

This May 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 ~ May 2023

Monday

**Week
Commencing:
27/02/2023**

**Stay & Play
4
Babies &
Crawlers**

**For
Bookings
contact
Kamaljit
on
0208 5710878**

**9:15am –
10:15am**



Tuesday

**Stay & Play
With Kamaljit
Term time only**

9:15am – 10:45am

Birth - 5 years
@
North Primary
School



Stay
& play!



**Early Bird
(Term time only)**

**10AM – 1PM
Starts
02/05/2023**

Wednesday

**Parenting
Puzzle
Workshop
Term time only**

10:00am –
12:00pm

**Book your place
via link below**

[REFERRAL FORM FOR
GROUP PARENTING
PROGRAMMES
\(google.com\)](#)

*come and find out
how to get the best out
of family life*



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

**Mon-Wed
8:30-11:30** Please
call us to check
availability.
020 8571 0878

To find out more
about Healthy Start
Vouchers visit

www.healthystart.nhs.uk



Friday

**Nurturing Touch
Baby
Massage
Term time only**

Five Week Course

21/04, 28/04,
05/05, 12/05,
19/05,

9:30am – 10:30am

**For
Bookings
contact
Kamaljit
on
0208 5710878**



Saturday

Grove
House



Sunday

Scan our QR code
for latest timetable



Grove House Children's Centre Activities

Monday

Stay & play 4 Babies & Crawlers

Opportunities for sensory play, hands on activities that invite your children to explore with their senses, soft play, musical instruments, cause and effect toys, share experiences and ask questions.

Wednesday

Parenting Puzzle Workshop

Parenting Puzzle Workshops in English for parents/carers of young children. There is an introductory session (a coffee morning), followed by 4 sessions each lasting 2 hours. You will receive certification once you have completed the programme.



Friday

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.



Thursday

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.

Grove House



Scan our QR code for latest timetable

