

South Southall Children's Centres Term

Spring Term 2023

Activities and Timetables



Greenfields Nursery School & Children's Centre

Recreation Rd, Southall, UB2 5PF (ph. 020 8813 8079)

&

Havelock Children's Centre

(at the Havelock Community Centre)

17 Trubshaw Rd, Southall, UB2 4XW (ph. 020 8571 1219)

Website for both Centres: www.greenfieldschildren.com



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free childcare place for your 2 year old



If you are on an income of less than £16,190 either from work or from benefits—your two year-old may be entitled to a free nursery/childcare place for 15 hours a week (38 weeks' year).

South Southall Locality Providers:

➤ **Greenfields Nursery School & Children's Centre**

Recreation Rd, Southall, UB2 5PF
Tel: 020 8813 8079



➤ **PEAPODS Early learning Centre Montessori School Southall,**

Wimborne Ave, Southall, UB2 4HB
Tel: 020 8574 7934



➤ **Snowflakes Day Nursery and Montessori**

St Mary's Church Hall, Norwood Green Road
Norwood Green, Southall, Tel: 0208 507 3222

➤ **TwinkleTotz Day Nursery Ltd**

Havelock Community Centre, 17 Trubshaw Road,
Southall UB2 4XW

Your child will be able to:

- Play and have fun with other children
- Develop their speaking and listening
 - Learn new things
- Improve their confidence and get ready for school

Find out if you can get the free childcare:

- ❖ Call 020 8825 5588 (Mon-Fri, 9am to 5pm) with your National Insurance number
- ❖ Text your name to 07545 412213 and we will call you back
- ❖ Or text your full name, date of birth and National Insurance number. We will check eligibility and call you back.
- ❖ Email children@ealing.gov.uk with your full name, date of birth and National Insurance number.
- ❖ Go online at www.childrenscentres.org.uk and complete an enquiry form and we will get back to you.

Apply online www.ealingfamiliesdirectory.org.uk or use the QR code



Health & Development Check For Two-Year-Olds

This check is free and gives you a chance to ask questions and find out about:

- Your child's development
- Speech, language & communication
- Sleep management
- Diet & nutrition
- Looking after your child's teeth
- Managing behaviour
- Beginning toilet training
- Free nursery/childcare places (if eligible)
- Vaccinations

*Collect a free gift for your child (while stocks last)

*Questions to ask at your appointment (over-page)

To book an appointment

Telephone:

020 8102 5888

Email: ealingadminhub@nhs.net



Early Start Ealing

Health & Development Check for Babies 9 Months to 1 Year

This check is free and gives you a chance to ask questions and find out about:

- Your baby's development
- Language & learning
- Sleep management
- Diet & nutrition
- Looking after your baby's teeth
- Establishing routines
- Keeping baby safe
- Vaccinations

* Questions to ask at your appointment (over-page)

To book an appointment

Telephone:

020 8102 5888

Email: ealingadminhub@nhs.net



Early Start Ealing

FEEDING SUPPORT GROUP

- Drop In Group Support
- Warm and welcoming weekly sessions with other local parents. Come along with your little one (partners are welcome too), chat to other parents about how feeding is going, share stories and get advice and support from our Infant Feeding Practitioners. *Spaces are limited and available on a first come first serve basis
- Monday: 9:45am – 11:30am Havelock Children's Centre, Trubshaw Rd, Southall, UB2 4XW

Breastfeeding



Keep Fit, Keep Healthy

Have fun keeping fit with your child through physical exercise and games

Learn to prepare a healthy snack

For children aged 2+

Please call 020 8571 1219 to book your session

Led by Raj – limited places and pre-booking essential



at Havelock Children's Centre

Havelock Community Centre, 17 Trubshaw Rd, Southall, UB2 4XW

Mondays 12:30 – 2:00pm

Throughout the Spring Term



Child Health Clinic

at Havelock Children's Centre



Havelock Community Centre, 17 Trubshaw Rd, Southall UB2 4XW



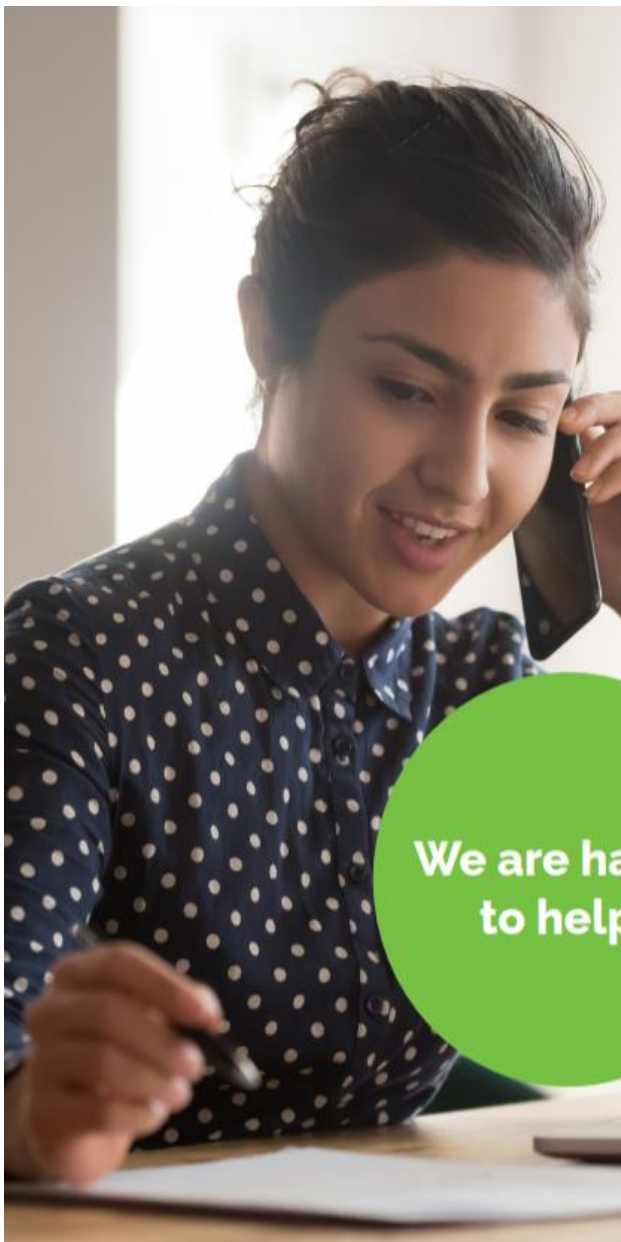
Mondays
9:30 - 11:15am
Appointment Only

Please call 020 8102 5888 or email
clcht.ealingadminhub@nhs.net
To book an appointment

**Please bring your RED book to the
Clinic**
**Contact Health Visiting Team on
020 8102 5888**
**if you have any enquiries outside of
clinic hours**

Services include:

- Baby weighing
- Advice and support from Health Visitors about your child's health and development
- Information and referrals to specialist health services and professionals in Ealing, for example, Weaning group; Speech and Language; Occupational therapy; Breastfeeding
- Healthy Start Vitamins- get your voucher signed



**We are happy
to help!**



**Ealing Community
Partners**

Ealing children's speech and language therapy advice line for parents and professionals

Are you looking for advice about how to support your child (0-18) with their communication at home?

Do you have a general question about speech and language?

Monday to Friday, 1 - 4pm
07512 716 478

(We can call you with an interpreter if needed)

Email: ealing.sltadvice@nhs.net
Facebook: facebook.com/SLTEaling

Speech and Language Therapy

Thinking your child might need some support?

They may need a referral if:

They are **18 months old** or over and not yet using any words

They are **2 years old** and have less than 50 words

They are over **3 years old** and a half and it is difficult to understand what they are saying

They are **2 and a half years old** and not yet putting 2 words together e.g. 'want juice' or 'go park'.

They have been in a **new setting for 6 weeks or longer** and are still not speaking in that setting

Get in touch with us!



Call us on **07512 716478** from Monday - Friday 1-4pm (we can call you back with an interpreter if needed)



Find us on Facebook
SLTEaling



Email us at:
ealing.sltadvice@nhs.net



Find us on YouTube
'Ealing Children's Services'



Free Legal Advice

West London Equality Centre

ADVANCING EQUALITY AND HUMAN RIGHTS FOR ALL

Free advice : Family, Immigration,
Welfare and Benefits,
Employment

Visit the West London Equality Centre website at wlec.net or call one of the following numbers to book an appointment – 020 8231 2575, 020 8231 2576, 020 8231 2550, 020 8231 2574.



coram **clc**
Children's Legal Centre

***Free legal advice on
immigration related issues for
children and their families***

***Are you unsure about your rights in the UK?
Do you and your family need help with
immigration /asylum problems?***

***A lawyer may be able to answer questions
about you and your child's immigration status
and rights to access support and
accommodation, health care and education.***

***For more information please visit the
Coram CLC website at
childrenslegalcentre.com
or email mcpadvice@coramclc.org.uk***

Registered charity No. 281222

***free* Nursery School Places**

at Greenfields Nursery School & Children's Centre

Recreation Rd, Southall UB2 5PF

Tel: 020 8813 8079

15 hours a week Nursery education is FREE for ALL three and four-year-olds in the UK, regardless of income or residency status.

Just walk into Greenfields to register your child for Nursery School, please bring along your child's birth certificate or passport

We also offer 30 hour funded nursery places

You can now get 30 hours of free childcare each week if your child is aged 3 or 4, both parents/carers work and earn less than £100,000 a year each. Single parents are also eligible.

Apply today to get a place for the new term.

www.childcarechoices.gov.uk



We provide additional childcare care before and after school (there is a charge for this)

Greenfields has been awarded Nursery of the Year in the 2018 National Nursery World Awards. And is recognised as an Outstanding School and Childcare provision by Ofsted



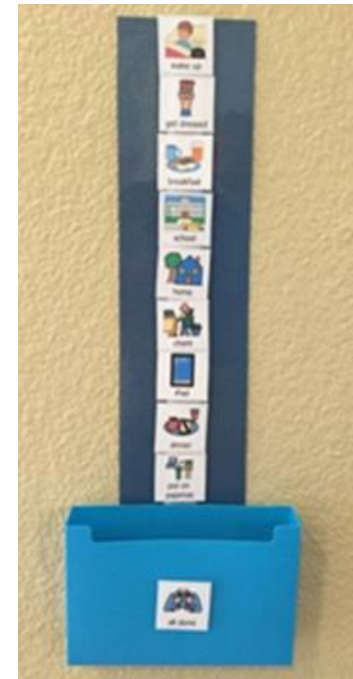
Fun & Learn: Targeted Group



A planned play session for parents/carers and their children aged Under 5 who have social and communication needs
– especially for children with attention and social interaction difficulties (ie. difficulties with: eye contact, playing with peers, understanding what is happening around them, focusing on activities.)
Suitable for children with speech & language concerns; or children with Downs Syndrome



Spring Term 2023 – Courses
Once a week on a Friday 9.30-10.30am
Spring 1- 13th Jan – 10th Feb 2023
Spring 2 - 24th Feb– 24th Mar 2023



at: Havelock Children's Centre

17 Trubshaw Rd, Southall UB2 4XW
Ph 020 8571 1219 or 020 8813 8079

Referrals by professionals

Free and Planned Play; Rhymes & Songs; Table top and adult-led activities; Sensory Play; Attention builders.
Support and strategies for parents, led by Early Years practitioners with some Speech Therapy messages.

Places for "Fun and Learn" are strictly limited to 5 children with their parents.

Please ensure you and your child are able to attend all 5 sessions.

Talk & Play group (Under 3s)



“Talk and Play” is a play-based group for under 3s run by Early Years Practitioners in Ealing; supported by visits from Speech and Language Therapists.

The group provides families with strategies to support their child’s language and communication development.

Your child does not need a referral to Speech and Language Therapy services to attend this group.

Please ring Havelock or Greenfields to book a place at the next course with Raj. Sessions are run weekly (term time only). Please arrive on time.

Talk & Play sessions are held at: Havelock Children’s Centre

17 Trubshaw Rd, Southall UB2 4XW

Spring Term 2023 – Courses

Once a week on a Friday 11-12pm

Spring 1 – 13th Jan – 10th Feb 2023

Spring 2 - 24th Feb – 24th Mar 2023

must be able to commit to attending ALL 5 sessions

Call Raj on 020 8571 1219, or 020 8813 8079



For pregnant mums and expectant dads

Did you know you can meet a health visitor from the Early Start Ealing team when you are 28-32 weeks pregnant?

Your health visitor can support you with:

- Preparing for a new baby
- Preparing to be parents
- Learning about successful breastfeeding and infant feeding.
- Your health and well-being during pregnancy.
- Information about clinics and other services for you and your baby in the local area.

Acton & Central Ealing
020 8383 8734

Northolt & Greenford
020 3313 7519

Southall & West Ealing
020 3313 7827

BOOK AN
APPOINTMENT
TODAY!



Early Start Ealing

EALING CHILDREN'S CENTRES – help with feeding your baby

Face to face support - ONE TO ONE CLINIC – appointment only

To book a one to one appointment with **Caroline Neale** Infant Feeding Support at Grange Children's Centre W5 4HN please text **07942 343 281**

Aggie Sheriff Health Visitor Infant Feeding Coordinator and her colleagues are also running face to face support in children's centres – please text **07776 670 910** OR email clcht.ealingbreastfeedingsupport@nhs.net

ZOOM BREASTFEEDING GROUP



Kerrie La Leche League Breastfeeding Counsellor runs a zoom breastfeeding group EVERY Thursday – for details, go to <https://llwestlondon.weebly.com>

TELEPHONE SUPPORT and EMAIL SUPPORT

Early Start Health Visiting Teams Breastfeeding Support
clcht.ealingbreastfeedingsupport@nhs.net

Early Start (health visiting teams) Duty Line: 0208 102 5888

Northolt and Greenford team: clcht.nag-earlystartealing@nhs.net

Southall and West Ealing team: clcht.swe-earlystartealing@nhs.net

Acton and Central Ealing team: clcht.ace-earlystartealing@nhs.net

Aggie Sheriff Health Visitor Infant Feeding Coordinator **07776 670 910**

Caroline Neale Infant Feeding Ealing Children's Centres
Lactation Consultant (and registered midwife) **07942 343 281** text and Caroline will reply or email infomumsmidwife@gmail.com

Breastfeeding Peer Support in South Southall



Raj is trained for Breastfeeding Peer support:

Make an appointment for a one to one session with Raj if you have any concerns or questions about breastfeeding your baby. No question is too small!

Drop in to see Raj at Greenfields or Havelock Children's Centres at one of our play groups or clinic sessions; meet a mix of other mums, some of whom are just starting breastfeeding, and share experiences with them



Greenfields Nursery School & Children's Centre

Recreation Rd, Southall UB2 5PF

Ph 020 8813 8079

Havelock Children's Centre

17 Trubshaw Rd, Southall UB2 4XW

Ph 020 8571 1219

Babies Story and Action Rhymes with Raj at Southall Library

The Dominion Centre , 112 The Green, Southall UB2 4BW

Wednesdays 2pm - 3pm

For Babies aged 0 to 18 months

with parents/carers

(sessions held term time only)

*Share stories traditional and cultural;
learn action songs and rhymes;
use simple story props and puppets
to engage with your baby*



Stay and Play Sessions *at Havelock Children's Centre* with Raj and Charanjit



17 Trubshaw Rd, Southall UB2 4XW ph. 020 8571 1219



Tuesdays 9:30 -11:30am and 12.30-2.30pm

Thursdays 9:30 -11:30 and 12.30-2.30pm

Play sessions at Havelock run term time only



**Free & planned play
Arts and craft; Ball skills; Messy play; Dance
and movement
Stories and rhymes; Outdoor play**

***Please bring a piece of fruit or veg
to share at snack time***

Friday Stay & Play (Term time only)

at Greenfields Nursery School & Children's Centre
Recreation Rd, Southall UB2 5PF



**Bring your baby or toddler
(age 0 -4) to a small group play session**

**Inclusive, stimulating and fun activities
Planned and free play opportunities, shared stories,
rhymes and songs
An interactive group session**

**2 sessions every Friday morning during term time:
(1) 9:00 to 10:20am: children aged 0-4
(2) 10:30 to 12:00 : babies 0-18 months**

**Limited to 10 children and parents carers per session.
NO Bookings, first come basis.**



Baby Massage: Spring Term



- *Learn massage strokes for baby*
- *Develop your bond with baby through the communication of massage*
- *For parents and baby aged 0 to 12 months old*

**free
tuition**

Baby Massage courses with Kashia at Greenfields Nursery School and Children's Centre

Recreation Road, Southall UB2 5PF ph. 020 8813 8079

Every Wednesday for 5 weeks (term time only)

Wed 22nd Feb – 22nd Mar 2023

at 2pm - 3pm

Limited to 8 places only per course

***Secure your place at admin by leaving your name and contactable number
plus a payment of £2:50 for the cost of oil & course handouts.***



Babies Sensory Play session



Babies will use all their five senses in fun exploration into the world around them.

Encourages engaging play and exploration; safe tastes; hands on exploring and tactile investigation.

Helps develop babies' understanding and language.

All activities can be done at home with little to no effort or cost.

**Drop In session
for parents and babies
aged 0-18 months**

led by Raj

every Wednesday

10- 11am

(term time only)

Havelock Children's Centre

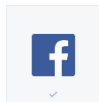
17 Trubshaw Rd, Southall UB2 4XW

Early Start Ealing

0-5 Know How for Ealing Families

New website for parents and carers
www.ealingfamiliesdirectory.org.uk

- ☐ Development Stages & Early Learning
- ☐ Breastfeeding & Healthy Eating
- ☐ Children's Centres & Childcare
- ☐ Safety in the Home & Out and About
- ☐ Immunisations and Childhood Illnesses
- ☐ Information on FREE Childcare



@EalingKnowHow



Family Information Service

Ealing's **Family Information Service** handles over 800 enquiries each month - so we are very experienced at understanding the needs of parents, carers, children and young people.

Call us to find out about:

- Ofsted registered childcare (nurseries, playgroups, childminders etc)
- Paying for childcare
- Children's centres
- Education
- Family support services
- Leisure activities
- Services for children with additional needs and disabilities
- Services for young people



020 8825 5588

children@ealing.gov.uk
www.childrenscentres.org.uk



Children & Families



HOW WE CAN HELP

If you live anywhere in the London Borough of Ealing and have a disabled child, or a child with a health condition or additional needs, please get in touch. We provide information on a wide range of issues affecting families with disabled children, as well as where to go locally for support.



INFORMATION & ADVICE

Our family worker and parent adviser can help you find information about your child's condition, benefit entitlements and we can tell you about other organisations that can help.



LOCAL INFORMATION

We produce quarterly newsletters and email bulletins with information about events, leisure opportunities, support groups and workshops for families with disabled children in Ealing.



FAMILY EVENTS & ACTIVITIES

We run day trips to various places during school holidays for the whole family. We have a year-round program of events.

"Keeping me updated with information about events in my area, support available, benefits advice – makes me feel I am supported by Contact."

"This workshop has been such a valuable experience, a great course and it's been really helpful to speak with parents in similar situations."



WORKSHOPS

We run workshops for parent carers on issues such as sleep, behaviour, coping and support. They also give parents the chance to come together for mutual support.



PARENT SUPPORT GROUPS

Groups provide an opportunity to meet other parents, share information and hear from relevant professionals. We run:

- a carers' support group, meeting every 4 weeks
- an autism and ADHD condition-specific group, meeting every 6-8 weeks.
- an Early Years support group (0-5 yrs), meeting every 4 weeks at Greenfields Children's Centre, Southall.



LINKING FAMILIES

We bring families together at our workshops and events. We also put families in touch with each other through support groups.

GETTING IN TOUCH

You can contact us directly or ask a professional to make a referral.

Contact Ealing

St George's Community Centre
8-12 Lancaster Road, Southall UB1 1NW

☎ 020 8571 6381

✉ ealing@contact.org.uk

"Lovely to see my son enjoying himself with people and an environment that is tailored to his needs. The circus skill and story telling were both excellent."



Greenfields Nursery School & Children's Centre: Spring Term Activities 2022

Recreation Rd, Southall, Middlesex UB2 5PF

Telephone: 020 8813 8079

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11.00am – 4pm NHS Development Checks Appointments only (AYR) HV: 0208 102 5888</p>	<p>9:00am – 2.00pm NHS Development Checks Appointments only (AYR)</p>	<p>Baby Massage 22nd Feb-22nd Mar 2pm-3pm Bookings only</p> <div style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p><u>Babies Story & Action</u> <u>Rhymes</u> 2:00-3:00pm <u>at Southall Library</u> Term time only</p> </div>	<p>9.00am – 5.00pm Peri Natal Mental Health Appointments only (AYR)</p>	<p>Greenfields Stay and Play Planned and Free Play</p> <p>9am– 10:20am Children 0 -4 and parents/carers Limited to 10 families (TTO)</p> <p>10:30am -12pm Babies 0-18 months & parents Limited to 10 families (TTO)</p>

Key :-

TTO – Term Time Only

AYR – All Year Round

Havelock Children's Centre: Spring Term Activities 2022

at the Havelock Community Centre, 17 Trubshaw Rd, Southall, UB2 4XW ph. 020 8571 1219

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30-11:15am Child Health Clinic Appointment Only (AYR) by phone. Please call 020 8102 5888 to arrange an appointment.</p> <p>9:45-11:30am Drop In Feeding Support Group</p> <div> <p><u>Keep Fit Keep Healthy</u></p> <p>9th Jan - 20th Mar 2023 12:30-2:00pm</p> </div>	<p>9:30-11:30am Stay and Play for children under 5 & parents Drop in</p> <p>12:30-2:30pm Stay and Play for children under 5 & parents Drop in</p>	<p>10:00-11:00am Baby Sensory Play for children under 18 months & parents</p> <div> <p><u>Babies Story & Action</u> <u>Rhymes</u> 2:00-3:00pm <u>at Southall Library</u> Term time only</p> </div>	<p>9:30-11:30am Stay and Play for children under 5 & parents Drop in</p> <p>12:30-2:30pm Stay and Play for children under 5 & parents Drop in</p>	<div> <p><u>Fun & Learn</u></p> <p>Children with speech & communication needs Referrals by health & education professionals</p> <p>9:30am – 10:30am 13th Jan – 10th Feb 2023 24th Feb – 24th Mar 2023</p> <p>Bookings only</p> </div> <div> <p><u>Talk & Play</u></p> <p>Speech & Language support for children under three and their parents</p> <p>11am– 12pm 13th Jan - 10th Feb 2023 24th Feb - 24th Mar 2023</p> <p>Bookings only</p> </div>

Twinkle Totz Day Nursery, 8am-6pm Mon to Fri, all year round, Tel: 0208 617 3839 or 07867 557383