

Autumn Activity Timetable 5 September – 23 December 2022

MONDAY
9am-5pm Midwife Clinic - Community Midwife Team U ⌚ <i>For babies under 12 months</i> Meath Gardens, Mowlem
9.30am-3pm Baby Feeding Service U 📞 <i>For babies under 12 months</i> Call 07961 609 626 to book Meath Gardens
10-11.30am Active Stay and Play U <i>Children 0-11 years old can attend on 24 October at Meath</i> Meath Gardens, Collingwood, St Hilda's
Parents Forum U 📞 Call 020 7364 0349 to book Meath Gardens
Sensory Play for Babies including Starting Solids U <i>For babies under 12 months</i> Mowlem
10am-12noon Childminders Group U 📞📅 <i>For registered childminders and nannies only</i> Mowlem
1-4pm Speech and Language Therapy U 📞📅 Meath Gardens
1.30-2.30pm Baby Massage U 📞📅👤
1.30-3pm My Time 1-2-1 Support U 📞 Collingwood
Creative Play with Half Moon Theatre U 📞 Collingwood
School Readiness U 📞📅 Schools
Melodies for Mums U 📞 <i>For babies under 12 months</i> Collingwood
Communication Stay and Play U Mowlem

TUESDAY
9am-12noon Healthy Child Clinic U ⌚ <i>For babies under 12 months</i> Mowlem
9am-5pm Innovation Project U ⌚ Mowlem
9.30am-3pm Midwife Clinic - Gateway Midwife Team U ⌚ <i>For babies under 12 months</i> Meath Gardens, Collingwood
10-11.30am Somalian Community Group U 📞 Meath Gardens
Play Together U <i>18 months - 3 years</i> <i>Support with Early Learning for 2 year old applications & prepare children for nursery</i> Mowlem
Active Stay and Play U Collingwood
1.30-3.30pm Communication Stay and Play U Mowlem
1-4pm Speech and Language Therapy U ⌚ Meath Gardens
1-5pm Covid Vaccination U 📞 Collingwood
1.30-3pm Invitation to Play U 📞 Collingwood
1.45-3pm Active Stay and Play <i>Children 0-11 years old can attend on 25 October</i> <i>Young V+A will attend some sessions to offer sensory play</i> Rich Mix
4.30-5pm Special Story time U 📞📅

WEDNESDAY
9am-5pm Innovation Project U ⌚ Meath Gardens, Mowlem
Healthy Child Clinic U ⌚ Meath Gardens, Mowlem, Collingwood
Midwife Clinic - Community Midwife Team U ⌚ Mowlem
9.30-10.30am Sensory Play for Babies including Starting Solids U 📞 <i>For babies under 12 months</i> Meath Gardens
10-11.30am Little Talkers U 📞📅 Collingwood
School Readiness U 📞📅 Schools
10.45-11.45am Sensory Play for Babies including Starting Solids U 📞 <i>For babies under 12 months</i> Meath Gardens
12.30-2pm Baby Feeding Service U 📞 Call 07961 609 626 to book Collingwood
1-3pm Active Stay and Play U St Hilda's
3-5pm Communication & Language Home Support U 📞 Collingwood
4-5.30pm B-19 Family Support Stay & Play U 📞 7 Sept, 05 Oct, 2 Nov, 7 Dec Meath Gardens

KEY

- U** Universal
- ⌚ By appointment only
- 📞 Call to book
- 📅 Term time only
- 📧 By invite only
- 👤 Crèche available
- 🖥️ Virtual session


THURSDAY
9am-12noon Healthy Child Clinic U ⌚ <i>For babies under 12 months</i> Meath Gardens
9am-5pm NHS Talking Therapies Emotional Wellbeing Workshop U ⌚ Mowlem
Healthy Child Clinic U ⌚ Collingwood
10-11am Baby Massage including Starting Solids U 📞 <i>For babies under 12 months</i> Collingwood
10-11.30am Invitation to Play U 📞📅 <i>Young V+A will attend some sessions to offer sensory play</i> Meath Gardens
Active Stay and Play U <i>Children 0-11 years can attend on 27 October</i> Mowlem
Play Together U <i>18 months - 3 years</i> <i>Support with Early Learning for 2 year old applications & prepare children for nursery</i> Collingwood
10am-12noon Childminders Group U <i>For registered childminders and nannies only.</i> Meath Gardens
1.30-2.30pm & 2.45-3.45 Baby Massage including Starting Solids U 📞 <i>For babies under 12 months</i> Meath Gardens
1.30-3pm Little Talkers U 📞 Mowlem
Family Support Stay and Play U Collingwood

THURSDAY
2-3.30pm Play Together U <i>For children 18 months to 3 years</i> <i>Support with Early Learning for 2 year old applications and prepare children for nursery</i> Meath Gardens

FRIDAY
9am-3pm Midwife Clinic - Community Midwife Team U ⌚ <i>For babies under 12 months</i> Meath Gardens
9am-5pm Healthy Child Clinic U ⌚ Meath Gardens, Mowlem
10-11.30am Communication Stay & Play U <i>Children 0-11 years old are able to attend on 28 October</i> Meath Gardens
Active Stay and Play U <i>Children 0-11 years old are able to attend on 28 October</i> Mowlem
Sensory Play for Babies including Starting Solids U 📞 <i>For babies under 12 months</i> Collingwood
10am-2pm Healthy Child Clinic U ⌚ Collingwood
1.30-3pm Little Talkers U 📞 Meath Gardens
Communication Stay & Play U 📞 <i>Children 0-11 years old can attend on 28 October</i> Collingwood
2-3.30pm Play Plus U 📞📅 Mowlem

Please note there will be no admittance to sessions 30 minutes before the end.

Children and Family Centres



Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.

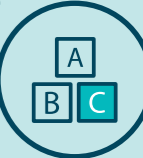
What are our aims?

- To support parents in their role as the first educator.
- To empower families to access a wide range of care, play and support services.
- To be a centre for joined-up services with partners.

What are our priorities?

- Health and wellbeing.
- Childcare and employment.
- Parenting confidence and capacity.
- Child development and school readiness.

School Readiness Programme



Children need skills to make sure they are ready when they start school. The skills a child will need are:

- Being able to put on their coat.
- Go to the toilet independently.
- Be able to focus.
- To feel confident to make friends.
- To explore and learn new things.
- Be able to talk to adults and show how they feel.

Children need to have good routines, have a healthy diet, and get enough sleep. This lets them make use of this new stage in their life.

Our Children and Family Centres have a rolling programme of themed play sessions to help give your child the skills to make sure they are ready to start school:

- Toilet training: top tips to help with teaching your child to use the toilet on their own.
- Healthy lifestyle: tips for a healthy diet and everyday life.
- Sleep and routines: making sure they get a good night's sleep, having routines and managing limits.
- Learning through play: the importance of playing to help children learn and grow.