



# FLORA GARDENS CHILDREN'S CENTRE

April to July 2016

[www.floragardens.lbhf.sch.uk](http://www.floragardens.lbhf.sch.uk) 020 8741 7892

**A Sure Start Children's Centre**

**h&f**  
hammersmith & fulham

# Monday

## Antenatal clinic

9am-5pm

Appointment Only



## Baby and toddler stay and play

9.30-11am

0 to 4 year olds

A stimulating environment for you and your child to play and learn together with other children. All year round.

## MEND Mums

1-2.30pm

0 to 2 year olds

• 18 April to 23 May

A free, healthy lifestyle post-natal programme for mothers with a baby 0-2 years. The programme runs for 1.5 hours over a course of 5 weeks and is delivered by a Dietitian and Physical Activity Specialist. Energy boosting workouts and great nutrition tips to help establish healthy habits for life.

By appointment only - booking is essential



## Enjoy your baby

1.30-3pm

0-18 months

• 6 June to 4 July

This short course can help mothers to make positive changes in their lives and start to enjoy new parenthood.

Participants will learn skills that help them tackle problems that affect day to day living.

By appointment only - booking is essential

## Family support

4-5.30pm

Call in to make an appointment.

# Tuesday

## Health visitor

9.30am-2.30pm

• First Tuesday of every month

Referral only

## Incredible Years (toddler) parenting programme

9.30-11.30am

2 to 4 year olds

• 12 April to 12 July

In the Parents and Toddlers Programme, parents learn how to:

- Help their toddlers feel loved and secure
- Encourage their toddler's language, social, and emotional development.
- Establish clear and predictable routines.
- Handle separations and reunions
- Use positive discipline to manage misbehaviour.

The 13 week course includes peer support, shared learning, discussions and problem solving practices.

Crèche booking essential

## ESOL

1-3pm

Entry Level 1 and 2

- 19 April to 7 July

Reading and understanding written information with repeated language on familiar topics. Read and obtain information of signs and symbols in public notices, forms, notes and records, emails, simple narratives letters and diagrams. This is an accredited course.

Crèche booking essential

## Baby Clinic - Park Medical Centre (Outreach)

1.30-3pm

- Every fortnight

Outreach to new mothers providing information and advice about our Centre services

## Family Support

4-5.30pm

Call in to make an appointment.

## Wednesday

### Healthier Homes Sessions

9am-12pm

- 8 June and 13 July

One to one support for families experiencing fuel debt, struggling to pay energy bills and living in unsuitable conditions (damp, cold, draughts etc.) Looking at practical ways of keeping safe, warm and energy efficient.

By appointment only - booking is essential



### Music House for children

9.30-10am

0 to 4 year olds

### Music House for children

10-10.30am

0 to 4 year olds

- 13 April to 20 July

A musical story telling session using many different instruments and puppets.  
(There is a £1 contribution for these sessions)



## Rising 3s:

9.30-11am

2½ year olds

- 13 April to 15 July

Getting ready for school. Give your child the experience of playing and interacting with other children in a school setting. Helps to prepare children for their transition into nursery /school. During one session in the week, parents will be required to stay with their child. This is strongly recommended for parent/carer in supporting their child's transition into formal education. Session will cover aspects of child development and EYFS transition processes

By appointment only - booking is essential

## Parent forum

1.30-2.30pm

- 27 April; 25 May; 29 June

(Last Wednesday of the Month). Be part of shaping our centre's future! An opportunity to come together, participate, contribute and discuss the needs of our local community and how best we can tailor our services.



## Baby massage

1.30-2.30pm

6 weeks to crawling

- 6 to 20 April; 4 to 18 May; 1 to 15 June  
6 to 20 July

These sessions are designed to promote your babies movement and flexibility. Babies benefit emotionally from positive touch and interaction with their parents. A group discussion will be included in these sessions, facilitated by an experienced Health Practitioner. Course is over a three week period.

Limited spaces - booking is essential

## Weaning group

1.30-2.30pm

4 months plus

- 27 April; 20 May; 22 June

Last Wednesday of the month. Support group for weaning babies on breast or formula milk to transition to solid food in a safe family environment.

Limited spaces - booking is essential

## Family support

4-5.30pm

Call in to make an appointment.



## Thursday

### Antenatal clinic

9am-12pm

Appointment only

### Strengthening Families - Strengthening Communities Parenting Support Programme

9.30-11.30am

- 21 April to 26 May

SFSC helps parents to think about how their actions and experiences may influence their parenting style. The course aims to increase the confidence of parents with children 0-18. Exploring and developing strategies to deal with factors that risk poor outcomes for children, such as harsh and/or inconsistent discipline.

### Talking together

10-11am

- 28 April to 2 June

Parents-child interactive group with activities that motivate children to develop their attention, listening and language skills. This group is ideal for children who are waiting for speech and language therapy or show signs of speech and language delay.

Groups are supported by Speech and Language Therapists and are suitable for 2 to 3 year olds

### Postnatal and breastfeeding drop-in support service

1-3pm

0 to 9 months

Your maternity experience matters to us and this is why we have combined two groups in one in providing skilled motivated midwives and maternity support workers who are passionate in supporting you through antenatal and postnatal experiences in ensuring you have the best possible pregnancy.

### ESOL

1-3pm

Entry Level 1 and 2

- 19 April to 7 July

Reading and understanding written information with repeated language on familiar topics. Read and obtain information of signs and symbols in public notices, forms, notes and records, emails, simple narratives letters and diagrams. This is an accredited course.

Crèche booking essential

### Baby Clinic - Richford Gate Medical Centre (Outreach)

1.30-3pm

- Every fortnight

Outreach to new mothers providing information and advice about our Centre services.

### Family support

4-5.30pm

Call in to make an appointment.





# Friday

## Rising 3s:

9.30-11am

2½ year olds

- 13 April to 15 July

Getting ready for school. Give your child the experience of playing and interacting with other children in a school setting. Helps prepare children for their transition into nursery/school.

By appointment only - booking is essential

## Baby and toddler creative play

11.30am-1pm

0 to 4 year olds

- All year round

A stimulating environment for you and your child to play and learn together with other parents and children.



## Sleep management group

1-3pm

3 months plus

8 April; 6 May; 3 June; 1 July

Supporting parents to establish bedtime routines.

How to solve sleep problems and how to get child sleeping through the night.

By appointment only - booking is essential

## Paediatric first aid session

1.30-3pm

22 April; 27 May; 24th June; 8 July

By appointment only - booking is essential

## Programme planning, preparation and administration

3-4pm

## Family support

4-5.30pm

Call in to make an appointment.

## WHAT'S NEW

### Healthy Start

Essential daily vitamins containing vitamin D are freely available for women and children from the centre.

### Is your child 2 or 3 yrs old?

You could be entitled to 15 hours funding for a nursery place. Drop in and speak to staff for further information.

**A speech and language therapist** will visit occasional 'stay and play sessions' to answer questions about your child's development and learning and share top tips for talking.

### Back On Track (NHS)

#### Counselling Referrals

Please ask staff for details.



**Have you a talent you would like to share with us?**

Do you sing, act or play a musical instrument?

If the answer is yes, please contact the centre (see details below).

Crèche support will be limited to nine spaces per session; there will be guaranteed spaces for the first five who book in advance. The ratio for the first five will be one baby and four children under the age of five; the other four spaces will depend on appropriate ratio cover in crèche services.

Please note. If an advance booking is made for crèche space and the space is not used that space will be given to another child.

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# FLORA GARDENS CHILDREN'S CENTRE



## PRE-REGISTRATION FORM

Please complete and return this form to the address below, or bring it along when you visit us.

Your full name.

Partner's full name.

Address.

Postcode.

Email.

Mobile.

Name and age of children.

Name.

Date of birth.

Please return to. Flora Gardens Children's Centre, Dalling Road, Hammersmith, W6 0UD

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