

South Southall Children's Centres Term

Autumn Term 2022

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



TABLE OF CONTENTS

- 1) Free childcare place for 2 year olds
- 2) Health and Development Checks
- 3) Child Health Clinic
- 4) Ealing children's speech and language therapy advice line
- 5) Family Links
- 6) Speech and language therapy support
- 7) Job Search - EASE8
- 8) Free Legal Advice
- 9) Free Nursery School Places
- 10) Fun & Learn Social Communication Support
- 11) Talk & Play group speech and language support
- 12) Pregnant Mums & Expectant Dads / Infant feeding support and advice
- 13) Breastfeeding Peer Support in South Southall
- 14) Baby story and Action Rhymes at Southall Library
- 15) Stay & Play sessions at Havelock CC
- 16) Friday Stay & Play at Greenfields Nursery School
- 17) Baby Massage at Havelock
- 18) Baby Sensory
- 19) Family Information Service and 0-5 Know How
- 20) Contact Ealing
- 21) Greenfields Nursery School Timetable
- 22) Havelock Children Centre Timetable

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

Child Health Clinic

at Havelock Children's Centre



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



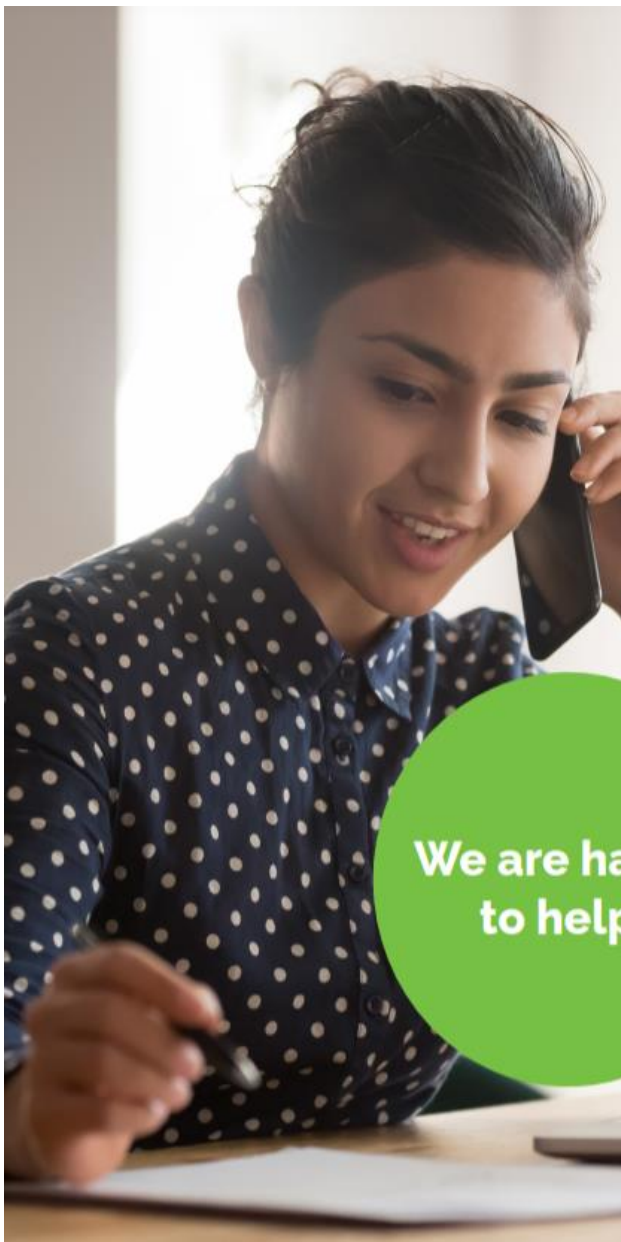
Mondays
9:30 - 11:15am
Appointment Only

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



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

**We are happy
to help!**

Family Links: Autumn 2022

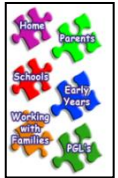
Havelock Children's Centre

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

Monday 10th Oct – 12th Dec 2022

12:45pm – 2.45pm

(term time only, - NO session on 24th Oct 2022)



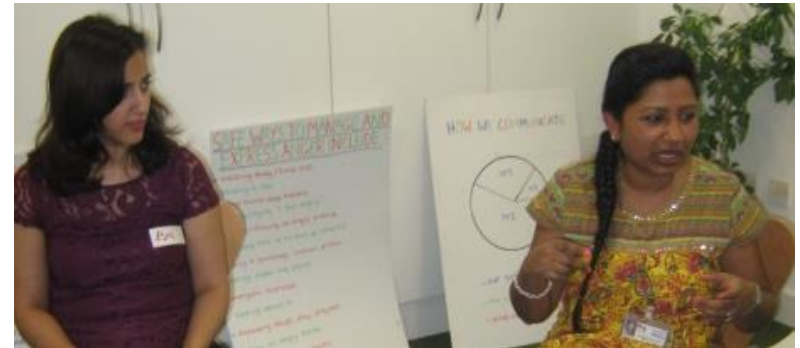
10 week Nurturing Programme for parents

Use effective tools to help adults and children to:

- understand and manage feelings and behaviour
- improve relationships
- improve emotional health and well-being
- develop self-confidence and self-esteem

Tips on how to build on pre-existing parenting skills to be a more effective parent through

positive encouragement. Discussion, role play & brainstorming activities in an interactive parenting programme.



Limited to 14 places (NO creche provision)

Facilitators, Raj and Malgorzata; between them they also speak languages Punjabi, Polish, Hindi, Urdu and Gujarati

This is a targeted families parenting course. Referral by professionals to admin@greenfieldschildren.com

Or contact Ealing Parenting Services for referral forms and other parenting courses in Ealing parentingserviceadmin@ealing.gov.uk

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'





JOB

EASE
www.empowering-action.org.uk

SEARCH

**Do you need help or support to write your CV?
Do you need guidance and support to look for a job or
training opportunities?
Call EASE to book an appointment Tel: 0208 575 6139**

WE PROVIDE THE FOLLOWING SERVICES ONCE A MONTH:

- CV SUPPORT AND ADVICE
- STRUCTURED JOB SEARCH
- TRAINING OPPORTUNITIES & PERSONAL DEVELOPMENT



Dates of upcoming sessions

**21ST JUNE
19TH JULY
16TH AUG
20TH SEP
18TH OCT
15TH NOV
13TH DEC**

**STARTS
TUESDAY
24TH MAY 2022
10:00AM - 1:00PM**

For more information
call EASE Tel: 0208 575 6139
Hanwell Community Centre
Westcott Crescent
W7 1PD
Charity No:1098965
www.empowering-action.org.uk



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

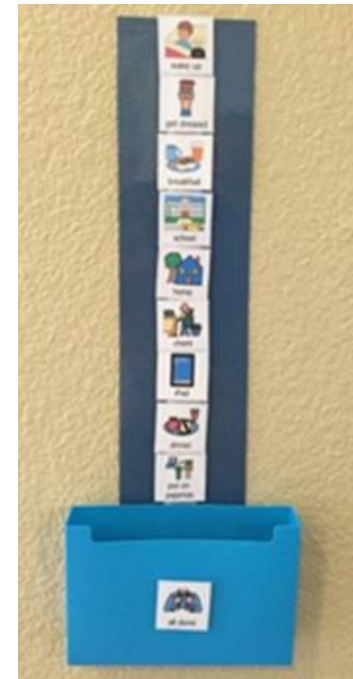


A planned play session for parents/carers and their children aged Under 5 who have social and communication needs
– especially for children with attention and social interaction difficulties (ie. difficulties with: eye contact, playing with peers, understanding what is happening around them, focusing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



Autumn Term 2022 – Courses
Once a week on a Friday 9.30-10.30am

Autumn 1 – 16th Sept – 14th Oct 2022
Autumn 2 – 4th Nov– 2nd Dec 2022



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

Autumn Term 2022 – Courses
Once a week on a Friday 11-12pm

Autumn 1 – 16th Sept – 21st Oct 2022
Autumn 2 – 4th Nov – 2nd Dec 2022

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



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

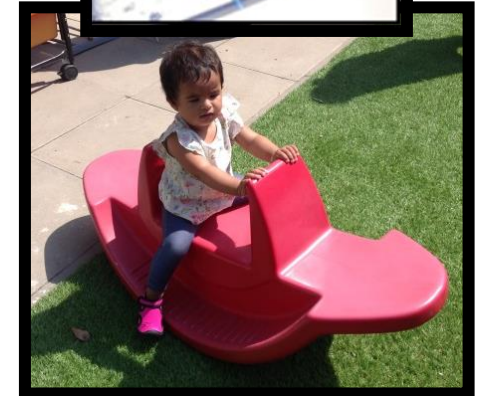


**Bring your baby or toddler
(age 0 -4) to a small group play session**

**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: Autumn 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 Satnam ***at Havelock Children's Centre***

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

Every Wednesday for 5 weeks (term time only)

Wed 2nd Nov – 30th Nov 2022
at 10am -11am

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

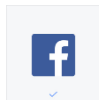
17 Trubshaw Rd, Southall UB2 4XW

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: Autumn 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>	<div> <p>Babies Story & Action Rhymes 2:00-3:00pm at Southall Library 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: Autumn 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> <div> <p><u>Family Links</u></p> <p>10th Oct-12 Dec 2022 12.45pm-2.45pm</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>10-11am Baby Sensory Play for children under 18 months & parents</p> <div> <p><u>Baby Massage</u></p> <p>2nd Nov-30th Nov 2022 10am-11am</p> <p>Bookings only</p> </div> <div> <p><u>Babies Story & Action Rhymes</u></p> <p>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 16 Sept– 14th Oct 2022 4th Nov – 2nd Dec 2022</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 16th Sept– 14th Oct 2022 4th Nov - 2nd Dec 2022</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

Havelock Children's Centre will be closed Monday 24th October to Friday 28th October and Monday 19th December to Monday 2nd January 2023