

1 September to 19 December

Monday

Midwife Appointments

1 September to 15
December

9am to 1pm

Book with Kingston
Hospital

Stay and Play £2.50

1 September to 15
December

10 to 11.30am

[Book Online Here](#)

Stay and Play for Home Education £2.50

1 September to 15
December

1.30 to 3pm

[Book Online Here](#)

Tuesday

Midwife Appointments

2 September to 16
December

9am to 1pm

Book with Kingston
Hospital

Little Discoverers

2 September to 21
October

4 November to 16
December

9.45 to 11.15am

Invitation Only

Homestart Play & Support

2 September to 21
October

4 November to 16
December

1 to 2.30pm

Invitation Only

Wednesday

Midwife Appointments

3 September to 17
December

9am to 1pm

Book with Kingston
Hospital

Fun with Otakar Kraus Music Trust

17 September to 22
October

5 November to 10
December

9.30 to 10am

Contact The White House
for more information

Therapy Support Sessions

3 September to 22
October

5 November to 17
December

9am to 5pm

Invitation Only

Thursday

Well Baby Clinic

4 September to 18
December

9.30 to 11.30am

Drop in

Breastfeeding Support

4 September to 18
December

9.30 to 11.30am

Drop in

Baby Ballet £4.50

4 September to 16
October

6 November to 18
December

9.30 to 10.05

[Book Online Here](#)

Friday

1 & 2 Year Health Reviews

5 September to 19
December

Book with CLCH 033
0058 1679

Stay and Play £2.50

5 September to 12
December

10 to 11.30am

[Book Online Here](#)

Soft Play & Sensory Explorers £2.50

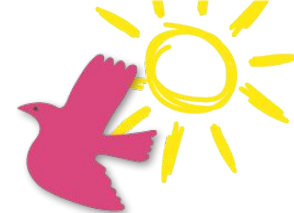
5 September to 24
October

7 November to 12
December

2.30 to 3.30pm

[Book Online Here](#)





1 September to 19 December

Monday

Cooking with Relish &

Grace £4.50

3 November to 24
November
1.30 to 3pm

[Book Online Here](#)

Parent Information

Appointments

(30 minute slot)
Dates TBC

9.30 to 11.30am
Book Online

Left To Their Own Devices (Parenting)

6 October

9.30 to 11.30am
Email

Tom.Maybey@achievi
ngforchildren.org.uk
for any further
information.

Tuesday

Messy Play £2.50

9 September to 21
October

4 November to 16
December
2 to 2.45pm

[Book Online Here](#)

All Fun and Drama

Games £4.50

2 September to 14
October

4 November to 16
December
3.30 to 4.30pm

[Book Online Here](#)

Wednesday

Paediatric First Aid £20

15 & 22 October
1.30 to 3.30pm

[Book Online Here](#)

Thursday

Crafty Tales £4.50

4 September to 16
October

6 November to 18
December

1 to 2 years

10.30 to 11am

[Book Online Here](#)

0 to 12 months

11.30am to 12pm

[Book Online Here](#)

Baby Play

4 September to 16
October

6 November to 18
December

12 to 1pm
Drop In

Friday

Baby Massage £25

7 November to 5
December
2 to 3pm

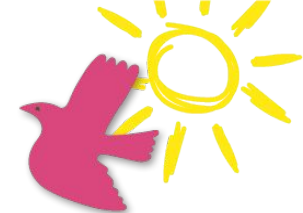
[Book Online Here](#)

Connective Parenting

Dates TBC

10am to 12pm

Invitation Only



Baby Massage

Perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc.

Baby Play

An informal group for parents and carers with new babies to meet each other.

Crafty Tales

Discover why parents are simply amazing during our unique Music, Storytelling and BSL signing sessions for 0-12m, 1-2s, and 2-4s. Meet Boo-Boo the pop-up puppet, enjoy bubbles, parachute fun, hands-on instruments, and twirly lights with stardust to finish. Learn why it doesn't matter if you can't sing in tune, how party lights support early reading skills, why wiggling your fingers promotes early speech, why signing boosts your child's brain development, and so much more!

Crawlers and Cruisers

This group is aimed at babies who are crawling up to new walkers. It is an opportunity to explore and play whilst practicing and developing those new physical skills.

EarlyBird

EarlyBird is a 6 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis)

We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond. It is self-referral for this programme. Please email Beth Hitchens beth.hitchens@achievingforchildren.org.uk or speak with the Children's Centre to express your interest in this programme.

ESOL Level 1 & 2

English for Speakers of Other Languages. These are free English classes with a crèche provided. If you are interested, please call Heathfield Children's Centre on 020 8734 3405 or email richmondcc@achievingforchildren.org.uk

Family Mini Ninjas

For children aged and their carers. This course allows parents and carers and their little ones to participate together in learning karate and having fun. Watch your child's confidence soar as they master new karate techniques by your side.

Footie Tots

An introduction to the world of fitness and football for children aged 2 1/2- 5 years. Teaching basic ball skills, scoring lots of goals and having FUN on the way!

Home-Start Play and Support Group

A safe, nurturing and creative environment for families to play, explore and gain support. Invitation only - speak to the Children's Centre staff or call 020 8487 8500.

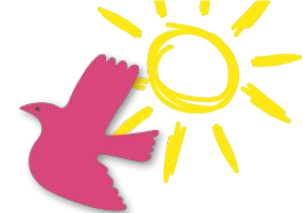
Holding and Reassurance

This session is suitable for parents with babies, new-born to 3 months. The session aims to increase parent's confidence in holding and handling their baby. Holding, handling and reassuring your baby through touch helps to promote strong bonds and attachment.

Expectant parents may wish to come along for advice and guidance on how to hold and handle a new baby.

The Children's Centre staff will try to answer any questions parents have and give general advice and information as well as signposting to appropriate local services and further Children's Centre activities.





Judy's Rhyme Time

Join Judy for a fun interactive signing session!

Kingston/ West Middlesex Hospital

Midwives

Led by Midwives from Hospital.
Appointment only.

Little Explorers

A creative, fun and stimulating play session for parents and children up to 5 years.
Invitation only.

Mark's Story time and Rhyme Time 0 – 5yrs

Come and meet Mark for his fabulous music and storytelling.

Mini Disco 0 – 5yrs

Come and join Abigail in a really fun interactive dance class, taking the children on a journey with their adult. This class combines creative imaginative dance, with contemporary and pop music; it is designed to be an interactive class so both parties are moving together, finishing with a couple of adult fitness tracks at the end, while the children are supervised playing.

Music Fun with Otakar Kraus

Music therapy for young children provides early therapeutic intervention which can prevent crises, and we aim to provide sessions for children and parents to improve parent/child interactions. Music therapy can help children grow towards milestones in child development such as babbling, experimenting with voice, develop verbal and non-verbal communication skills, learn to play spontaneously and creatively, develop awareness of self and others, make eye contact and interact with others, have improved focus and listening skills, learn to take turns, have reduced anxiety and have improved confidence and mental well-being.

Online Potty Training

Would you like to know how and when to start potty training?

Want to find out more about preparing you and your child for potty training?

Why not join one of our monthly online Potty Training online talks! Please complete the online form to book your place. A member of the team will send you an online invitation.

Online Intro to Solids

- Do you have a baby aged 5-6 months?
 - Are you unsure about how and when to start weaning your baby?
 - Would you like to find out more about weaning and get your questions answered?
 - Would you like to know more about caring for your babies teeth?
- If so why not book on to one of our monthly Virtual baby weaning talks.

Parent Champions Advice

A time for parents and children age 10+ hosted by the parents.

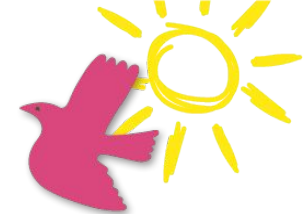
Informal, confidential and friendly peer to peer weekly social with complimentary refreshments.

Relax, socialise and share good or bad news, strategies or resources with all things and anything for you and your tweens and teens.

Obtain signposting advice to parenting courses and support, organisations and services which may be able to help.

Join us and become part of a network of parents where you can be seen, heard and understood. Meet like minded people, get inspired and get empowered with information and knowledge.





Paediatric First Aid Workshops

The course consists of two 2 hour workshops covering accidents, emergencies and CPR. Please phone your nearest Centre or complete the booking form to be put on the waiting list.

Q Rhythmics

Music and Movement Activities to support learning in a fun and engaging way. The activities help the body and mind work together.

Plenty of Inspiration to get your children moving and grooving.

Relish and Grace

Allow your children to explore through food during this 6 week course. You and your child will learn how to make simple and healthy meals for you and your family to enjoy. The course will introduce children to a range of healthy foods for them to sample during these hands-on sessions.

Stay and Play 0 to 5 years

Planned sessions run by Children Centre staff to encourage children to learn through play, stories and singing, supported by their carers.

Therapy Support Sessions

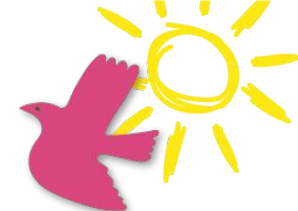
This session is run by children's therapy support team for them to host clinics in a community setting, bookings and invites are held direct with this service and cannot be booked via the children's centre.

Well Child Clinic/ 1 & 2 Yr Health

Review

Run by our local Health Visiting Team, appointments only. Please call 0330 058 1679 to book your appointment at your nearest Children's Centre.





1 September to 19 December

Monday

Little Acorns Song Time
for nursery children
(St Richard's CE Primary School)

1 September to 13 October
3 November to 15 December
1pm

Footie Tots £4.50
(Ham Youth Centre)

1 September to 13 October
3 November to 15 December
1.15 to 2pm
[Book Here](#)

Tuesday

Stay and Play £2.50
(Sunflower Centre)

2 September to 16 December
9.30 to 11am
[Book Here](#)

Virtual Potty Training
16 September, 14 October,
11 November, 9 December
10 to 11am

[Express interest online here and receive Google Invite](#)

Virtual School Readiness
2 September, 30 September,
28 October, 25 November
10 to 11am

[Express interest online here and receive Google Invite](#)

Wednesday

Baby Massage £25
(Sunflower Centre)

17 September to 15 October
10 to 11am
[Book Here](#)

Understanding Your Baby

(Sunflower Centre)
15 October to 17 December
10am to 12pm
Invitation Only

Thursday

Virtual Introduction to Solids

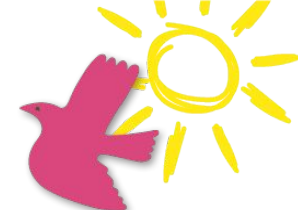
18 September, 16 October, 20 November, 11 December
1.30 to 2.30pm
[Express interest online here and receive Google Invite](#)

Music and Movement at Kew (3 months - 2 years)

18 September
11.45am – 12.30pm
[Express interest here](#)

Friday





1 September to 19 December

Monday

**Talking Teens
(Parenting)**

(Mortlake

**Powerstation Youth
Centre)**

Dates and Times TBC
Email

Tom.Maybey@achievin
gforchildren.org.uk for
any further information.

Tuesday

**Little Explorers at Kew
(2 - 5 years)**

9 September
1.30 to 3pm

[Express interest here](#)

Wednesday

**Crafty Tales £4.50
(0 - 18 months)**

(Sunflower Centre)

3 September to 15 October
5 November to 17 December
2.15 to 2.45pm

[Book Online Here](#)

Baby Play

(Sunflower Centre)

3 September to 15 October
5 November to 17 December
2.45 to 3.15pm
Drop In

**All Fun and Drama
Games £4.50**

(Sunflower Centre)

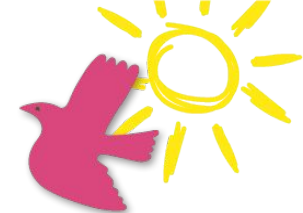
3 September to 15 October
5 November to 17 December
3.45 to 4.45pm

[Book Online Here](#)

Thursday

Friday





Baby Massage

Perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc.

Baby Play

An informal group for parents and carers with new babies to meet each other.

Crafty Tales

Discover why parents are simply amazing during our unique Music, Storytelling and BSL signing sessions for 0-12m, 1-2s, and 2-4s. Meet Boo-Boo the pop-up puppet, enjoy bubbles, parachute fun, hands-on instruments, and twirly lights with stardust to finish. Learn why it doesn't matter if you can't sing in tune, how party lights support early reading skills, why wiggling your fingers promotes early speech, why signing boosts your child's brain development, and so much more!

Crawlers and Cruisers

This group is aimed at babies who are crawling up to new walkers. It is an opportunity to explore and play whilst practicing and developing those new physical skills.

EarlyBird

EarlyBird is a 6 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis)

We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond. It is self-referral for this programme. Please email Beth Hitchens beth.hitchens@achievingforchildren.org.uk or speak with the Children's Centre to express your interest in this programme.

ESOL Level 1 & 2

English for Speakers of Other Languages. These are free English classes with a crèche provided. If you are interested, please call Heathfield Children's Centre on 020 8734 3405 or email richmondcc@achievingforchildren.org.uk

Family Mini Ninjas

For children aged and their carers. This course allows parents and carers and their little ones to participate together in learning karate and having fun. Watch your child's confidence soar as they master new karate techniques by your side.

Footie Tots

An introduction to the world of fitness and football for children aged 2 1/2- 5 years. Teaching basic ball skills, scoring lots of goals and having FUN on the way!

Home-Start Play and Support Group

A safe, nurturing and creative environment for families to play, explore and gain support. Invitation only - speak to the Children's Centre staff or call 020 8487 8500.

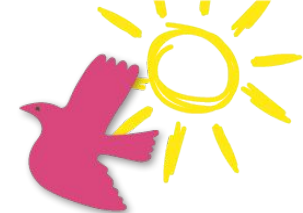
Holding and Reassurance

This session is suitable for parents with babies, new-born to 3 months. The session aims to increase parent's confidence in holding and handling their baby. Holding, handling and reassuring your baby through touch helps to promote strong bonds and attachment.

Expectant parents may wish to come along for advice and guidance on how to hold and handle a new baby.

The Children's Centre staff will try to answer any questions parents have and give general advice and information as well as signposting to appropriate local services and further Children's Centre activities.





Judy's Rhyme Time

Join Judy for a fun interactive signing session!

Kingston/ West Middlesex Hospital

Midwives

Led by Midwives from Hospital.

Appointment only.

Little Explorers

A creative, fun and stimulating play session for parents and children up to 5 years.

Invitation only.

Mark's Story time and Rhyme Time 0 – 5yrs

Come and meet Mark for his fabulous music and storytelling.

Mini Disco 0 – 5yrs

Come and join Abigail in a really fun interactive dance class, taking the children on a journey with their adult. This class combines creative imaginative dance, with contemporary and pop music; it is designed to be an interactive class so both parties are moving together, finishing with a couple of adult fitness tracks at the end, while the children are supervised playing.

Music Fun with Otakar Kraus

Music therapy for young children provides early therapeutic intervention which can prevent crises, and we aim to provide sessions for children and parents to improve parent/child interactions. Music therapy can help children grow towards milestones in child development such as babbling, experimenting with voice, develop verbal and non-verbal communication skills, learn to play spontaneously and creatively, develop awareness of self and others, make eye contact and interact with others, have improved focus and listening skills, learn to take turns, have reduced anxiety and have improved confidence and mental well-being.

Online Potty Training

Would you like to know how and when to start potty training?

Want to find out more about preparing you and your child for potty training?

Why not join one of our monthly online Potty Training online talks! Please complete the online form to book your place. A member of the team will send you an online invitation.

Online Intro to Solids

- Do you have a baby aged 5-6 months?
- Are you unsure about how and when to start weaning your baby?

- Would you like to find out more about weaning and get your questions answered?

- Would you like to know more about caring for your babies teeth?

If so why not book on to one of our monthly Virtual baby weaning talks.

Parent Champions Advice

A time for parents and children age 10+ hosted by the parents.

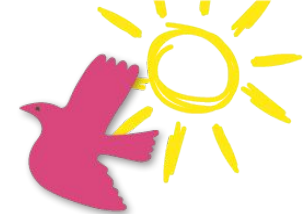
Informal, confidential and friendly peer to peer weekly social with complimentary refreshments.

Relax, socialise and share good or bad news, strategies or resources with all things and anything for you and your tweens and teens.

Obtain signposting advice to parenting courses and support, organisations and services which may be able to help.

Join us and become part of a network of parents where you can be seen, heard and understood. Meet like minded people, get inspired and get empowered with information and knowledge.





Paediatric First Aid Workshops

The course consists of two 2 hour workshops covering accidents, emergencies and CPR. Please phone your nearest Centre or complete the booking form to be put on the waiting list.

Q Rhythmics

Music and Movement Activities to support learning in a fun and engaging way. The activities help the body and mind work together.

Plenty of Inspiration to get your children moving and grooving.

Relish and Grace

Allow your children to explore through food during this 6 week course. You and your child will learn how to make simple and healthy meals for you and your family to enjoy. The course will introduce children to a range of healthy foods for them to sample during these hands-on sessions.

Stay and Play 0 to 5 years

Planned sessions run by Children Centre staff to encourage children to learn through play, stories and singing, supported by their carers.

Therapy Support Sessions

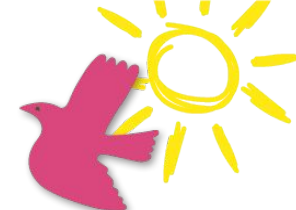
This session is run by children's therapy support team for them to host clinics in a community setting, bookings and invites are held direct with this service and cannot be booked via the children's centre.

Well Child Clinic/ 1 & 2 Yr Health

Review

Run by our local Health Visiting Team, appointments only. Please call 0330 058 1679 to book your appointment at your nearest Children's Centre.





1 September - 19 December

Monday**Midwife****Appointments**

1 September to 15
December
9am to 5pm
Book with Kingston
Hospital

Baby Play and Early**Movers £2.50**

1 September to 15
December
10 to 11.15am
[Book Online Here](#)

Mini Disco £4.50

1 September to 13
October
3 November to 15
December
9.30 to 10.15am
[Book Online Here](#)

Tuesday**Midwife****Appointments**

2 September to 16
December
9am to 1pm
Book with Kingston
Hospital

Stay and Play**Session 1 £2.50**

2 September to 16
December
9.30 to 10.45am
[Book Online Here](#)

Stay and Play**Session 2 £2.50**

2 September to 16
December
11.15am to 12.30pm
[Book Online Here](#)

Wednesday**Midwife****Appointments**

3 September to 17
December
9am to 5pm
Book with Kingston
Hospital

Messy Play £2.50

3 September to 17
December
10 to 11am
[Book Online Here](#)

Sling Clinic

24 Sept, 22 Oct, 26 Nov
and 17 Dec
1 to 2.30pm

**Infant Feeding
Support**

3 September to 17
December
2 to 3.30pm
Drop in

Thursday**1 & 2 Year Health Reviews**

4 September to 18 December
9am 1pm
Book with CLCH 033 0058
1679

Well Baby Clinic

4 September to 18 December
9am to 1pm
Book with CLCH 033 0058
1679

Infant Feeding Support

4 September to 18 December
9am to 1pm
Book with CLCH 033 0058
1679

Skylarks

Monthly – last Thursday of the
month
10am to 12pm
Drop In

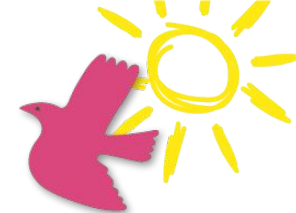
Connect SEN

Monthly – second Thursday of
the month
10am to 12pm
Drop In

Friday**Family Links****Nurturing****Programme**

10 Weeks starting 8
October
10.30am to 12.30pm
Email
Tom.Maybey@achievin
gforchildren.org.uk for
any further information.





1 September to 19 December

Monday

Cooking with Relish and Grace £4.50

29 September to 20
October

11.30am to 1pm

[Book Online Here](#)

Tuesday

Q Rhythmics £4.50

2 September to 14
October

4 November to 16
December

1.30 to 2.15pm

[Book Online Here](#)

Wednesday

Early Bird Parenting

10 September to 15
October

9.30 to 12pm

Thursday

Family Ninja Karate

4 September to 16 October
6 November to 18
December

10 to 11am

Parent Information

Appointments

(30 minute slot)

1st, 3rd and 5th Thursdays
each month

9.30 to 11.30am

Book Online

Left To Their Own Devices (Parenting)

16 October

9.30 to 11.30am

Email

Tom.Maybey@achievingfo
rchildren.org.uk for any
further information.

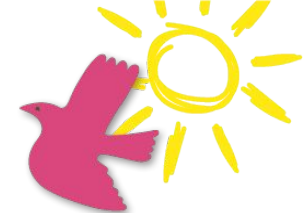
Friday

ESOL

12 September to 24
October

7 November to 12
December

10.30am to 12.30



Baby Massage

Perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc.

Baby Play

An informal group for parents and carers with new babies to meet each other.

Crafty Tales

Discover why parents are simply amazing during our unique Music, Storytelling and BSL signing sessions for 0-12m, 1-2s, and 2-4s. Meet Boo-Boo the pop-up puppet, enjoy bubbles, parachute fun, hands-on instruments, and twirly lights with stardust to finish. Learn why it doesn't matter if you can't sing in tune, how party lights support early reading skills, why wiggling your fingers promotes early speech, why signing boosts your child's brain development, and so much more!

Crawlers and Cruisers

This group is aimed at babies who are crawling up to new walkers. It is an opportunity to explore and play whilst practicing and developing those new physical skills.

EarlyBird

EarlyBird is a 10 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis)

We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond. It is self-referral for this programme. Please email Beth Hitchens beth.hitchens@achievingforchildren.org.uk or speak with the Children's Centre to express your interest in this programme.

ESOL Level 1 & 2

English for Speakers of Other Languages. These are free English classes with a crèche provided. If you are interested, please call Heathfield Children's Centre on 020 8734 3405 or email richmondcc@achievingforchildren.org.uk

Family Mini Ninjas

For children aged and their carers. This course allows parents and carers and their little ones to participate together in learning karate and having fun. Watch your child's confidence soar as they master new karate techniques by your side.

Footie Tots

An introduction to the world of fitness and football for children aged 2 1/2- 5 years. Teaching basic ball skills, scoring lots of goals and having FUN on the way!

Home-Start Play and Support Group

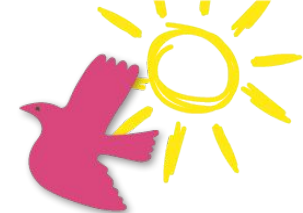
A safe, nurturing and creative environment for families to play, explore and gain support. Invitation only - speak to the Children's Centre staff or call 020 8487 8500.

Holding and Reassurance

This session is suitable for parents with babies, new-born to 3 months. The session aims to increase parent's confidence in holding and handling their baby. Holding, handling and reassuring your baby through touch helps to promote strong bonds and attachment.

Expectant parents may wish to come along for advice and guidance on how to hold and handle a new baby.

The Children's Centre staff will try to answer any questions parents have and give general advice and information as well as signposting to appropriate local services and further Children's Centre activities.



Judy's Rhyme Time

Join Judy for a fun interactive signing session!

Kingston/ West Middlesex Hospital

Midwives

Led by Midwives from Hospital.

Appointment only.

Little Explorers

A creative, fun and stimulating play session for parents and children up to 5 years.

Invitation only.

Mark's Story time and Rhyme Time 0 – 5yrs

Come and meet Mark for his fabulous music and storytelling.

Mini Disco 0 – 5yrs

Come and join Abigail in a really fun interactive dance class, taking the children on a journey with their adult. This class combines creative imaginative dance, with contemporary and pop music; it is designed to be an interactive class so both parties are moving together, finishing with a couple of adult fitness tracks at the end, while the children are supervised playing.

Music Fun with Otakar Kraus

Music therapy for young children provides early therapeutic intervention which can prevent crises, and we aim to provide sessions for children and parents to improve parent/child interactions. Music therapy can help children grow towards milestones in child development such as babbling, experimenting with voice, develop verbal and non-verbal communication skills, learn to play spontaneously and creatively, develop awareness of self and others, make eye contact and interact with others, have improved focus and listening skills, learn to take turns, have reduced anxiety and have improved confidence and mental well-being.

Online Potty Training

Would you like to know how and when to start potty training?

Want to find out more about preparing you and your child for potty training?

Why not join one of our monthly online Potty Training online talks! Please complete the online form to book your place. A member of the team will send you an online invitation.

Online Intro to Solids

- Do you have a baby aged 5-6 months?
- Are you unsure about how and when to start weaning your baby?

- Would you like to find out more about weaning and get your questions answered?

- Would you like to know more about caring for your babies teeth?

If so why not book on to one of our monthly Virtual baby weaning talks.

Parent Champions Advice

A time for parents and children age 10+ hosted by the parents.

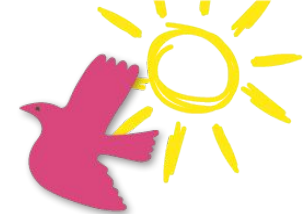
Informal, confidential and friendly peer to peer weekly social with complimentary refreshments.

Relax, socialise and share good or bad news, strategies or resources with all things and anything for you and your tweens and teens.

Obtain signposting advice to parenting courses and support, organisations and services which may be able to help.

Join us and become part of a network of parents where you can be seen, heard and understood. Meet like minded people, get inspired and get empowered with information and knowledge.





Paediatric First Aid Workshops

The course consists of two 2 hour workshops covering accidents, emergencies and CPR. Please phone your nearest Centre or complete the booking form to be put on the waiting list.

Q Rhythmics

Music and Movement Activities to support learning in a fun and engaging way. The activities help the body and mind work together.

Plenty of Inspiration to get your children moving and grooving.

Relish and Grace

Allow your children to explore through food during this 6 week course. You and your child will learn how to make simple and healthy meals for you and your family to enjoy. The course will introduce children to a range of healthy foods for them to sample during these hands-on sessions.

Stay and Play 0 to 5 years

Planned sessions run by Children Centre staff to encourage children to learn through play, stories and singing, supported by their carers.

Therapy Support Sessions

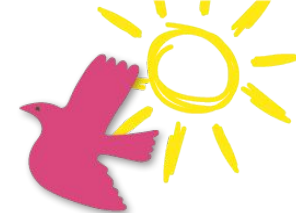
This session is run by children's therapy support team for them to host clinics in a community setting, bookings and invites are held direct with this service and cannot be booked via the children's centre.

Well Child Clinic/ 1 & 2 Yr Health

Review

Run by our local Health Visiting Team, appointments only. Please call 0330 058 1679 to book your appointment at your nearest Children's Centre.





1 September to 19 December

Monday

**Midwife
Appointments**
1 September to 15
December
9am to 1pm
Book with West
Middlesex Hospital

**1 & 2 Year Health
Reviews**
1 September to 15
December
12.30 to 4.30pm
Book with CLCH 033
0058 1679

ESOL Entry Level
15 September to 20
October
3 November to 15
December
9.30 to 11.30am

Tuesday

**1 & 2 Year Health
Reviews**
2 September to 16
December
9am to 12pm
Book with CLCH 033 0058
1679

Midwife Appointments
2 September to 16
December
1 to 4pm
Book with West Middlesex
Hospital

Baby Ballet £4.50
2 September to 14 October
4 November to 16
December
9.30 to 10.05am
[Book Online Here](#)

Wednesday

**Midwife
Appointments**
3 September to 17
December
9am to 4pm
Book with West
Middlesex Hospital

**1 & 2 Year Health
Reviews**
3 September to 17
December
9.30am to 4.30pm
Book with CLCH 033
0058 1679

Little Explorers
3 September to 17
December
9.30 to 11.15am
Invitation Only

Thursday

**1 & 2 Year Health
Reviews**
4 September to 18
December
9.30am 12pm
Book with CLCH 033
0058 1679

**Stay and Play
Session 1
(with Speech and
Language) £2.50**
4 September to 18
December
9.30 to 10.45am
[Book Online Here](#)

**Stay and Play
Session 2 £2.50**
4 September to 18
December
11.15 to 12.30pm
[Book Online Here](#)

Friday

Q Rhythmics £4.50
5 September to 17
October
7 November to 12
December
10.15 to 11am
[Book Online Here](#)

Baby Massage £2.50
(8 weeks +)
5 September to 12
December
11.15am to 12.15pm
[Book Online Here](#)

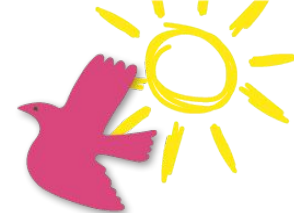
**Holding &
Reassurance**
(newborn to 8 weeks)
12.15 to 12.45pm
Drop in





Family Hubs

Heathfield Children's Centre Cont'd



Monday

Wellbeing Group

6 October to 20
October
3 November to 15
December
12.15 to 2.25pm
Contact Heathfield
for more information

Creepers and Crawlers £2.50

1 September to 15
December
2 to 3pm
Drop In

Tuesday

Crafty Tales

0 to 12 months £4.50

2 September to 14
October
4 November to 16
December
1 to 1.30pm

[Book Online Here](#)

Baby Play

September to 14
October
4 November to 16
December
1.45 to 2.30pm
Drop in

Cooking with Relish and Grace £4.50

23 September to 14
October
10.30am to 12pm

[Book Online Here](#)

Wednesday

The Incredible Years (Parenting)

12 weeks starting 24
September
12.30 to 2.30pm
Email

Tom.Maybey@achievi
ngforchildren.org.uk
for any further
information.

After School Mini

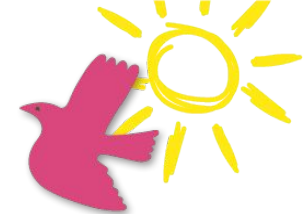
Ninja £4.50

3 September to 15
October
5 November to 17
December
3.45 to 4.45pm

[Book Online Here](#)

Thursday

Friday



Baby Massage

Perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc.

Baby Play

An informal group for parents and carers with new babies to meet each other.

Crafty Tales

Discover why parents are simply amazing during our unique Music, Storytelling and BSL signing sessions for 0-12m, 1-2s, and 2-4s. Meet Boo-Boo the pop-up puppet, enjoy bubbles, parachute fun, hands-on instruments, and twirly lights with stardust to finish. Learn why it doesn't matter if you can't sing in tune, how party lights support early reading skills, why wiggling your fingers promotes early speech, why signing boosts your child's brain development, and so much more!

Crawlers and Cruisers

This group is aimed at babies who are crawling up to new walkers. It is an opportunity to explore and play whilst practicing and developing those new physical skills.

EarlyBird

EarlyBird is a 10 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis)

We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond. It is self-referral for this programme.

Please email Beth Hitchens beth.hitchens@achievingforchildren.org.uk or speak with the Children's Centre to express your interest in this programme.

ESOL Level 1 & 2

English for Speakers of Other Languages. These are free English classes with a crèche provided. If you are interested, please call Heathfield Children's Centre on 020 8734 3405 or email richmondcc@achievingforchildren.org.uk

Family Mini Ninjas

For children aged and their carers. This course allows parents and carers and their little ones to participate together in learning karate and having fun. Watch your child's confidence soar as they master new karate techniques by your side.

Footie Tots

An introduction to the world of fitness and football for children aged 2 1/2- 5 years. Teaching basic ball skills, scoring lots of goals and having FUN on the way!

Home-Start Play and Support Group

A safe, nurturing and creative environment for families to play, explore and gain support

Invitation only - speak to the Children's Centre staff or call 020 8487 8500.

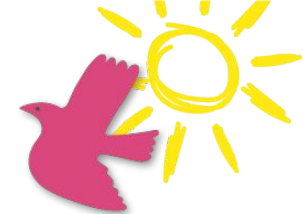
Holding and Reassurance

This session is suitable for parents with babies, new-born to 3 months. The session aims to increase parent's confidence in holding and handling their baby. Holding, handling and reassuring your baby through touch helps to promote strong bonds and attachment.

Expectant parents may wish to come along for advice and guidance on how to hold and handle a new baby.

The Children's Centre staff will try to answer any questions parents have and give general advice and information as well as signposting to appropriate local services and further Children's Centre activities.





Judy's Rhyme Time

Join Judy for a fun interactive signing session!

Kingston/ West Middlesex Hospital

Midwives

Led by Midwives from Hospital.
Appointment only.

Little Explorers

A creative, fun and stimulating play session for parents and children up to 5 years.
Invitation only.

Mark's Story time and Rhyme Time 0 – 5yrs

Come and meet Mark for his fabulous music and storytelling.

Mini Disco 0 – 5yrs

Come and join Abigail in a really fun interactive dance class, taking the children on a journey with their adult. This class combines creative imaginative dance, with contemporary and pop music; it is designed to be an interactive class so both parties are moving together, finishing with a couple of adult fitness tracks at the end, while the children are supervised playing.

Music Fun with Otakar Kraus

Music therapy for young children provides early therapeutic intervention which can prevent crises, and we aim to provide sessions for children and parents to improve parent/child interactions. Music therapy can help children grow towards milestones in child development such as babbling, experimenting with voice, develop verbal and non-verbal communication skills, learn to play spontaneously and creatively, develop awareness of self and others, make eye contact and interact with others, have improved focus and listening skills, learn to take turns, have reduced anxiety and have improved confidence and mental well-being.

Online Potty Training

Would you like to know how and when to start potty training?

Want to find out more about preparing you and your child for potty training?

Why not join one of our monthly online Potty Training online talks! Please complete the online form to book your place. A member of the team will send you an online invitation.

Online Intro to Solids

- Do you have a baby aged 5-6 months?
- Are you unsure about how and when to start weaning your baby?
- Would you like to find out more about weaning and get your questions answered?
- Would you like to know more about caring for your babies teeth?

If so why not book on to one of our monthly Virtual baby weaning talks.

Parent Champions Advice

A time for parents and children age 10+ hosted by the parents.

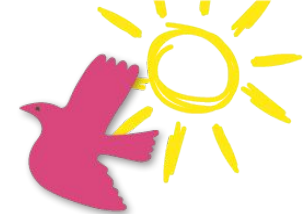
Informal, confidential and friendly peer to peer weekly social with complimentary refreshments.

Relax, socialise and share good or bad news, strategies or resources with all things and anything for you and your tweens and teens.

Obtain signposting advice to parenting courses and support, organisations and services which may be able to help.

Join us and become part of a network of parents where you can be seen, heard and understood. Meet like minded people, get inspired and get empowered with information and knowledge.





Paediatric First Aid Workshops

The course consists of two 2 hour workshops covering accidents, emergencies and CPR. Please phone your nearest Centre or complete the booking form to be put on the waiting list.

Q Rhythmics

Music and Movement Activities to support learning in a fun and engaging way. The activities help the body and mind work together.

Plenty of Inspiration to get your children moving and grooving.

Relish and Grace

Allow your children to explore through food during this 6 week course. You and your child will learn how to make simple and healthy meals for you and your family to enjoy. The course will introduce children to a range of healthy foods for them to sample during these hands-on sessions.

Stay and Play 0 to 5 years

Planned sessions run by Children Centre staff to encourage children to learn through play, stories and singing, supported by their carers.

Therapy Support Sessions

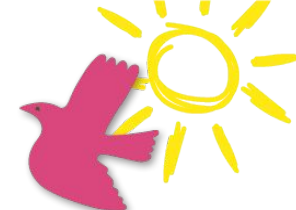
This session is run by children's therapy support team for them to host clinics in a community setting, bookings and invites are held direct with this service and cannot be booked via the children's centre.

Well Child Clinic/ 1 & 2 Yr Health

Review

Run by our local Health Visiting Team, appointments only. Please call 0330 058 1679 to book your appointment at your nearest Children's Centre.





1 September to 19 December

Monday

1 & 2 Year Health Reviews

1 September to 15 December
9.30am 4pm
Book with CLCH 033 0058 1679

Crawlers and Explorers £2.50

1 September to 15 December
10 to 11am
[Book Here](#)

Judy's Rhyme Time £2.50

1 September to 15 December
11 to 11.30am
Drop In

Tuesday

1 & 2 Year Health Reviews

2 September to 16 December
Book with CLCH 033 0058 1679

Crafty Tales £4.50

2 September to 14 October
4 November to 16 December

0 to 12 months

9.30 to 10am
[Book Online Here](#)

1 to 2 years

10.30 to 11pm
[Book Online Here](#)

Wednesday

Midwife Appointments

3 September to 17 December
9am to 4pm
Book with Kingston Hospital

Mini Ninja Karate (2 - 5 years) £4.50

3 September to 15 October
5 November to 17 December
10 to 11am
[Book Online Here](#)

Thursday

Midwife Appointments

4 September to 18 December
9am to 5pm
Book with Kingston Hospital

Stay and Play £2.50

4 September to 11 December
9.30 to 11am
[Book Online Here](#)

The Real Junk Food Project

2 October to 18 December
2.30 to 4.30pm
Drop in

Friday

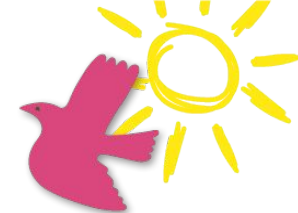
Stay and Play £2.50

5 September to 12 December
10 to 11.30am
[Book Online Here](#)

Speech and Language in

Stay and Play
1st and 3rd Friday of the month





1 September to 19 December

Monday

**Little Acorns Song Time
for nursery children
(St Richard's CE Primary
School)**

1 September to 13 October
3 November to 15
December
1pm

**Footie Tots £4.50
(Ham Youth Centre)**

1 September to 13 October
3 November to 15
December
1.15 to 2pm
[Book Online Here](#)

**Pre and Post SEND
parent/carers support**

8 Sept, 13 Oct, 10 Nov, 8
dec
12 to 3pm
Invitation only

Tuesday

**Parents In Conflict
(Parenting)**

30 September to 14
October
Afternoon Group - 12.30
to 2.30pm
Evening Group - 6 to
8pm
Email

Tom.Maybey@achieving
forchildren.org.uk for
any further information.

Incredible Years

Attentive Parenting

Dates TBC
12.30 to 2.30pm

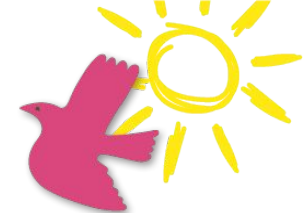
Wednesday

**After School Stay
and**

Play £2.50
10 September to 15
October
5 November to 17
December
3.15 to 4.30pm
Drop In

Thursday

Friday



Baby Massage

Perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc.

Baby Play

An informal group for parents and carers with new babies to meet each other.

Crafty Tales

Discover why parents are simply amazing during our unique Music, Storytelling and BSL signing sessions for 0-12m, 1-2s, and 2-4s. Meet Boo-Boo the pop-up puppet, enjoy bubbles, parachute fun, hands-on instruments, and twirly lights with stardust to finish. Learn why it doesn't matter if you can't sing in tune, how party lights support early reading skills, why wiggling your fingers promotes early speech, why signing boosts your child's brain development, and so much more!

Crawlers and Cruisers

This group is aimed at babies who are crawling up to new walkers. It is an opportunity to explore and play whilst practicing and developing those new physical skills.

EarlyBird

EarlyBird is a 10 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis)

We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond. It is self-referral for this programme. Please email Beth Hitchens beth.hitchens@achievingforchildren.org.uk or speak with the Children's Centre to express your interest in this programme.

ESOL Level 1 & 2

English for Speakers of Other Languages. These are free English classes with a crèche provided. If you are interested, please call Heathfield Children's Centre on 020 8734 3405 or email richmondcc@achievingforchildren.org.uk

Family Mini Ninjas

For children aged and their carers. This course allows parents and carers and their little ones to participate together in learning karate and having fun. Watch your child's confidence soar as they master new karate techniques by your side.

Footie Tots

An introduction to the world of fitness and football for children aged 2 1/2- 5 years. Teaching basic ball skills, scoring lots of goals and having FUN on the way!

Home-Start Play and Support Group

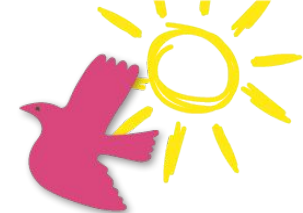
A safe, nurturing and creative environment for families to play, explore and gain support. Invitation only - speak to the Children's Centre staff or call 020 8487 8500.

Holding and Reassurance

This session is suitable for parents with babies, new-born to 3 months. The session aims to increase parent's confidence in holding and handling their baby. Holding, handling and reassuring your baby through touch helps to promote strong bonds and attachment.

Expectant parents may wish to come along for advice and guidance on how to hold and handle a new baby.

The Children's Centre staff will try to answer any questions parents have and give general advice and information as well as signposting to appropriate local services and further Children's Centre activities.



Judy's Rhyme Time

Join Judy for a fun interactive signing session!

Kingston/ West Middlesex Hospital

Midwives

Led by Midwives from Hospital.

Appointment only.

Little Explorers

A creative, fun and stimulating play session for parents and children up to 5 years.

Invitation only.

Mark's Story time and Rhyme Time 0 – 5yrs

Come and meet Mark for his fabulous music and storytelling.

Mini Disco 0 – 5yrs

Come and join Abigail in a really fun interactive dance class, taking the children on a journey with their adult. This class combines creative imaginative dance, with contemporary and pop music; it is designed to be an interactive class so both parties are moving together, finishing with a couple of adult fitness tracks at the end, while the children are supervised playing.

Music Fun with Otakar Kraus

Music therapy for young children provides early therapeutic intervention which can prevent crises, and we aim to provide sessions for children and parents to improve parent/child interactions. Music therapy can help children grow towards milestones in child development such as babbling, experimenting with voice, develop verbal and non-verbal communication skills, learn to play spontaneously and creatively, develop awareness of self and others, make eye contact and interact with others, have improved focus and listening skills, learn to take turns, have reduced anxiety and have improved confidence and mental well-being.

Online Potty Training

Would you like to know how and when to start potty training?

Want to find out more about preparing you and your child for potty training?

Why not join one of our monthly online Potty Training online talks! Please complete the online form to book your place. A member of the team will send you an online invitation.

Online Intro to Solids

- Do you have a baby aged 5-6 months?
- Are you unsure about how and when to start weaning your baby?

- Would you like to find out more about weaning and get your questions answered?

- Would you like to know more about caring for your babies teeth?

If so why not book on to one of our monthly Virtual baby weaning talks.

Parent Champions Advice

A time for parents and children age 10+ hosted by the parents.

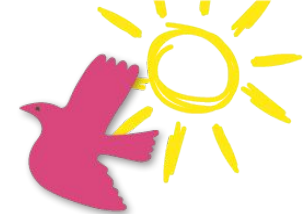
Informal, confidential and friendly peer to peer weekly social with complimentary refreshments.

Relax, socialise and share good or bad news, strategies or resources with all things and anything for you and your tweens and teens.

Obtain signposting advice to parenting courses and support, organisations and services which may be able to help.

Join us and become part of a network of parents where you can be seen, heard and understood. Meet like minded people, get inspired and get empowered with information and knowledge.





Paediatric First Aid Workshops

The course consists of two 2 hour workshops covering accidents, emergencies and CPR. Please phone your nearest Centre or complete the booking form to be put on the waiting list.

Q Rhythmics

Music and Movement Activities to support learning in a fun and engaging way. The activities help the body and mind work together.

Plenty of Inspiration to get your children moving and grooving.

Relish and Grace

Allow your children to explore through food during this 6 week course. You and your child will learn how to make simple and healthy meals for you and your family to enjoy. The course will introduce children to a range of healthy foods for them to sample during these hands-on sessions.

Stay and Play 0 to 5 years

Planned sessions run by Children Centre staff to encourage children to learn through play, stories and singing, supported by their carers.

Therapy Support Sessions

This session is run by children's therapy support team for them to host clinics in a community setting, bookings and invites are held direct with this service and cannot be booked via the children's centre.

Well Child Clinic/ 1 & 2 Yr Health

Review

Run by our local Health Visiting Team, appointments only. Please call 0330 058 1679 to book your appointment at your nearest Children's Centre.

