

Southall Park Children's Centre



Southall Park Children's Centre
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Highlights

November 2015

FAMILY SUPPORT

- **Wednesday 11th Nov: 11:30 - 12:30pm**
Speech and Language drop in
- **Thursday 05th Nov: 11:30 - 12:30pm**
Nursery Funding Information Session
- **Thursday 12th Nov: 1:30pm-2:30pm**
Legal Advice Session
- **Thursday 26th Nov: 1:30pm – 2:30pm**
SAFE Information Session
- **Friday 13th Nov: 1:30pm – 2:30pm**
Home Safety Session

Timetable – November 2015

Monday

Sensory Baby Play
10:30am–12pm

Stay and Play With Stories and rhymes Tamil Speaking Families
12:30pm-3pm

Tuesday

Messy Play/ Story rhymes
10:30am-12:30pm

Functional Skills Booking only
1:00pm – 3:00pm

Henry Workshops
3:00- 5:00pm

Wednesday

Super Tots
10:30-11:30am

Stay and Play with Stories and rhymes
11:30 – 2:00pm

Baby Massage
2:00pm – 3:00pm

11 Nov 11.30 – 12.30
Speech & Language Drop in

Thursday

Stay and Play with Stories and rhymes
10am- 12:30pm

Amanda's Action Club
12:30pm-1:30pm

Healthy Cooking
2:00pm -4:00pm

12 Nov 1.30-2.30pm
Legal Advice Session

05 Nov 11.30-12.30pm
Nursery Funding Information Session

Friday

NHS Development Checks Appointments only
9am-12:30pm

Bollykidz
12:30pm-1:30pm

Stay and Play with Stories and rhymes
1:30 – 3:00pm

13 Nov 1.30-2.30pm
Home Safety Session

Saturday

Domestic Violence Counselling

Appointments Only

Saturday:
9am -3:00pm

Our activities

Healthy Cooking

These sessions will provide the chance to cook with your child. Helping children to enjoy healthy food from an early age and try foods from different cultures. Also opportunities to share recipes.

Stay and Play with Stories and Rhymes

Activities for parents and children to enjoy together, including painting, home corner, small world, construction and mark making. Attending these sessions helps to prepare your children for nursery and school. Children learn about turn taking and sharing whilst building their confidence as well as learning new skills.

Messy Play

Children have fun and learn through exploring different textures, smells and feelings using paint, water, corn flour and other touchy feely items.

Action Amanda

Fun fitness and music with Amanda's Action club, which promises a lively work out for children up to the age of 5yrs.

Bollykids

Introducing exciting music and dance moves to Bollywood dance, Bhangra and classical Indian music for children and parents.

Sensory Baby Play

Our Sensory Baby Play sessions use song, movement, infant signing, puppets, fiber optics, bubbles, musical instruments and baby-sized apparatus.

In every class we enjoy group activities, as well as exploration of our "Sensory Stations" which includes hands-on props to provide endless amusement for the babies – and adults too!

SAFE

Supportive Action For Families in Ealing. Whatever your problem or circumstances, you can be sure that SAFE have the skills, experience and understanding to be able to make a positive difference to your situation.

Legal Advice Sessions

Coram Children's Legal Centre offers **free and confidential** legal advice to families. They advise on immigration, asylum and nationality law and how it affects access to services and support including welfare, housing, healthcare and education.

Functional Skills for Adults

Take the opportunity to gain a nationally recognized qualification and develop your skills in English and Math.

Henry Workshops 3:00- 5:00pm

The HENRY program is free to join and helps you to give your child the best possible start in life.

Healthy starts in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

NHS Development Clinic

Appointment only. Development checks that include height and weight. Advice on feeding, weaning and general health.

NHS Super Totz

Come along to get some support and information on Sleep management, fussy eating and toileting.

Baby Massage

This session can help your baby with a number of issues such as Colic, Constipation, Restlessness, and Sleeplessness.

Also helping parents feel more confident and competent in caring for their children, supporting bonding with your baby.