

This October at Grove House Children's Centre

At Grove House Children's Centre, families and parents can access a range of services to support health, employment and/or further education including opportunities for training. We also offer a weekly range of fun activities for children, all of which are **free of charge**. Some on street parking is available and boast a large hall that is well utilised for all our activities!

Our Children's Centre Practitioner **Kamaljit Chagger** is on hand regularly for advice, support and guidance on a variety of topics, and can refer you to relevant agencies for further help and support should you require it.

Free Nursery Places are available for 15 hours a week for two year old whose parents are on a low income either from work or from benefits

Limited!! Fee paying 2-year-old places are available.

15 Hours per week nursery education is free for **ALL 3 and 4 years old**

3 to 4-year-old 30 hours free funding available for working parents

Opening Time: 8:00 am – 6:00 pm 48 weeks of the year

High quality provision for all ages

Grove house Children's Centre

77a North Road,
Southall,
Middlesex
UB1 2LJ

Tel: 020 8571 0878

Email: cc@grovehousecc.com



Children & Families Directory

For an online directory of information, advice and guidance to help you access services in the London Borough of Ealing visit: -

<http://www.ealingfamiliesdirectory.org.uk>

Advisory Board

Children's Centres have an Advisory Board, which meets regularly to discuss the work of the Centre. They discuss for example budgets, services, data, who uses the Centre, who should be using the Centre and are the needs of the local community being met. The Board is made up of lots of different people who live and work in our community. Most importantly, we need **YOU!** We need parents to attend the Advisory Board so we can hear your opinions, thoughts and views about **YOUR** Children's Centre.

Do you need support in getting back to work?

Free job advice and planning to get back to work, support to find training, childcare and debt advice if you or a member of your family is claiming work-related benefits.

See Children's Centre staff for more information or to arrange an appointment (**TBC**)



Grove House Children's Centre Timetable ~ October 2024

Monday

**Week
Commencing:**

30/10/24



Tuesday

**Stay & Play
With Kamaljit**

Term time only

9:15am – 10:45am

Birth - 5 years
@
North Primary
School

Closed Half
Term:
22/10/24



Wednesday



**Early Bird
(Term time
only)**

10AM – 1PM



Thursday

**Healthy Start
Vitamins**

Please collect your
vitamins from **Grove
House Nursery School
& Children's Centre** if
you have received your
Healthy Start Vouchers
for Women & Children

To find out more about
Healthy Start Vouchers
visit

www.healthystart.nhs.uk



Friday

**Nurturing
Touch
Baby
Massage**

**For
Bookings
Contact
Kamaljit
On
0208 5710878**

**Four Week
Course**

20/09, 27/09, 04/10 &
11/10
9:30am – 10:30am



Saturday



**Grove House
Nursery School
and
Children's
Centre**

Sunday

Scan our QR code
For latest timetable



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See our website for more information www.ealingfamiliesdirectory.org.uk

Grove House Children's Centre Activities

Monday

Parent Gym 6 Week Course

Parent Gym is a program that supports parents in raising happy, confident children. It provides practical tips and strategies to help parents build stronger relationships with their children, handle difficult behavior, and foster positive habits. The program includes interactive group sessions, one-to-one coaching, and digital resources, all designed to help parents enhance their parenting skills and create a nurturing home environment.



We at Grove House Children's Centre in Southall are dedicated to providing quality care and education for children from 3 months to 5 years old. Our experienced and highly qualified staff are committed to supporting your child's development in a safe and stimulating environment. We offer a variety of activities, groups and courses for parents and families, as well as personal support on a range of issues. Open from 8am to 6pm, 48 weeks a year, we aim to help children become successful and responsible members of our community.

Thursday

Healthy Start Vitamins

Women can have Healthy Start vitamin tablets while they're pregnant and, up to their baby's 1st birthday. Children can have free Healthy Start vitamin drops from the age of 4 weeks until their 4th birthday.



Friday

Nurturing Touch Baby Massage

Promotes better sleep

Reduces cranky behaviour

Provides relief from flatulence

Relieves indigestion

Strengthens the immune system

Helps in gaining weight

Provides relief from teething pains

May help in motor development

Tuesday

Stay & Play

Play and learn sessions where parents stay, have fun with their children and become involved with their children's learning.

As your child learns, has fun and makes new friends, you can get advice on such things as health, wellbeing and schooling as well as many other concerns you may have

Early Bird

Programme for parents and carers of children who are on the autistic spectrum. For referral, please speak to centre staff.



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