

Summer term 2022



Kingston Programme
Children's Centre services
serving: Kingston, New Malden,
Old Malden, Chessington,
Surbiton and Tolworth



Further information

Find us online:

Twitter: [@AforC_info](https://twitter.com/AforC_info)

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

Website: www.afcinfo.org.uk

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 number: 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

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.

We are pleased to be able to continue to offer sessions in our centres throughout the summer term.

This timetable will cover

6 June to 22 July 2022

In order to ensure equal access for all families please call the named Centre no sooner than 2 working days prior to each bookable session.

Thank you

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

Please join our Facebook Group for further updates and information.

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

Midwives appointments

By appointment only.

Health Visitors clinic and review appointments.

Initially by invitation only please speak to your health visitor for further information.

Infant Feeding Support

Feeding advice and support for expectant and feeding Mums. Booking essential for sessions at Kingston Town Children's Centre. Other sessions are a drop-in basis.

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 toys, activities and singing. We would like to request a Voluntary contribution of £2.50 for attendance to help pay for the costs of the session

0 – 18 month Baby Stay & Play, Under Ones & Baby Play

Designed to support Mums new to motherhood. Meet others, share experiences and have lots of age appropriate play. Social, Sensory and Discovery play.

Small World Explorers

Play session to promote imaginative play through role play and small world play. Suitable for children over 18 months.

Messy Play

A fun messy session with lots of wet and dry sensory and tactile experiences for your child to explore.

Please dress prepared to get messy!

Let's Play

Small group play sessions for 4 to 5 families who have been referred to the Centres for additional support.

Let's Nurture

Small group sessions for children who need a calm environment. Invite only.

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.

Healthy Start Vitamins

Exchange your vouchers or purchase from the Centre. £1.50 for children's vitamins. £1.00 for adult vitamins. Call to book.

Home Start Support & Play

Play session with additional support for families run by volunteers from the Home Start charity.

Crafty Tales

Understand child development through music and signing in the early years, and in the power of story telling. Ignite a child's imagination and encourage their creativity. Combining stories with drama, music and games in a fun, rounded, stimulating experience,

Summer Term: 6 June to 22 July 2022

MONDAYS

Tolworth

Midwives clinic
appointments only

Rhyme Time
10:00-10:45am
Songs, rhymes, musical instruments and Makaton rhymes.

Booking essential
call the Centre the on 0208 339 9848
Please call no sooner than 2 working days prior to the session.

Mum and Baby Pilates
Starts 6 June
2:00-2:45pm
£36 for the 6 week course
Enjoy some gentle exercise together with your baby.
Suitable for all mums and babies aged from 6-8 weeks to pre-crawlers
Booking essential
Call 0208 339 3848 to book.

Post Natal Support Group.
4 week course
Starts 13 June
1:00 – 2:30pm
Covers attachment, sleep & baby massage.
Contact your Health Visitor for further information.

Chessington

Midwives clinics
appointments only

Baby Massage
5 week course promoting bonding, attachment, muscle and brain development.
£25 per course
To request a place on our next available course please complete the booking form.

To book

Junior Jammers
10:00-10:45am
Musical singing session for children aged 0-5 years
£6.00 per child
£10.00 for child and sibling

To book visit
www.juniorjammers.co.uk

Baby Jammers
11:00-11:45am
Musical singing session for children aged 0-18 months £5.00 per child
To book visit
www.juniorjammers.co.uk

Old Malden

Midwives clinics
appointments only

Infant Feeding Support Drop In
9:30-11:30am
Advice and support for feeding and expectant Mums.
Drop in session, no need to book.

Health Visitors Well Baby Clinic
9:00-12:30pm
Appointments Only
Call 020 8949 9974/8505 to book
Please bring your Red Book.

Monday Mums
10:00-12:00pm
An emotional health and wellbeing group for new mums.
Contact your Health Visitor for further information.

Sling Clinic
1:00-2:00pm
27 June
Please follow the link to book:
To book
For enquiries contact sheenslings@gmail.com

Kingston Town

Midwives clinics
appointments only

Sling Clinic
10.00-12.00pm
6 June
4 July
Please follow the link to book:
To book

For enquiries contact
sheenslings@gmail.com

Baby Massage
5 week course promoting bonding, attachment, muscle and brain development.
£25 per course
To request a place on our next available course please complete the booking form.
To book

Rhyme and Sign
1:20-2:45pm
Rhyme and Sign sessions for children displaying speech and communication delay.
Contact 020 8481 0640 for further information.
Spaces are limited

Virtual

Facebook
Please join our Facebook page for information and updates on any new upcoming courses or events.
Kingston Children's Centre Facebook

Online Intro to Solids including play and development
1:00-1:45pm
6 June
20 June
4 July
18 July
To book

Outreach

Bumps to Babies Drop In
Drop in between 9:00-10:00am session runs to 10:15am
Surbiton Children's Centre Nursery, Alpha Road KT5 8TD
Meet other families with babies up to 12 months, expectant mums welcome

Rhymetime
New Malden Library
New Malden, KT3 3LY
10:15-11:00am
Join us for stories, songs and rhymes for under 5s.
Come along, have fun and make new friends.
Drop in session, no booking required.
For further information please call Siobhan Meacher, Children's Centre Outreach Worker on 07784 006661

Voluntary Contribution
We request a voluntary contribution of £2.50 for attendance at our sessions to support the cost of fruit and resources.

Play Pass
For families where making a donation may prove difficult or who are in receipt of benefits.
Please speak to a member of staff.

Tolworth

Midwives clinics
appointments only

Health Visitors

Child Health Reviews
1st and 3rd Tuesday of the
month
1:00-4:00pm

Appointments Only

Appointments available with
the Health Visiting Team.
Please bring your Red Book

Let's Play

9:00 – 10.30am
Small group play sessions for
families.

Invitation only

Let's Play

1:15 – 2:45pm
Small group play sessions for
families.

Invitation only

BCG Immunisation Clinic

For more information please
talk to Centre staff.

Chessington

Infant Feeding Support
Drop In

1:00-3:00pm
Advice and support for
feeding and expectant Mums.
Drop in session, no need to
book.

Health Visitors

Well Baby Clinic

Drop In
1:00-3:00pm
Please bring your Red Book

Old Malden

Midwives clinics
appointments only

0-5 Stay and Play

9:30-11:00am
Play session with fun indoor
and outdoor activities and
singing.

Booking essential

Please call 0208 241 0837
Please call no sooner than 2
working days prior to the session.

Post Natal Support Group.

4 week course.
1:00 – 2:30pm
Covers attachment, sleep &
baby massage.
Contact your Health Visitor
for further information.

Let's Nurture

1:30-2:45pm
Small group play session for
children under the age of 5
who need a calm
environment.

Invitation only

**If you have concerns about
your child's social and
communication development
please call the team on
020 8241 0837**

Kingston Town

Midwives clinics
appointments only

Health Visitors

Well Baby Clinic

9:00-12:30pm
Appointments Only
Please bring your Red Book
Call 0208 549 3672 to book

Home Start Play Session

10:00 – 11:30am
Play session with support for
families run by volunteers
from the Home Start charity.
Invitation only

Let's Play

1:30 – 3:00pm
Small group play sessions for
families.
Invitation only

Health Visitors

Child Health Reviews
1:00-3:00pm
Appointments Only

Virtual

Facebook

Please join our Facebook page
for information and updates
on any new upcoming courses
or events.

[Kingston Children's Centre](#)
[Facebook page](#)

Outreach

Rhyme & Play

**Surbiton Library, Ewell Road,
Surbiton, KT6 6AG**

10:00-11:30am
Join us for stories, songs and
rhymes to share with your
little ones followed by some
time to play.
Come along, have fun and
make new friends.

[To book](#)

For further information
please call Siobhan Meacher,
Children's Centre Outreach
Worker on 07784 006661

Rhymetime

**Tudor Drive Library
Kingston, KT2 5QH**

2:00-2:30pm
Join us for stories, songs and
rhymes for under 5s.
Come along, have fun and
make new friends.
Drop in session, no booking
required.

For further information
please call Siobhan Meacher,
Children's Centre Outreach
Worker on 07784 006661

Summer Term: 6 June to 22 July 2022

WEDNESDAYS

Tolworth

Midwives clinics
appointments only

Under 18 Months Stay & Play

10:30-12:00pm

Session for families with babies under 18 months.

Booking essential

Please call 020 8339 9848 to book

Please call no sooner than 2 working days prior to the session.

Health Visitor

Well Baby Clinic

Appointments Only

1:30-3:00pm

Please bring your Red Book
Call 020 8274 7719 to book

Chessington

Midwives clinics
appointments only

Under 5 Stay and Play

9:30-11:15am

Play session with fun indoor and outdoor activities and singing.

Booking essential

Please call the Centre on 020 8397 2006 option 5 to book.

Please call no sooner than 2 working days prior to the session.

Talking Tots

10:00 - 10:30

Combines games, songs, rhymes and fun activities to gently boost communication and social skills.

Invitation only

If you would be interested in attending Talking Tot sessions please speak to the team at Chessington on 020 8397 2006 option 5

Health Visitors

Child Health Reviews

1:00-4:00pm

Appointments Only

Old Malden

Midwives clinics
appointments only

Health Visitors

Well Baby Clinic

9:00 – 12:00pm

Appointments Only

Call 020 8949 9974/8505 to book
Please bring your Red Book

Baby Massage

5 week course promoting bonding, attachment, muscle and brain development.
£25 per course

To request a place on our next available course please complete the booking form.

To book

Under 18 Months Stay & Play

10:30-11:45am

Session for families with babies under 18 months.

Booking essential

Please call 020 8241 0837 to book

Please call no sooner than 2 working days prior to the session.

Playball Kids

Children aged 2 to 3 years

1:00-1:30pm

Children aged 3 to 4 years

1:40-2:10pm

4 week course, starts 27 April (no class 11 May)

Fun and structured sessions encouraging sport and movement.

Develop a wide range of skills; sport, listening, team work and independence.

Free Session

Please call the Centre on 020 8241 0837 to book

Kingston Town

Midwives clinics
appointments only

Infant Feeding Support

9:30-12:00pm

Advice and support for feeding and expectant Mums.
Please call 020 8274 7709 to book your appointment.

Health Visitors

Well Baby Clinic

9:30-12:30pm

Appointments Only

Please bring your Red Book
Call 0208 549 3672 to book

Getting to Know your Baby

4 week course

Starts 6 July

2:00-3:30pm

Invite Only

Contact your Health Visitor for further information.

Virtual

Family Information Service Childcare Options Workshop

10:00-11:00am

8 June

6 July

Online session providing advice, support and information on:
Childcare options

How to find suitable childcare

Free early education funding

for 2,3 and 4 year olds

30 hours free childcare for 3

and 4 year olds

Tax free childcare

To book 8 June

To book 6 July

Outreach

Advice and Information Session

with Children's Centre Lead

Outreach Worker

10:00-2:00pm

Growbaby @ The Hub

38 Surbiton Road

Kingston, KT1 2JR

For further information please call
Sophie Hodges, Children's Centre
Lead Outreach Worker on 07849
305143

Crafty Tales

for 1-2 year olds

11:00-11:30am

Kingsnympton Youth & Community
Centre

Kingston, KT2 7RW

Suggested donation

£4.50 per session

Understand child development
through music and signing in the
early years, and in the power of
story telling

www.craftytales.co.uk

Booking essential

Please call the Chessington

Children's Centre on

020 8397 2006 option 5

to book.

Please call no sooner than 2
working days prior to the session.

Play Pass

For families where making a
donation may prove difficult or who
are in receipt of benefits.
Please speak to a member of staff.

Tolworth

Midwives clinics
appointments only

Thursday Group

10:00 – 12:00pm

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

Under 5 Stay and Play

10:00-11:30am

Play session with fun indoor and outdoor activities and singing.

Booking essential

Please call the Centre on 020 8339 9848 to book

Please call no sooner than 2 working days prior to the session.

Chessington

Under 12 Months Stay & Play

9:45-11:15am

Session for families with babies under 12 months.

Booking essential

call the Centre to book 020 8397 2006 option 5.

Please call no sooner than 2 working days prior to the session

Post Natal Support Group.

4 week course

Starts 16 June

10:00 – 11:30am

Covers attachment, sleep & baby massage.

Contact your Health Visitor for further information.

Drop In

Parent Support Café

2:00-4:00pm

16 June, 30 June,
7 July

Free drop in open to all Parents.

- Struggling with your child's behaviour
- Are they being excluded from school?
- Have a bad attitude towards you or others?
- Poor school attendance?
- Not sure of what services are available that can help and support you?
- Would you like to meet parents in similar situations?

Come along and meet for a chat and support from our 'Parent Champions'

Old Malden

Messy Play

10:00-11:00am

A fun messy session with lots of wet and dry sensory and tactile experiences for your child to explore.

Please dress prepared to get messy!

Booking essential

Please call 020 8241 0837 to book

Please call no sooner than 2 working days prior to the session.

Kingston Town

Midwives clinics
appointments only

Health Visitors

Well Baby Clinic

9:00-12:30pm

Appointments Only

Please bring your Red Book
Call 0208 549 3672 to book

Under 18 Months Stay & Play

10:00 – 11:30am

Session for families with babies under 18 months

Booking essential

Please call the Centre on 020 8481 0640 to book

Please call no sooner than 2 working days prior to the session.

Upcoming Events

Baby Massage

5 week course promoting bonding, attachment, muscle and brain development.

£25 per course.

To request a place on our next available course please complete the booking form.

[To book](#)

Parenting

To express an interest in our 6 week Parenting course please complete the online form:

[To book](#)

1-1 Children's Centre sessions

Limited bookable sessions available to discuss particular issues with a member of the Children's Centres team. Contact your local Centre for more information.

Outreach

Messy Play

10:30-11:30am

Piper Hall Community Centre,
Cambridge Estate

Piper Road,

Kingston KT1 3EX

Messy Play session for children under 5 and their parents or carers.

Drop in session, no booking required.

Voluntary Contribution

We request a voluntary contribution of £2.50 for attendance at our sessions to support the cost of fruit and resources.

Play Pass

For families where making a donation may prove difficult or who are in receipt of benefits. Please speak to a member of staff.

Tolworth

Midwives clinics
appointments only

Perinatal Mental Health
Appointments only

Infant Feeding Support
Drop In
9.30-12:30pm

Advice and support for feeding and expectant Mums. Drop in session, no need to book.

Junior Jammers
10:00-10:45am
Musical singing session for children aged 0-5 years
£6.00 per child
£10.00 for child and sibling
To book visit
www.juniorjammers.co.uk

Baby Jammers
11:00-11:45am
Musical singing session for children aged 0-18 months
£5.00 per child
To book visit
www.juniorjammers.co.uk

Baby Massage
5 week course promoting bonding, attachment, muscle and brain development.
£25 per course.
To request a place on our next available course please complete the booking form.
To book

Chessington

Midwives clinics
appointments only

Small World Explorers
9:45 – 11:15am
Promotes imaginative play through role play & small world play.
Suitable for over 18 months
Booking essential
Call 020 8397 2006 option 5 to book.

Please call no sooner than 2 working days prior to the session

Mummy & Me Ballet
9:45 – 10:30am
Explore music and dance, fun props and games.
Age 16 months – 2 ½ years
£7.00 per child.
Contact emma@ehta.co.uk for further information and to book your place.

Crafty Tales
for under 1 year olds
11:30-12:00pm
Suggested donation
£4.50 per session
Booking essential
Call 020 8397 2006 option 5 to book.
Please call no sooner than 2 working days prior to the session

Mum and Baby Pilates
1:00 -1.45pm
Starts 10 June
£36 for the 6 week course
Suitable for all mums and babies aged from 6-8 weeks to pre-crawlers
Booking essential
Call 020 8397 2006 option 5 to book.

Old Malden

Drop In
Parent Support Café
9:00am-11:00pm
10 June
24 June
1 July
15 July

Free drop in open to all Parents.

Come along and meet for a chat and support from our 'Parent Champions'.

- Struggling with your child's behaviour
- Are they being excluded from school?
- Have a bad attitude towards you or others?
- Poor school attendance?
- Not sure of what services are available that can help and support you?
- Would you like to meet parents in similar situations?

Please feel free to drop in on the above dates for a brew and a chat.

Family Learning
ESOL
A course for learners with English as a second language
22 April-15 July
12:30-2:30pm
www.kingston.gov.uk/adulteducation

Kingston Town

Midwives clinics
appointments only

Under 5 Stay and Play
10:00-11.30am
Play session with fun indoor and outdoor activities and singing.

Booking essential
Please call the Centre
0208 481 0640
to book
Please call no sooner than 2 working days prior to the session.

Under 5 Stay and Play
1:30 – 3:00pm
Play session with fun indoor and outdoor activities and singing.

Booking essential
Please call the Centre
0208 481 0640
to book
Please call no sooner than 2 working days prior to the session.

Information

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

Facebook
Please join our Facebook page for information and updates on any new upcoming courses or events.
Kingston Children's Centre
Facebook Page

Chat & Play sessions
You can come and chat with our local experts about any concerns you might have, they will be able to give advice and signpost you to further support, if appropriate.

Sessions include
Portage
Educational Psychology
Speech & Language
Sensory (sight & hearing)
OT & Physio

For further information please visit
www.afcinfo.org.uk
or our Facebook Page
<https://www.facebook.com/groups/kingstonchildrenscentre>

Outreach

Stay & Play
10:00-11:30am
Dickerage Youth & Community Centre,
Dickerage Road,
New Malden, KT3 3EQ
Play session for children under 5 and their parents or carers.

Voluntary Contribution
We request a voluntary contribution of £2.50 for attendance at our sessions to support the cost of fruit and resources.

Play Pass
For families where making a donation may prove difficult or who are in receipt of benefits.
Please speak to a member of staff.

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

Where are we?

Tolworth Children's Centre

School Lane, Tolworth, KT6 7QJ

Telephone: 020 8339 9848

Surbiton Children's Centre Nursery

Alpha Road KT5 8TD

Chessington Children's Centre

Buckland Road, Chessington, KT9 1JE

Telephone: 020 8397 2006

Surbiton Library

Ewell Road, Surbiton, KT6 6AG

Kingston Town Children's Centre

Villiers Road, Kingston, KT1 3AR

Telephone: 020 8481 0640

Tudor Drive Library

192 Tudor Drive,

Kingston, KT2 5QH

Old Malden Children's Centre

Sheephouse Way (entrance on

Lawrence Avenue)

New Malden, KT3 5NB

Telephone: 020 8241 0837

New Malden Library

Kingston Road,

New Malden, KT3 3LY

Dickerage Youth & Community Centre

Dickerage Road, New Malden,

KT3 3EQ

Piper Hall

Cambridge Estate, Piper Road,

Kingston, KT1 3EX

Growbaby

The Hub, 38 Surbiton Road,

Kingston, KT1 2JR

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.