

	Starlings Children's Centre	Winnersh Children's Centre	Ambleside Children's Centre
<p>Monday</p>	<p>Professional Home Carers 9.00—11.30 1st & 3rd Monday of the month</p> <p>Munchkins Young Parents Group & Time for Two's 11.30—2.30 A group for parents under the age of 25, speak to a family worker for details</p> <p>Triple P 1-10's Parenting Course Starlings Children's Centre 12.45-2.45 (Invitation only) 12th November—10th December</p>	<p>Bumps and Babies 9.30 —11.30</p> <p>'Lets Talk' For families with two year olds. Invitation Only 5th November—26th November</p>	<p>Development Reviews 8.30—11.30 (Invitation only)</p> <p>Transform Housing Drop-In 9.30-11.00</p> <p>Bumps and Babies 10.30—12.00</p> <p>Post Natal Reviews 12.45-3.00 (Invitation only)</p> <p>Postnatal Workshops 1.00-2.30 (bookings only) 29th Oct, 5th Nov, 12th Nov, 19th Nov</p>
<p>Tuesday</p>	<p>Bumps and Babies 9.30—11.30</p> <p>Development Reviews & Time for Two's 10.45-1.45 (Invitation only)</p> <p>Child Health Clinic & Breast Feeding Support 2.00-3.00 2nd Tuesday of the month Wargrave Surgery Victoria Road, RG10 8BP</p> <p>UPDATE Speech and Language drop in 9th October 1.00-2.30</p> <p>Family Matters 1.00—2.30 (Invitation only)</p>	<p>Child Health Clinic & Breast Feeding Support 10.30-11.45 3rd Tuesday of the month</p> <p>Development Reviews 1.30-2.30 (Invitation only)</p> <p>Salvation Army—Parent & Toddler Play Time 1.30—3.00 Chalfont Close, RG6 5HZ (Entrance charges apply)</p>	<p>Speech & Language Drop in 9.15—11.00</p> <p>'Ready for nursery, ready for school, ready for life' with Play and Learn 9.45 -11.30</p> <p>'Let's Connect' Group 1.00-2.30 (Invitation only) See reverse for details</p> <p>Incredible Years 1-5's Parenting Course Tuesday 18th September – 11th December 2018 9.30am-11.30am (Invitation only)</p>
<p>Wednesday</p>	<p>Child Health Clinic & Breast Feeding Support 9.00-10.45 1st & 3rd Wednesday of the month</p> <p>Post Natal Weaning 1.00—2.30 1st Wednesday of the month — Telephone to book</p>	<p>'Ready for nursery, ready for school, ready for life' with Messy Play including Time for two's 9.30 —11.30</p>	<p>Twins and Multiple Births Parent Led Play & Learn 9.30—11.00</p> <p>Talk and Touch Baby Massage 1.30-3.30 (Invitation only)</p>
<p>Thursday</p>	<p>'Ready for nursery, ready for school, ready for life' with Messy Play 9.30-11.30</p> <p>Would you like to volunteer in one of our Children's Centres? Call Lucia on 07879608819</p>	<p>Christmas Opening Times Winnersh Children's Centre will be closed from Monday 24th December to Tuesday 1st January inclusive. Open as normal Wednesday 2nd January 2019</p>	<p>Child Health Clinic 9.00—11.45 2nd & 4th Thursday only Breast Feeding Support BfN 9.30—11.00 Post Natal Weaning 1.00-2.30 1st Thursday of the month book via Children's Centre Reception</p> <p>Post Natal Reviews 12.45-4.00 (Invitation only)</p> <p>Development Reviews 12.45—4.00 (Invitation only)</p>
<p>Friday</p>	<p>Parent Led Messy Play 9.30 —11.30</p> <p>Development Reviews & Time for Two's 9.00—12.15 (Invitation only)</p> <p>Post Natal Reviews 1.15-3.45 (Invitation only)</p> <p>Christmas Opening Times Starlings Children's Centre will be closed from Monday 24th December to Tuesday 1st January, inclusive. Open as normal Wednesday 2nd January 2019</p>	<p>Play and Learn and new parents drop in 9.30—11.30</p> <p>UPDATE Child Health Clinic & Breast Feeding Support 9.30—12.15 1st & 3rd Friday only Loddon Valley Leisure Centre Rushey Way, RG6 4GD From 2nd November this clinic will move to Radstock Community Hall, Radstock Lane, RG6 5UZ</p> <p>'Ready for nursery, ready for school, ready for life' with Messy Play Loddon Primary School 9.30-11.30 Silverdale Road, RG6 7LR (Term time only)</p> <p>Salvation Army Toddler Time 10.00-11.30 Chalfont Close RG6 5HZ (entrance charges apply)</p>	<p>Adult Learning 9.30-11.30 Please contact the Centre for more details (Term time only)</p> <p>Family worker Support Group 1.00-2.30 (Invitation only and term time only)</p> <p>Christmas Opening Times Monday 24th Dec — open Tuesday 25th & Wednesday 26th Dec — closed Thursday 27th Dec — Monday 31st Dec— open Tuesday 1st January— closed Wednesday 2nd Jan—open as normal</p>
<p>Saturday</p>	<p>It's Saturday, Lets have Fun! 9.30—11.00 1st Saturday of the month A Dads'/Working Parents' group offering a relaxed environment where you can spend time playing and learning with your child</p>	<p>Please Note: All Wokingham Children's Centre sessions are for Wokingham Borough residents only. We are unable to offer sessions to out of borough residents</p>	<p>We request that all parents and carers attending the centres park considerately and not block driveways or cause any obstruction to residents. Please ensure you are not parking in residential allocated parking spaces</p>

Ambleside Hub of Children's Centres

Our Family Workers provide support to local families in the community or in the home. Our Family Workers can help with ...

- Debt Management
- Access to food Banks
- Housing
- Childcare
- Volunteering
- Postnatal Depression & other mental health issues
- Two Year Funding
- Completing Forms
- Parenting
- Referrals to other professionals
- Jobs/Career/Training
- Attending appointments
- Returning to Work
- Counselling
- Breast Feeding

To speak to a Family Worker, drop-in to a centre, telephone or email. We are here to help!
Children's Centre Sessions are free of charge unless otherwise stated

Starlings Children's Centre
Colleton Drive
Twyford
RG10 0AX
Telephone: 0118 908 8185
Email: thestarlingschildrenscentre@wokingham.gov.uk

Winnersh Children's Centre
Rainbow Park
Winnersh
RG41 5SG
Telephone: 0118 908 8192
Email: winnershchildrenscentre@wokingham.gov.uk

The Ambleside Children's Centre
Ambleside Close
Woodley
RG5 4JJ
Telephone: 0118 908 8152
Email: office@ambleside.wokingham.sch.uk

When visiting the centre, please use the Pay & Display car park off Headley Road (Sat Nav RG5 4JA)

 Find us on Facebook! www.facebook.com/wokinghamchildrenscentres

Visit our webpage
www.wokingham.gov.uk/children-and-families/childrens-centres/
and follow the links to complete your free online membership form today!

Ambleside Hub Children's Centre Manager—Rupa Joshi 07798 617 564

Play Session for 0-5's

Celebrate Diversity: A friendly group to celebrate the diversity within our community. We provide a range of resources for cultural identity that include play materials, visual images, dual language books and lots more.

Play and Learn & Messy Play: friendly drop-in sessions for parents or carers with their children under five. Play, learn and grow together in this informal atmosphere. Activities could include messy play, themed sessions around a topical event or arts and crafts. Free of charge.

Its Saturday, Lets have fun!: a friendly group for dads and working parents. 1st Saturday of the month.

Munchkins Young Parents @ Twyford Youth Centre: a friendly group for young parents up to 25 years of age. Loddon Hall Road, RG10 9JA

Twins and Multiple Births Play and Learn Sessions: a session for parents with twins or multiples under the age of 5 to get together, play, network and support each other.

Bumps and Babies: Friendly drop-in for pre-walkers and mums to be.

Pop-up Sessions

Pop-up Groups & Time for Two's: We offer a range of pop-up groups including ESOL, Family Learning, access to Two Year Funding grant support, Baby Massage, First Aid and Employment and Careers Advice and other Adult Learning Courses. By appointment only, please contact the centre for details.

Parenting Programmes: A range of parenting programmes are available to support children and families in Wokingham.

Parenting Support: Informal opportunity to meet a Family Worker to talk about the joys and challenges of parenting. Please telephone for an appointment.

Paediatric First Aid: perfect for new parents and carers. Sessions run regularly, please contact your local centres. Charges apply.

Baby Massage: Benefits for both baby and parents are numerous with bonding, communication, health and getting a good night's sleep. Invitation only.

Let's Talk: Fun interactive information and play sessions for parents and children packed with ideas to support early speech and language development. 5 x 45 minutes sessions. Attendance via referral only.

Your Centre

Volunteering: We need volunteers to support our Centre's work. Please speak to your local Centre for more information on how you can start volunteering today.

Parents Forum: We would like to hear from you about what we do well and what we could do better. Help us to shape the future services of your Children's Centre

Outreach Sessions: There may be charges payable for some sessions/activities, particularly those arranged by our Partners.

Adult Learning

We offer many Adult Learning Courses including 'An introduction to becoming a Teaching Assistant', 'Microsoft Excel for Work', Maths and English. If you would like to find out more then please contact Archana at the Ambleside Centre

Health Sessions, Midwives & Health Visitors

There are changes to the session times and frequency of clinics. Please check carefully

Child Health Clinics @ Ambleside Thursday, 9.00-11.45.
2nd & 4th Thursday of the month

Development Reviews @ Ambleside Monday & Thursday by appointment only

Weaning Workshops @ Ambleside Thursday 1.00-2.30
1st Thursday of the month. Bookings required.

Child Health Clinics @ Winnersh Tuesday 10.30-11.45
3rd Tuesday of the month

Child Health Clinics @ Loddon Friday 9.30-12.15
1st & 3rd Friday of the month

Child Health Clinics @ Starlings Wednesday 9.00-10.45
1st & 3rd Wednesday of the month

Development Reviews @ Starlings Tuesday & Friday, by appointment only

Weaning Workshops @ Starlings Wednesday 12.30-1.30
1st Wednesday of the month. Bookings required.

Family Matters @ Starlings in partnership with CMHT. Invitation only.

Health Reviews: These are carried out by the health visiting service by invitation only and are offered at 6-8 weeks, 9-12 months and 2 years. These contacts focus on child development, maternal wellbeing, health information, advice and responding to any concerns.

Child Health Clinic: A drop-in service to access support and advice on you your child's health, growth and development. (formerly Well Baby Clinic)

Health Visitors Advice Line:

Telephone: 0300 365 7000
Email: DutyHVWokingham@berkshire.nhs.uk

Speech and Language Therapy Assessment Drop-in

Speech and Language Assessment Drop-in: An informal session for any parents or carers who may have concerns about their child's speech and/or language development. A therapist who can give advice and support and decide whether a referral to the Speech and Language service is appropriate. No bookings are necessary. Free of charge.

Please note: Children are seen on a first come first served basis. Sessions can be very busy, please arrive promptly to avoid disappointment. The sessions have changed, please telephone your nearest centre to confirm the timings.

Lets Connect: For families needing speech and language support for children with delayed speech and social communication skills

The Ambleside Children's Centre
Ambleside Close, Woodley,
RG5 4JJ
Every Tuesday morning
9.15 to 11am

Brambles Children's Centre
Budes Gardens, Wokingham,
RG40 1PX
Every Tuesday morning
9.00 to 11am

The Red Kite Children's Centre
Chestnut Cres, Shinfield,
RG2 9EJ
13th November 2018
1.00-2.30pm

Finchampstead Children's Centre
(Finchampstead Baptist Church)
Gorse Ride North, Wokingham,
RG40 4ES
11th December 2018
1.00-2.30pm