




Carshalton Spring Programme

Thursday 4th January 2024 - Thursday 28th March 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tweeddale Children's Centre Tweeddale Road, Carshalton, SM5 1SW Tel: 020 8770 5801 Email: tweeddalecc@sutton.gov.uk</p> <p>The Grange Beddington Park, London Road, Wallington, SM6 7BT</p> <p>The Circle Library 424 Green Wrythe Lane, Carshalton, SM5 1JJ</p> <p>Westcroft Library Library at the Westcroft Centre Westcroft Rd, Carshalton SM5 2TG</p>	<p><u>The Grange</u> Stay & Play 10:00am - 11:30am 0-5 years Booking on Eventbrite</p> <p><u>Tweeddale Children's Centre</u> Communicators 10:00am - 11:00am 2-5 years Call centre for online booking link</p> <p><u>Tweeddale Children's Centre</u> Baby & Me 2:00pm - 3:30pm 0-4 months Call centre to book</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Please remember to book the Children's Centre sessions using this QR code</p>  </div>	<p><u>Tweeddale Children's Centre</u> Bumps & Babies 10:00am - 11:30am Bumps to pre-walkers Booking on Eventbrite</p> <p><u>Westcroft Library</u> Story, Music & Rhyme 10:00am - 10:30am 2-5 years Booking on Eventbrite</p> <p><u>Tweeddale Children's Centre</u> Baby Massage 2:00pm - 3:30pm Birth to 16 weeks Call centre for online booking link</p>	<p><u>The Circle Library</u> Story, Music & Rhyme 10:00am - 10:30am 0-2 years Booking on Eventbrite</p> <p><u>Tweeddale Children's Centre</u> Circle of Security Parenting Programme 9:45am - 11:30am Booking is required</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>You can arrange to meet an Independent Domestic Abuse Advisor (IDVA) at a convenient time in any of our Children's Centres. Call 020 8092 7569 to book an appointment.</p> </div>	<p><u>Tweeddale Children's Centre</u> Mini Explorers 9:30am - 11:00am New walkers to 24 months Booking on Eventbrite</p> <p><u>Tweeddale Children's Centre</u> Stay & Play 1:30pm - 3:00pm 0-5 years Booking on Eventbrite</p>	<p><u>The Grange</u> Learning Through Play 9:30am - 11:00am 2-5 years 5 week course Booking on Eventbrite</p> <p><u>Tweeddale Children's Centre</u> Bumps and Babies 2:00pm - 3:30pm Bumps to pre-walkers Booking on Eventbrite</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Family Support Monday to Friday 9:00am-5:00pm Family support (home visiting and 1-1 advice), parenting support (1-1 and groups), Healthy Start Vitamins (children's vitamin drops), Sutton School uniform Shop, food bank vouchers.</p> </div>

Baby & Me: (0-4 mth) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting.

Baby Massage: (birth-16 weeks) 5 week course to learn and practise baby massage skills. Massaging your baby can soothe and comfort them, promoting relaxation and sleep. Please be advised, your baby will need to be 16 weeks or under when offered a space on this course.

Bumps & Babies: (Birth to Pre-walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.

Learning through Play (2-5 years) 5 week course for parents and children. Play is one of the main ways in which children learn and develop. It helps to build self-worth by giving a child a sense of his or her own abilities and to feel good about themselves.

Communicators: (2-5 years) 5 week parenting workshop all about communication. We provide tools and play ideas to help you develop your child's understanding & communication skills.

Mini Explorers: (new walkers-24mth) Lots of fun activities. All activities will support your child's development in a safe and welcoming environment.

Mini Movers: (18mth-5 years) A session full of interactive action songs to get you and your little one moving.

Stay & Play: (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

Story, Music & Rhyme: Story, singing and rhyme time for families.

Infant feeding Support

Every 2nd and 4th Monday of the month

10:00am-12:00pm

Riverside Infant Feeding group -run by Breastfeeding Network Volunteers. Riverside Centre, Culvers Avenue, SM5 2FJ Drop-in no booking needed

Tuesday and Thursday 9:00am-1:00pm

Virtual Infant Feeding Sessions - One to One drop in Clinic <https://nhs.vc/esth-infant-feeding>

Tuesday 1:30pm - 3:30pm

Infant Feeding Coffee group at Green Oak Children's Centre 671 London Road, Cheam, SM3 9DL. Appointment only call 0208 770 5409 to book

Wednesday 2:00pm-4:00pm

The Dolphin Coffee Group at The Dolphin, 316 High Street, Sutton, SM1 1PR. Drop-in no booking needed

Thursday afternoon

Infant Feeding one to one support at Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SW. Appointment only call 0208 770 5409 to book

Friday 10:00am-12:00pm

Wallington Family Hub Infant Feeding Coffee Group at Wallington Family Hub inside Phoenix Leisure centre SM6 9NZ Drop-in no booking needed


Friday afternoon

Infant Feeding one to one support at Amy Johnson Children's Centre, Brabazon Avenue, Wallington, SM6 9ET Appointment only call 0208 770 5409 to book

Central Sutton Spring Programme

Thursday 4th January 2024 - Thursday 28th March 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thomas Wall Children's Centre 69 Western Road, Sutton, SM1 2TF Tel: 020 8770 5875 Email: thomaswallcc@sutton.gov.uk</p> <p>St Nicholas Centre 3rd Floor, 3 St Nicholas Way, Sutton, SM1 1AY</p> <p>Sutton Family Hub Sutton Central Library, St Nicholas Way, Sutton, SM1 1EA</p> <p>The Dolphin 316 High Street, Sutton, SM1 1PR</p>	<p>Thomas Wall Children's Centre Mini Explorers 10:00am - 11:30am New walkers to 24 months Booking on Eventbrite</p> <p>Sutton Family Hub Baby & Me 2:00pm - 3:30pm 0-4 months Call centre to book</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #fff9c4;"> <p>Family Support Monday to Friday 9:00am-5:00pm Family support (home visiting and 1-1 advice), parenting support (1-1 and groups), Healthy Start Vitamins (children's vitamin drops), Sutton School uniform Shop, food bank vouchers.</p> </div>	<p>Thomas Wall Children's Centre Bumps & Babies 9:30am - 11:00am Bumps to pre-walkers Booking on Eventbrite</p> <p>Thomas Wall Children's Centre Baby Massage 12:30pm - 2:00pm Birth to 16 weeks Call centre for online booking link</p> <p>Sutton Family Hub Mini Movers 2:00pm - 3:00pm 2-5 years Booking on Eventbrite</p>	<p>St Nicholas Centre Story, Music & Rhyme 10:00am-10:30am Pre-walkers 11:00am - 11:30am Walkers Booking on Eventbrite</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #fff9c4; text-align: center;"> <p>Please remember to book the Children's Centre sessions using this QR code</p>  </div>	<p>Thomas Wall Children's Centre Stay & Play 10:00am - 11:30am 0-5 years Booking on Eventbrite</p> <p>Sutton Family Hub Bumps & Babies 2:00pm - 3:30pm Bumps to pre-walkers Booking on Eventbrite</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #fff9c4;"> <p>You can arrange to meet an Independent Domestic Abuse Advisor (IDVA) at a convenient time in any of our Children's Centres. Call 020 8092 7569 to book an appointment.</p> </div>	<p>Thomas Wall Children's Centre Communicators 9:30am - 10:30am 2-5 years Call centre for online booking link</p> <p>The Dolphin Young Parents Play and Chat for parents aged 25 years and under 1:45pm - 3:15pm 0-5 years Booking on Eventbrite</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #fff9c4;"> <p>Please remember to cancel your ticket(s) on Eventbrite if you are unable to attend - You can cancel your ticket(s) by finding the original booking confirmation email and clicking the 'View and manage your order online' link.</p> </div>

Baby & Me: (0-4 mth) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting.

Baby Massage: (birth-pre-movers) 5 week course to learn and practise baby massage skills. Massaging your baby can soothe and comfort them, promoting relaxation and sleep. Please be advised, your baby will need to be 16 weeks or under when offered a space on this course.

Bumps & Babies: (Birth to Pre-walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.

Communicators: (2-5 years) 5 week course parenting workshop all about communication. We provide tools and play ideas to help you develop your child's understanding & communication skills.

Mini Explorers: (new walkers-24mth) Lots of fun activities. All activities will support your child's development in a safe and welcoming environment.

Mini Movers: (2-5 years) A session full of interactive action songs to get you and your little one moving.

Stay & Play: (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

Story, Music & Rhyme: (0-5 years) Story, singing and rhyme time for families.

Young parents Play & Chat: (0-5 years) A fun and relaxed space for parents under the age of 25 to socialise with other young parents with babies and children of similar ages.

Infant feeding Support

**Every 2nd and 4th Monday of the month
10:00am-12:00pm**

Riverside Infant Feeding group -run by Breastfeeding Network Volunteers. Riverside Centre, Culvers Avenue, SM5 2FJ Drop-in no booking needed

**Tuesday and Thursday 9:00am-1:00pm
Virtual Infant Feeding Sessions** - One to One drop in Clinic <https://nhs.vc/esth-infant-feeding>

**Tuesday 1:30pm - 3:30pm
Infant Feeding Coffee group** at Green Oak Children's Centre 671 London Road, Cheam, SM3 9DL. Appointment only call 0208 770 5409 to book

**Wednesday 2:00pm-4:00pm
The Dolphin Coffee Group** at The Dolphin, 316 High Street, Sutton, SM1 1PR. Drop-in no booking needed

**Thursday afternoon
Infant Feeding one to one support** at Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SW. Appointment only call 0208 770 5409 to book

**Friday 10:00am-12:00pm
Wallington Family Hub Infant Feeding Coffee Group** at Wallington Family Hub inside Phoenix Leisure centre SM6 9NZ Drop-in no booking needed


**Friday afternoon
Infant Feeding one to one support** at Amy Johnson Children's Centre, Brabazon Avenue, Wallington, SM6 9ET Appointment only call 0208 770 5409 to book



Cheam and South Sutton Spring Programme

Thursday 4th January 2024 - Thursday 28th March 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Green Oak Children's Centre 671 London Road, Cheam, SM3 9DL Tel: 020 8770 5787 Email: greenoakcc@sutton.gov.uk</p> <p>Cheam Library Church Rd, Cheam, SM3 8QH</p> <p>Worcester Park Library Stone Place, Windsor Road, Worcester Park, KT4 8ES</p> <p>Shanklin Community Centre 25 Rookley Close, Sutton, SM2 6TT</p> <p>The Hamptons Hall Clock Tower, 11 Sherbrooke Way, KT4 8PB</p>	<p><u>Shanklin Community Centre</u> Stay and Play 10:00am - 11:30am 0-5 years Booking on Eventbrite</p> <p><u>Green Oak Children's Centre</u> Stay and Play 2:00pm - 3:30pm 0-5 years Booking on Eventbrite</p>	<p><u>Worcester Park Library</u> Mini Movers 10:00am - 11:00am 2-5 years Booking on Eventbrite</p> <p><u>Green Oak Children's Centre</u> Infant Feeding Coffee Group 1:30pm - 3:30pm Newborn to pre-movers No booking needed</p>	<p><u>Cheam Library</u> Baby Massage 10:00am - 11:30am Birth to 16 weeks Call centre for online booking link</p> <p><u>Cheam Library</u> Communicators 10:00am - 11:00am 2-5 years Call centre for online booking link</p>	<p><u>Cheam Library</u> Baby & Me 10:00am - 11:30am 0-4 months Call centre to book</p> <p><u>Green Oak Children's Centre</u> Stay and Play 2:00pm - 3:30pm 0-5 years Booking on Eventbrite</p>	<p><u>The Hamptons Hall</u> <u>Hamptons residents only</u> Mini Movers 10:00am - 11:00am 2-5 years Booking on Eventbrite</p> <p><u>Green Oak Children's Centre</u> Bumps & Babies 2:00pm - 3:30pm Bumps to pre-walkers Booking on Eventbrite</p>
	<p>Family Support Monday to Friday 9:00am-5:00pm Family support (home visiting and 1-1 advice), parenting support (1-1 and groups), Healthy Start Vitamins (children's vitamin drops), Sutton School uniform Shop, food bank vouchers.</p>		<p>You can arrange to meet an Independent Domestic Abuse Advisor (IDVA) at a convenient time in any of our Children's Centres. Call 020 8092 7569 to book an appointment.</p>	<p>Please remember to cancel your ticket(s) on Eventbrite if you are unable to attend - You can cancel your ticket(s) by finding the original booking confirmation email and clicking the 'View and manage your order online' link.</p>	<p>Please remember to book the Children's Centre sessions using this QR code</p> 

Baby & Me: (0-4 mth) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting.

Baby Massage: (birth-pre-movers) 5 week course to learn and practise baby massage skills. Massaging your baby can soothe and comfort them, promoting relaxation and sleep. Please be advised, your baby will need to be 16 weeks or under when offered a space on this course.

Bumps & Babies: (Birth to Pre-walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.

Communicators: (2-5 years) 5 week course parenting workshop all about communication. We provide tools and play ideas to help you develop your child's understanding & communication skills.

Mini Movers: (2-5 years) A session full of interactive action songs to get you and your little one moving.

Stay & Play: (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

Infant feeding Support

Every 2nd and 4th Monday of the month

10:00am-12:00pm

Riverside Infant Feeding group -run by Breastfeeding Network Volunteers. Riverside Centre, Culvers Avenue, SM5 2FJ Drop-in no booking needed

Tuesday and Thursday 9:00am-1:00pm

Virtual Infant Feeding Sessions - One to One drop in Clinic <https://nhs.vc/esth-infant-feeding>

Tuesday 1:30pm - 3:30pm

Infant Feeding Coffee group at Green Oak Children's Centre 671 London Road, Cheam, SM3 9DL. Appointment only call 0208 770 5409 to book

Wednesday 2:00pm-4:00pm

The Dolphin Coffee Group at The Dolphin, 316 High Street, Sutton, SM1 1PR. Drop-in no booking needed

Thursday afternoon

Infant Feeding one to one support at Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SW. Appointment only call 0208 770 5409 to book

Friday 10:00am-12:00pm

Wallington Family Hub Infant Feeding Coffee Group at Wallington Family Hub inside Phoenix Leisure centre SM6 9NZ Drop-in no booking needed


Friday afternoon

Infant Feeding one to one support at Amy Johnson Children's Centre, Brabazon Avenue, Wallington, SM6 9ET Appointment only call 0208 770 5409 to book

Wallington Spring Programme

Thursday 4th January 2024 - Thursday 28th March 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Amy Johnson Children's Centre Brabazon Avenue, Wallington, SM6 9ET Tel: 020 8770 5910 Email: amyjohnson cc@sutton.gov.uk</p> <p>Stanley Park Children's Centre Stanley Park Road, Carshalton, SM5 3JL</p> <p>Wallington Family Hub @ Phoenix Leisure Centre Mollison Drive, Wallington, SM6 9NZ</p> <p>Wallington Library Shotfield, Wallington, SM6 0HY</p> <p>Vanguard Way Community Centre 39 Vanguard Way, Wallington, SM6 9JL</p>	<p><u>Vanguard Way Community Centre</u> Communicators 10:00am - 11:00am 2-5 years Call centre for online booking link</p> <p><u>Amy Johnson Children's Centre</u> Mini Movers 2:00pm - 3:00pm 2-5 years Booking on Eventbrite</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f2f1;"> <p>Family Support Monday to Friday 9:00am-5:00pm Family support (home visiting and 1-1 advice), parenting support (1-1 and groups), Healthy Start Vitamins (children's vitamin drops), Sutton School uniform Shop, food bank vouchers.</p> </div>	<p><u>Amy Johnson Children's Centre</u> Baby & Me 10:00am - 11:30am 0-4 months Call centre to book</p> <p><u>Amy Johnson Children's Centre</u> Stay & Play 2:00pm - 3:30pm 0-5 years Booking on Eventbrite</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f2f1;"> <p style="text-align: center;">Please remember to book the Children's Centre sessions using this QR code</p> <div style="text-align: center;">  </div> </div>	<p><u>Wallington Family Hub @ Phoenix Leisure Centre</u> Baby Massage 10:00am - 11:30am Birth to 16 weeks Call centre for online booking link</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f2f1;"> <p style="text-align: center;">Register a Birth appointment only 9:15am-3:00pm To register the birth of your new baby please book your appointment at www.sutton.gov.uk</p> </div>	<p><u>Wallington Library</u> Story, Music & Rhyme 9:30am - 10:15am 0-5 years Booking on Eventbrite</p> <p><u>Wallington Family Hub @ Phoenix Leisure Centre</u> Bumps & Babies 10:00am - 11:30am Bumps to pre-walkers</p> <p><u>Wallington Family Hub @ Phoenix Leisure Centre</u> Young Parents and their mini explorers for parents under 25 years 1:00pm - 2:30pm Bumps to 24months Booking on Eventbrite</p>	<p><u>Stanley Park Children's Centre</u> Mini Explorers 9:30am - 11:00am New walkers to 24 months Booking on Eventbrite</p> <p><u>Wallington Family Hub @ Phoenix Leisure Centre</u> Infant Feeding Coffee Group 10:00am - 12:00pm Newborn to pre-movers No booking needed</p> <p><u>Stanley Park Children's Centre</u> Friday Chill 0-5 years 2:00pm - 3:00pm Booking on Eventbrite</p> <p><u>Amy Johnson Children's Centre</u> Male Carers Stay & Play 10:30am - 12:00pm <i>2nd Saturday of the month</i> Booking on Eventbrite</p>

Baby & Me: (0-4 mth) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting.

Baby Massage: (birth-pre-movers) 5 week course to learn and practise baby massage skills. Massaging your baby can soothe and comfort them, promoting relaxation and sleep.

Bumps & Babies: (Birth to Pre-walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love. Please be advised, your baby will need to be 16 weeks or under when offered a space on this course.

Communicators: (2-5 years) 5 week course parenting workshop all about communication. We provide tools and play ideas to help you develop your child's understanding & communication skills.

Male Carers Stay & Play: (0-5 years) Calling all male carers, dads, step dads, uncles, grandads. Come and join in with fun activities in a relaxed space.

Mini Explorers: (new walkers-24mth) Lots of fun activities. All activities will support your child's development in a safe and welcoming environment.

Mini Movers: (2-5 years) A session full of interactive action songs to get you and your little one moving.

Stay & Play: (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

Story, Music & Rhyme: (0-5 years) Story, singing and rhyme time for families.

Young parents and their Mini Explorers: (Birth to 24 mth) A relaxed and fun session parents under the age of 25 your baby and expectant parents.

Infant feeding Support

Every 2nd and 4th Monday of the month

10:00am-12:00pm

Riverside Infant Feeding group -run by Breastfeeding Network Volunteers. Riverside Centre, Culvers Avenue, SM5 2FJ Drop-in no booking needed

Tuesday and Thursday 9:00am-1:00pm

Virtual Infant Feeding Sessions - One to One drop in Clinic <https://nhs.vc/esth-infant-feeding>

Tuesday 1:30pm - 3:30pm

Infant Feeding Coffee group at Green Oak Children's Centre 671 London Road, Cheam, SM3 9DL. Appointment only call 0208 770 5409 to book

Wednesday 2:00pm-4:00pm

The Dolphin Coffee Group at The Dolphin, 316 High Street, Sutton, SM1 1PR. Drop-in no booking needed

Thursday afternoon

Infant Feeding one to one support at Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SW. Appointment only call 0208 770 5409 to book

Friday 10:00am-12:00pm

Wallington Family Hub Infant Feeding Coffee Group at Wallington Family Hub inside Phoenix Leisure centre SM6 9NZ Drop-in no booking needed

Friday afternoon

Infant Feeding one to one support at Amy Johnson Children's Centre, Brabazon Avenue, Wallington, SM6 9ET Appointment only call 0208 770 5409 to book