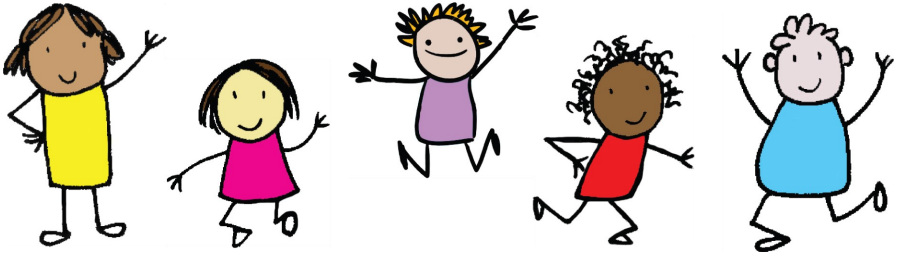


Wokingham Health & Children's Centres Timetable

April to September 2019 Timetable



You must be a Wokingham Borough Resident to attend all sessions



You must be registered with Wokingham Children's Centres



Wokingham Children's Centres operate a no mobile phones

Wokingham Children's Centres Opening Times

Monday to Thursday 8.30am-4.30pm

Friday 8.30am-4.00pm

Closed Bank Holidays










Find us on Facebook!

www.facebook.com/wokinghamchildrenscentres

Visit our webpage

www.wokingham.gov.uk/children-and-families/childrens-centres

| What do our sessions mean? | |
|---|---|
| Play & Learn / Messy Play for children under 5 years of age | Drop-in sessions for parents or carers with their children under 5 years of age, learn and grow together in an informal and friendly atmosphere. Activities could include messy play, themed sessions around a topical event or arts and crafts. |
| Baby Play for pre-walkers | Drop-in sessions for parents and carers with pre-walkers to meet and play in a safe and friendly environment. Includes sensory play. Please note: Baby Sensory Play at Red Kite is for pre-crawlers only |
| Wiggly Worms for ASD children under 5 years of age | A play session for parents with their children, who have been diagnosed as being on the autistic spectrum or have been referred to the paediatrician for a diagnosis. A non-judgemental, safe environment for you and your child to play. Advice and support from a Family Worker and other carers with similar experiences to you. |
| Professional Home Carers | A drop-in session for professional carers. |
| Child Health Clinic | A drop-in service to access support and advice on your child's health, growth and development. (formerly known as Well Baby Clinic) |
| Health Reviews Invite only | Health Reviews are carried out by the health visiting service by invitation only and are offered at 6-8 weeks, 9-12 month and 2 years. These reviews focus on child development, maternal wellbeing, health information, advice and responding to any concerns. Health Reviews take place across all 6 children's centres. |
| Midwife Appointments Invite only | Invitation only. Appointments can be made via your GP surgery, they cannot be booked at the children's centres. |
| BIBS | BIBS group provides an opportunity for parents of babies who have spent time in neonatal care to share experiences and support each other, within a safe and stimulating environment. |
| Talk & Touch Baby Massage Invite only | Invitation only, talk to your Health Visitor to find out more. |
| Parenting Programmes | A range of parenting programmes are available to support children and families in Wokingham. Contact your local centre for information. |

| Key | | | | | |
|---|---|---|-----------------------------|---|---------------------------------|
|  | Amleside Children's Centre |  | Red Kite Children's Centre |  | Finchampstead Children's Centre |
|  | Brambles Children's Centre |  | Starlings Children's Centre |  | Winnersh Children's Centre |
|  | Outreach sessions, please check the address ! | | | | |

Would you like to see more Play & Learn sessions in our Children's Centres?

We're looking for parents and carers to lead play & learn sessions in our centres. If you are interested in finding out more about setting up a play session, please contact your local centre

Monday

| Time | Activity | Location |
|---|---|---------------------------------|
| 9.00am - 10.30am | Play & Learn | Finchampstead Children's Centre |
| 9.30am - 11.30am 2nd Monday of the month | Child Health Clinic | Brambles Children's Centre |
| 9.30am - 11.00am weekly | Breastfeeding Support Drop-in | Brambles Children's Centre |
| 9.30am - 11.30am | Baby Play | Winnersh Children's Centre |
| 10.00am - 11.30am | Baby Play | Ambleside Children's Centre |
| 9.30am - 11.00am | Transform Housing Drop-in | Ambleside Children's Centre |
| 1.00pm - 2.30pm 2nd Monday of the month | Introducing Solid Foods, booking necessary, contact the centre | Brambles Children's Centre |
| 1.30pm - 3.00pm | Baby Sensory Play - this session is for pre-crawlers only | Red Kite Children's Centre |
| Updated 1.30pm - 3.00pm 1st & 3rd Monday of the month | Professional Home Carers | Finchampstead Children's Centre |

Free Postnatal Courses - booking necessary

- A free 4 week postnatal course suitable for parents with babies aged 8 to 20 weeks
- An opportunity to meet other parents and make new friends
 - To get the most out of this course you will need to attend all 4 sessions

Sessions run across the borough and throughout the year, contact your local centre for available dates and to book your place.

Please note: no crèche is available at these sessions

Tuesday

| Time | Activity | Location | |
|---|---|---|---|
| 9.00am - 10.30am | Professional Home Carers Group | Red Kite Children's Centre | |
| 9.15am - 11.00am weekly no session on 30 July | Speech & Language Drop-in | Brambles Children's Centre | |
| 9.15am - 11.00am weekly no session on 27 August | Speech & Language Drop-in | Ambleside Children's Centre | |
| 9.15am - 10.30am | Messy Play | Woosehill Community Hall, Emmview Close RG41 3DA | ★ |
| 9.30am - 11.30am | Play & Learn | Ambleside Children's Centre | |
| 9.30am - 11.30am | Baby Play | Starlings Children's Centre | |
| 9.30am - 11.00am 3rd Tuesday of the month | Child Health Clinic | Winnersh Children's Centre | |
| 9.30am - 11.30am term time only | Messy Play | Loddon Primary School, Silverdale Road RG6 7LR | ★ |
| Updated 9.30am - 11.00am 1st Tuesday of the month | Child Health Clinic | Arborfield Community Centre, Princess Marina Drive RG2 9NN | ★ |
| 1.00-2.30pm 9th April & 9th July | Speech & Language Drop in | Starlings Children's Centre | |
| 1.00pm - 2.30pm 14th May | Speech & Language Drop-in | Red Kite Children's Centre | |
| 1.00pm - 2.30pm 11th June | Speech & Language Drop-in | Finchampstead Children's Centre | |
| 1.30pm - 3.00pm | Baby Play | Brambles Children's Centre | |
| 1.30pm - 3.00pm | Parent & Toddler Play Time entrance charges apply | Salvation Army, Chalfont Close, RG6 5HZ | ★ |
| 2.00pm - 3.00pm 2nd Tuesday of the month | Child Health Clinic & Breastfeeding Support | Wargrave Surgery, Victoria Road, RG10 8BP | ★ |
| 2.00pm - 3.30pm 2nd Tuesday of the month | Introducing Solid Foods, booking necessary, contact the centre | Red Kite Children's Centre | |
| 5.00pm - 6.15pm 4th Tuesday of the month | Child Health Clinic | Wokingham Hospital RG41 2RE | ★ |

Speech & Language Drop-in

A session for parents or carers who may have concerns about their child's speech and/or language development.

Please note: The therapist will only see a limited number of children per session. Children are seen on a first come, first served basis. Sessions can be very busy, please arrive promptly to avoid disappointment.

Wednesday

| Time | Activity | Location |
|--|--|--|
| 9.30am - 11.00am 3rd Wednesday of the month | Child Health Clinic - includes breastfeeding support | Starlings Children's Centre |
| 9.30am - 11.30am | Messy Play | Winnersh Children's Centre |
| 9.30am - 11.00am | Twins & Multiple Births, Parent Led Play & Learn | Ambleside Children's Centre |
| 9.30am - 11.00am | Play & Learn | Arborfield Community Centre, Princess Marina Drive RG2 9NN ★ |
| 12.30pm - 1.30pm | Baby Song Group | Salvation Army, Chalfont Close, RG6 5HZ ★ |
| 1.00pm - 2.30pm 2nd Wednesday of the month | Child Health Clinic | Red Kite Children's Centre |
| 1.00pm - 2.30pm 1st Wednesday of the month | Introducing Solid Foods booking necessary, contact the centre | Starlings Children's Centre |
| 1.30pm - 3.00pm | Play & Learn | Brambles Children's Centre |

Ready for School, Ready for Life Programme



A fun 6 week programme to support your child starting nursery/school. Aiming to give children the vital skills they need to start their learning journey and support parents knowledge, understanding and skills to support learning and development.

To find out more, contact your local centre.

First Aid sessions run in our centres throughout the year, please contact your local centre to find out when the next session will be running



Thursday

| Time | Activity | Location |
|--|---|---------------------------------|
| 9.00am - 10.30am | Play & Learn | Red Kite Children's Centre |
| 9.30am - 11.30am 4th Thursday of the month | Child Health Clinic | Ambleside Children's Centre |
| 9.30am - 11.00am weekly | Breastfeeding Support please contact the centre before attending | Ambleside Children's Centre |
| 9.30am - 11.30am no session on 11th April | Messy Play | Starlings Children's Centre |
| 11.15am - 12.15pm | Baby Massage, charges apply, to book call Claire on 07403 954 004 or email claire.neal@babiesinbloom.co.uk | Finchampstead Children's Centre |
| 1.00pm - 2.30pm 1st Thursday of the month | Child Health Clinic | Finchampstead Children's Centre |
| 1.00pm - 2.30pm 1st & 3rd Thursday of the month | Breastfeeding Support Drop-in | Finchampstead Children's Centre |
| 1.00pm - 2.30pm 1st Thursday of the month | Introducing Solid Foods booking necessary, contact the centre | Ambleside Children's Centre |
| 2.00pm - 3.30pm 4th Thursday of the month | Introducing Solid Foods booking necessary, contact the centre | Finchampstead Children's Centre |

Friday

| Time | Activity | Location |
|--|--|---|
| 9.30am - 11.00am no session on 5th April | Baby Play | Finchampstead Children's Centre |
| 9.30am - 11.30am | Messy Play Parent Led | Starlings Children's Centre |
| 9.30am - 11.00am no session on 5th April | Play & Learn | Acorn Community Centre, Fearlea Drive, Woosehill RG41 3DR ★ |
| 9.30am - 11.30am 1st Friday of the month only | Child Health Clinic | Radstock Community Centre, Radstock Lane RG6 5UL ★ |
| 10.00am - 11.30am | Toddler Time entrance charges apply | Salvation Army, Chalfont Close RG6 5HZ ★ |

Saturday

| Time | Activity | Location |
|---|---|---------------------------------|
| 9.30am - 11.00am 1st Saturday of the month no session in August | It's Saturday, Let's Have Fun! | Starlings Children's Centre |
| 10.00am - 11.00am 13 April, 11 May, 8 June, 13 July, 14 September | Baby Massage for Dads £10 per session, to book call Claire on 07403 954 004 or email claire.neal@babiesinbloom.co.uk | Finchampstead Children's Centre |

Invitation only & Partner Led sessions - Monday to Saturday

Monday

Munchkins Young Parents Group @ Twyford Youth Centre, Loddon Hall Rd, RG0 9JA
★ Monday 11.30am - 2.30pm, term time only. A group for parents under the age of 25. Sessions also run at Ambleside Children's Centre on Thursdays, listed below.

Relate @ Finchampstead Counselling sessions run on Monday & Wednesday evening, contact Relate directly for more information 0118 987 6161. Charges apply.

Tuesday

Family Matters @ Starlings Invitation only, Tuesday 1.00pm - 2.30pm, term time only

Wiggly Worms ASD group @ Ambleside Tuesday 1.00pm - 2.30pm, term time only

Play Buds @ Finchampstead Invitation only Tuesday 1.00pm - 2.30pm. A group for families with children age 2 to 18 months with complex health and development needs. 4 June, 2 July, 6 Aug, 3 Sept

VIP Family Group @ Red Kite A session for parents/carers and their children (aged 0-18) who are on the pathway or diagnosed with Autism. Advice and informal support from the ASSIST team and other families with similar experiences. For information call the ASSIST team on 01189 088 053 or the Red Kite on 0118 908 8181. Sessions run on **23 April, 21 May, 18 June and 16 July** no August session, Sept TBC

Wednesday

Homestart Family Group @ Brambles Wednesday 9.30am - 11.30am, Starts 1st May, contact Homestart for more details on 0118 988 8025

Foster Carers Support Group @ Finchampstead 3rd Wednesday of the month, 9.30am-12.30pm

Thursday

Wiggly Worms ASD group @ Brambles Thursday 9.30am - 11.30am

Munchkins Young Parents Group @ Ambleside Thursday 9.30am - 11.30am, term time only. A group for parents under the age of 25. Sessions also run at Twyford Youth Centre on Mondays, listed above.

Play Buds @ Red Kite Invitation only, Thursday 11.00am - 12.30pm. A group for families with children age 2 to 18 months with complex health and development needs. 20 June, 18 July, 15 Aug & 19 Sept

Let's Talk @ Ambleside Thursday 12.45pm - 1.15pm, invitation only. Speech & language support, contact the centre for more information

Baby Massage @ Finchampstead run by Babies in Bloom on Thursday 11.15am -12.15pm. Suitable for babies from 4 weeks to 9 months. Charges apply, booking necessary. Contact Claire Neal on 07403 954 004 or email claire.neal@babiesinbloom.co.uk

Friday

Family Worker Support Group @ Ambleside Friday 1.00pm - 2.30pm, invitation only, term time only. Contact the centre for more information.

BIBS @ Red Kite Friday 1.00pm - 3.00pm, prem and specialist baby group. **5 & 26 April, 3 & 17 May, 7 & 28 June, 16 August** September dates to be confirmed

Saturday

Preparing for Birth @ Brambles 9.00am - 3.00pm on the 2nd Saturday of the month. Invitation only via midwife.

Baby Massage for Dads @ Finchampstead 10.00am - 11.00am, 2nd Saturday of the month, check timetable for dates, no August session. Suitable for babies from 4 weeks to 9 months. Charges apply, booking necessary. Contact Claire Neal on 07403 954 004 or email claire.neal@babiesinbloom.co.uk

Ashridge Nursery Lunch Club @ Brambles closed group, runs every week day.

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

Summer Closure
Ambleside will be closed from
Monday 26 to Friday 30 August
for all Children's Centre Sessions

Winnersh Children's Centre

Rainbow Park
Winnersh
RG41 5SG

Telephone: 0118 908 8192

Email: winnerschildrenscentre@wokingham.gov.uk

Limited Parking on site -
please be considerate if parking
in the local residential area

Summer Closure
Winnersh will be closed from
Monday 12 to Friday 16 August
for all Children's Centre Sessions

Starlings Children's Centre

Colleton Drive
Twyford
RG10 0AX

Telephone: 0118 908 8185

Email: thestarlingschildrenscentre@wokingham.gov.uk

No Parking on site -
please be considerate if parking
in the local residential area

Summer Closure
Starlings will be closed from
Monday 5 to Friday 9 August for
all Children's Centre Sessions

Brambles Children's Centre

Budges Gardens
Wokingham
RG40 1PX

Telephone: 0118 908 8010

Email: brambleschildrenscentre@wokingham.gov.uk

No Parking on site -
please be considerate if parking
in the local residential area

Summer Closure
Brambles will be closed from
Monday 29 July to Friday 2
August for all Children's
Centre Sessions

Finchampstead Children's Centre

FBC Centre
Gorse Ride North
Finchampstead
RG40 4ES

Telephone: 0118 908 8166

Email: finchampsteadchildrenscentre@wokingham.gov.uk

Free parking available -
please be considerate if parking
in the local residential area

Summer Closure
Finchampstead will be closed
from Monday 19 to Friday 23
August for all Children's
Centre Sessions

The Red Kite Children's Centre

Chestnut Crescent
Shinfield
RG2 9EJ

Telephone: 0118 908 8181

Email: theredkitechildrenscentre@wokingham.gov.uk

No Parking on site -
please be considerate if parking
in the local residential area

Summer Closure
Red Kite will be closed from
Monday 26 to Friday 30 August
for all Children's Centre Sessions

Health Visitors Advice Line

Telephone: 0300 365 7000

Email: DutyHVWokingham@berkshire.nhs.uk

Monday to Friday 9.00am—1.00pm

★ Stars indicate outreach sessions, please check the address !