



**Children's Centres**

Services for Families with Children  
From Birth to 5 Years

# East Area

## Face-to-face Schedule **By booking only**



Weekly sessions from Tuesday 31 August - Friday 29 October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Brentford Children's Centre</b> North Road, Brentford, TW8 0BJ Tel: 020 853 5760</p>	<p><b>Stay &amp; Play (0-5 Years)</b> 1 - 2pm</p>	<p><b>Non Walkers</b> 9.30 - 10.30am</p>	<p><b>Perinatal Group (once monthly)</b> <i>Further details coming soon!</i></p>	<p><b>Steam Museum</b> <i>Session @ The London Museum of Water and Steam</i> 10 - 11.30am</p>	<p><b>Sharing Their World</b> <i>Peer support group for parents and children with speech delay concerns, SEN or additional needs</i> 10 - 11am</p>
<p><b>Chiswick Children's Centre</b> 9 Devonshire Street, Chiswick, W4 2JR Tel: 020 8583 5603</p>	<p><b>Non Walkers</b> 10 - 11am</p>	<p><b>Stay &amp; Play (0-5 Years)</b> 10 - 11am</p>		<p><b>Dads Group</b> 2 - 3pm</p>	<p><b>Mini Multiples</b> <i>Group for twins, triplets and more!</i> 10 - 11am</p>
<p><b>South Isleworth Children's Centre</b> Worple Road, Isleworth, TW7 7AP Tel: 020 8583 5885</p>	<p><b>Baby Massage</b> 10.30 - 11.30am</p>	<p><b>West Middlesex Breastfeeding</b> <i>Book a space through your midwife</i> 9.30am - 12pm <b>Young Parents Group</b> <i>For parents under the age of 25.</i> 1.30 - 3pm</p>	<p><b>Stay &amp; Play (0-5 Years)</b> 10 - 11am <b>Postnatal Course (5 week course)</b> <i>Closing date to sign up is 8 September</i> 12.30 - 2.30pm</p>	<p><b>Non Walkers</b> 10 - 11am <b>NCT Baby Café Breastfeeding support</b> 10 am - 11.30am <i>25 minute bookable slots - these can be booked at any time</i></p>	<p><b>Early Days Classes by West Middlesex Hospital</b> <i>Book a space through your midwife</i> 9.30am - 12pm</p>
<p><b>Cavendish Primary School</b> Edensor Rd, Chiswick W4 2RG Tel: 0208 583 5603</p>				<p><b>Stay &amp; Play (0-5 Years)</b> 9.30 - 10.30am</p>	

Please note that this schedule is subject to change. **For up to date information please visit Hounslow Family Services Directory at: [www.hounslow.gov.uk/fsd](http://www.hounslow.gov.uk/fsd)**

**To book please call**   
**020 8583 5762**  
**Monday to Friday**  
**between 10am - 2pm**



For information and advice please call your nearest Children's Centre

**These sessions are being run face-to-face and are by booking only, due to social distancing measures.**

**Bookings can be made on the day, however please note that spaces are booked on a first come, first served basis.**

**Bookings for each session open 3 days (72 hours) in advance.**

**Telephone lines are open Monday to Friday 10 - 2pm.**

# Session Information

Face-to-face Sessions  
Activities for Under 5s

For information and advice please  
call **020 8583 5762**

<b>Baby Massage</b>	Baby massage teaches parents how to massage their babies (6 weeks to 6 months), using safe and easy massage techniques. To book, please call <a href="tel:02085835762">020 8583 5762</a> .
<b>Dads Group</b>	A place for dad's to come along to a stay and play and meet other dads, have fun and enjoy play time with your child/ren. To book, please call <a href="tel:02085835762">020 8583 5762</a> .
<b>West Middlesex Breastfeeding</b>	Breastfeeding Classes for expectant parents run by West Middlesex Hospital - To book, please contact your midwife.
<b>Midwives Early Help</b>	Further information coming soon! To book, please contact your midwife
<b>Mini Multiples</b>	This Stay and Play is perfect for twins, triplets and other multiple birth families to meet with other multiple birth families to share experiences and get helpful advice. To book, please call <a href="tel:02085835762">020 8583 5762</a> .
<b>NCT Baby Café</b>	Breastfeeding support with NCT breastfeeding counsellor. This will be by booking only. To book, please call <a href="tel:02085835762">020 8583 5762</a> .
<b>Non Walkers</b>	This group provides a relaxed and welcoming space to meet other families, ask questions about your babies: development, weaning, breastfeeding etc. Each session ends with a short song or story time. To book, please call <a href="tel:02085835762">020 8583 5762</a> .
<b>Postnatal Course</b>	A 5-week postnatal peer-support group for mums with babies under 4 months, covering baby massage, weaning, relationships after birth, safety in the home and more! This workshop will be taking place face-to-face at South Isleworth Children's Centre. To sign up, please call <a href="tel:02085835762">020 8583 5762</a>
<b>Sharing Their World</b>	A relaxed, friendly and supportive group; specifically tailored for children and parents/carers with additional needs, with or without a diagnosis; including concerns of speech delay. These sessions are for children from birth to 5 Years, with SEND. To book, please call <a href="tel:02085835762">020 8583 5762</a> .
<b>Stay and Play</b>	'Stay and Play' sessions provide families with a fun, stimulating and safe environment for parents and children to take part in. At these sessions parents/carers should encourage their children to take part in the different activities, develop skills and learn new skills. To book, please call <a href="tel:02085835762">020 8583 5762</a> .
<b>Steam Museum</b>	Fun science and water play session taking place at the London Museum of Water and Steam. To book, please call <a href="tel:02085835762">020 8583 5762</a> .
<b>Young Parents Group</b>	Young parents group provides a warm, friendly and non-judgmental platform for parents aged 25 and under; to play and learn together with your child. To book, please call <a href="tel:02085835762">020 8583 5762</a> .

To register with  
Hounslow's Children's  
Centres, scan here  
using your smart phone



## Staying safe at face-to-face sessions

- All sessions are to be booked in advance
- Please sanitise your hands when entering the building
- Get tested regularly. Twice weekly rapid lateral flow tests are available to everyone. [Click here](#) to find your nearest pick-up location.
- Please wear a face mask at all times
- Please ensure you keep 2 metres apart, from people outside of your bubble
- Please do not attend if you test positive or show any symptoms of COVID19



Further guidelines may be sent to you upon booking



## Online Workshops and courses

For all of our online  
workshops and courses  
please visit:

[www.hounslow.gov.uk/fsd](http://www.hounslow.gov.uk/fsd)