

SURBITON CHILDREN'S CENTRE – SUMMER PROGRAMME

The Centre aims to provide a range of welcoming and quality support services to children (0-12 years old) and their families. These services form the cornerstone of Surbiton Children's Centre Family Support Programme. We are also registered by OFSTED and provide crèches in the playroom to support groups. For more information please ring **020 8547 6242**.

MONDAY

10.00-12.30: Post-Natal Depression

Run by Health Professionals. Small group meetings for mums suffering from PND. **Crèche available.**

**1.00-5.00:
Post Natal Clinic**
A clinic run by the Community Midwives. **Appointments necessary**

Children's Information Officer

Information and advice on childcare, education, leisure activities, training and careers in childcare. Appointments available if necessary

TUESDAY

9.30-12.00: Stay & Play Session

For children up to school age and their families, providing a safe environment for play and support. Term time only.

9.30-12.00: Behaviour Clinic

Professional advice for children aged 0-5 with behaviour difficulties including tantrums, biting, hitting or any challenging behaviour. Appointments necessary. Call 0208 547 6237 for more information.

1.00-3.00: "The Group"

A session for young mums and their children, offering a range of activities and group trips.

MONTHLY:

Dad's Group on one Saturday a month. Sessions for dad's and children to enjoy fun activities. For more information please ring Neil on **020 8391 1100**

WEDNESDAY

**9.15-11.15:
Parent & Toddler Group**
Weekly session for parents to get together for a chat & let the kids have fun. Term time only. **Held at the Nursery site.**

**9.30-11.30:
Toy Library**
A chance to borrow toys & story sacks. There will be play sessions for you and your children. Yearly membership fee.

**9.30-12.00:
Childminder's Drop-In**
For local childminders and the children they care for. This drop-in supports child minders in their role. Term time only

**12.00-2.00
Ante-Natal for Young Mums**
Run by health professionals for young mums' to be.

1.30-3.30: Under 1's Group
For parents/carers and babies run by the community nursery nurse. Runs throughout the year.

**2.00-5.00:
Post Natal Clinic**
A clinic run by the Community Midwives. **Appointments necessary**

THURSDAY

9.30-10.30: Smoking Cessation

Fortnightly drop-in for advice and support for anyone thinking about giving up smoking. **Crèche available.**

12:00-2.00: Baby Café

Breastfeeding support group for mothers and mothers to be.

1.00 – 3.00 Stay & Play Session

For children up to school age and their families, providing a safe environment for play and support. Term time only.

FRIDAY

9.30-12.00: Stay & Play Session

For children up to school age and their families, providing a safe environment for play and support. Term time only.

**1.00-5.00:
Post Natal Clinic**
A clinic run by the Community Midwives. **Appointments necessary**

SureStart

Kingston **NHS**
Primary Care Trust

