Toy Library**
For an annual fee of £10 borrow toys for up to 3 weeks. A large range of toys and equipment including puzzles, cars, puppets, dolls and musical instruments.

**Parenting Courses**
The Centre offers both 5 & 10 week programmes. Offering help and support with a variety of parenting issues.

**Intro to Solids**
Health Visitor led session. Advice and information for when your baby is ready to move on from milk alone. Find out more about introducing solid foods to your baby.

**Minor Illness**
Health Visitor led session. Advice and information on what to do when your child is poorly and how to keep them safe and sound.

**Sleep Talks**
Health Visitor led session. Find out more about sleep patterns in infants, and hear about some useful strategies to promote good sleeping behaviours with your child.

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

**0 – 18 month Baby Stay & Play & Under Ones**
Designed to support Mums new to motherhood. Meet others, share experiences and have lots of age appropriate play.

**Let's Play Sessions – Invitation Only**
Play session for parents who would like to learn more about their child’s development. Please speak to a member of staff if interested.

Where are we?

**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: 07738 259746

**New Malden Children’s Centre**
Burlington Road, New Malden, KT3 4LR
Telephone: 020 8336 1561
Mobile: 07738 259770

**Old Malden Children’s Centre**
Sheephouse Way (entrance on Lawrence Avenue), New Malden, KT3 5NB
Telephone: 020 8241 0837
Mobile: 07738 259762

**Surbiton Children’s Centre**
Alpha Road, Surbiton, KT5 8RS
Telephone: 020 3475 1927
Mobile: 07738 259748