

Spring 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 07849 305143

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

We are pleased to be able to offer some more services within our Children's Centres and via our virtual timetable this half term

This timetable will cover the second half of the Spring Term from

22 February to 30 March 2021

We will be carefully monitoring the pandemic situation and hope to be able to allow more of our wonderful sessions to return as the term progresses. Until then we have a number of sessions available online, or within the centres on a 1-1 basis.

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.

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

We are currently unable to offer all our previous sessions. Please join our Facebook Group for further updates and information.

<https://www.facebook.com/groups/2579582222120629>

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.

Interactive Rhymetime

Songs and rhymes delivered virtually via Google Meet. Booking essential.

Interactive Story & Activity Sessions

Stories, songs, dance, craft and play delivered virtually via Google Meet. Booking essential.

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.

Monday Mums

An emotional health and wellbeing group for new mums. Invitation Only

Postnatal

Postnatal support group delivered by Health Visiting team. Invitation only.

Getting to Know Your Baby

This is a four part course delivered by the health visiting team. Includes sleep, attachment and getting to know your baby. Invitation only.

Healthy Start Vitamins

Please ring the Centre for an appointment to visit. Exchange your vouchers or purchase from the Centre. £1.50 for children's vitamins. £1.00 for adult vitamins.

Family Information Workshops

Jill Anderson, Family Information Outreach Officer will be running an online workshop providing advice, support and information on:

- Childcare options
- How to find suitable childcare.
- Free Early Education Funding for 2, 3 and 4 year olds – understanding the criteria and process.
- 30 hours free childcare for 3 & 4 year olds with parents working
- Tax Free Childcare

Spring Term: 22 February to 30 March 2021

Tolworth

Midwives Post Natal Clinic
Appointments only

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8339 9848 to book.

Chessington

Midwives Clinic
Appointments Only

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8397 2006 to book.

Old Malden

Midwives Clinic
Appointments only

Health Visitors Well Baby Clinic

9.00-12.30pm
Appointments Only
Limited appointments available with the Health Visiting team. Please bring your red book.
Please call 020 8949 9974/8505 or your health visitor to discuss.

Breast Feeding Support

1.00-4.30pm
Appointments Only
Breast feeding support for feeding and expectant mums.
Please call 020 8274 7709 to book your appointment.

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour and emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8241 0837 to book.

Kingston Town

Midwives Clinic
Appointments Only

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8481 0640 to book

Virtual

Online Interactive Rhymetime

10.00am

Please follow the link to book:

<https://forms.gle/Efro4pwiZmda2JPs7>

Messy/Maths Mondays

Pre-recorded activity sessions delivered via video on our Facebook page.

Online Intro to Solids

10.00am

Monday 8 March

&

Monday 12 April

Please follow the link to book:

<https://forms.gle/xzqQsBnpTQE4GkZ8>

Virtual Coffee Morning

11.00am-12.00pm

Monday 1 March- Under 1s

Monday 8 March- Over 1s

Please follow the link to book:

<https://forms.gle/P8zkSAQ8vpauBARPA>

MONDAYS

Information

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

<https://surveys.achievingforchildren.org.uk/s/4N2XVF/>

Online Baby Massage.

To express an interest in our online baby massage please complete the online form

<https://forms.gle/S8JWtz5ZQzYu1gE59>

Tolworth

Midwife Clinic

Appointments only

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8339 9848 to book

Chessington

Health Visitors

Well Baby Clinic

1.00-2.30pm

Appointments Only
Limited appointments available with the Health Visiting team. Please bring your red book.
Please call 020 8408 8512 or your health visitor to discuss.

Breast Feeding Support

1.00-4.30pm

Appointments Only
Breast feeding support for feeding and expectant mums.
Please call 020 8274 7709 to book your appointment.

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8397 2006 book

Old Malden

Midwives

Appointments only

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8241 0837 to book

Kingston Town

Midwives Clinic

Appointments Only

Health Visitors Well Baby Clinic

9.00-12.30pm

Appointments Only
Limited appointments available with the Health Visiting team. Please bring your red book.
Please call 020 8549 3672 or your health visitor to discuss.

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8481 0640 to book

Virtual

Rhymetime Tuesdays

Pre-recorded activity sessions delivered via video on our Facebook page.

Chat & Play

Book an appointment to speak to a specialist about concerns you may have around your child's development

Tuesday 2 March-
Emotional Health

<https://forms.gle/JLoWSfLWbLEm6rhe6>

Tuesday 9 March-
Portage

tinyurl.com/3o983pp9

Tuesday 23 March-
Speech & Language

tinyurl.com/buf5eoh4

Family Information Advice Sessions

2.00pm-3.00pm

Tuesday 2nd March

<https://forms.gle/PERbxoWfBE9hv7JP7>

& Tuesday 30th March

<https://forms.gle/nsXhLCJZeBfkgvEJ7>

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Online Baby Massage.

To express an interest in our online baby massage please complete the online form

<https://forms.gle/S8JWtz5ZQzYu1gE59>

Spring Term: 22 February to 30 March 2021

Tolworth

**Health Visitors
Well Baby Clinic**
1.00-2.30pm
Appointments Only
Limited appointments
available with the Health
Visiting team. Please bring
your red book.
**Please call 020 8274 7719 or
your health visitor to discuss.**

**1-1 Children's Centre
Sessions**
Appointments Only
Child focused play and advice
sessions, tailored to support
you with any worries you
have about child
development, behaviour
concerns, children's
emotional health. Support
with nursery applications, 2
year funding and much more.
Call 020 8339 9848 to book

Chessington

Midwives Clinic
Appointments Only

Health Visitors Reviews
12.30-4.30pm
Invitation Only
1 and 2 year reviews

**1-1 Children's Centre
Sessions**
Appointments Only
Child focused play and advice
sessions, tailored to support
you with any worries you
have about child
development, behaviour
concerns, children's
emotional health. Support
with nursery applications, 2
year funding and much more.
Call 020 8397 2006 to book

Old Malden

Midwives Clinic
Appointments only

**Health Visitors
Well Baby Clinic**
1.00-2.30pm
Appointments Only
Limited appointments
available with the Health
Visiting team. Please bring
your red book.
**Please call 020 8949
9974/8505 or your health
visitor to discuss.**

**1-1 Children's Centre
Sessions**
Appointments Only
Child focused play and advice
sessions, tailored to support
you with any worries you
have about child
development, behaviour
concerns, children's
emotional health. Support
with nursery applications, 2
year funding and much more.
Call 020 8241 0837 to book

WEDNESDAYS

Kingston Town

Midwives Clinic
Appointments Only

Breast Feeding Support
9.15-12.00pm
Appointments Only
Breast feeding support for
feeding and expectant mums.
**Please call 020 8274 7709 to
book your appointment.**

**1-1 Children's Centre
Sessions**
Appointments Only
Child focused play and advice
sessions, tailored to support
you with any worries you
have about child
development, behaviour
concerns, children's
emotional health. Support
with nursery applications, 2
year funding and much more.
Call 020 8481 0640 to book

Virtual

**Online Interactive
Rhymetime**
10.00am
**Please follow the link to
book:**
[https://forms.gle/Efro4p
wiZmda2JP57](https://forms.gle/Efro4pwiZmda2JP57)

Make & Do Wednesdays
Pre-recorded activity
sessions delivered via
video on our Facebook
page.

Information

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

[https://surveys.achievin
gforchildren.org.uk/s/4N
2XVF/](https://surveys.achievin
gforchildren.org.uk/s/4N
2XVF/)

Online Baby Massage.

To express an interest in
our online baby massage
please complete the
online form

[https://forms.gle/S8JWt
z5ZQzYu1gE59](https://forms.gle/S8JWtz5ZQzYu1gE59)

Tolworth

Midwives clinic
Appointments only

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8339 9848 to book

Chessington

Postnatal Group

10.00-11.30am

14 January-4 February

Invitation Only

[Currently taking place online.](#)

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8397 2006 to book

Old Malden

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8241 0837 to book

Kingston Town

Midwives Clinic

Appointments Only

1-1 Children's Centre Sessions

Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8481 0640 to book

Virtual

Baby Play or Cookery Thursdays

Pre-recorded activity sessions delivered via video on our Facebook page.

Online Intro to Solids

10.00am

Thursday 25 February

Thursday 25 March

Please follow the link to book:

<https://forms.gle/xzqQsBnpTQEp4GkZ8>

Parenting Course

10.00am-12.00pm

4 week course from

Thursday 4 March

Invitation Only

Information

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<https://surveys.achievingforchildren.org.uk/s/4N2XVF/>

Online Baby Massage.

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<https://forms.gle/S8JWtz5ZQzYu1gE59>

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FRIDAYS

Tolworth

Midwives Clinic
Appointments only

Perinatal Mental Health
Appointments only

Breast Feeding Support
9.15am-12.00pm
Appointments Only
Breast feeding support for feeding and expectant mums.
Please call 020 8274 7709 to book your appointment.

1-1 Children's Centre Sessions
Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8339 9848 to book

Chessington

Midwives Clinic
Appointments Only

Online Introduction to Ballet (parent and child class)
10.15-11.00am
A class for parents to join with their child to begin the basics of ballet in a relaxed and fun environment.
These sessions are currently taking place online.
Please email emma@eha.co.uk to book or for any enquiries

1-1 Children's Centre Sessions
Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8397 2006 to book

Old Malden

1-1 Children's Centre Sessions
Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8241 0837 to book

Kingston Town

Midwives Clinic
Appointments Only

1-1 Children's Centre Sessions
Appointments Only
Child focused play and advice sessions, tailored to support you with any worries you have about child development, behaviour concerns, children's emotional health. Support with nursery applications, 2 year funding and much more.
Call 020 8481 0640 to book

Virtual

Interactive Story & Activity Sessions
10.00am
Please follow the link to book:
<https://forms.gle/oHedqSmWqaGUUGM98>

Mini Movers, Crafty Tales or Children's Centres Story Time
Pre-recorded activity sessions delivered via video on our Facebook page.

Information

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<https://surveys.achievingforchildren.org.uk/s/4N2XVF/>

Online Baby Massage.
To express an interest in our online baby massage please complete the online form

<https://forms.gle/S8JWtz5ZQzYu1gE59>

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

Police

Non urgent: 101

Emergencies: 999

Samaritans

020 8399 6676

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: 07849 305143

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

Mobile: 07738 259762