

# Horsenden Children's Centre news

We hope you enjoy looking at the September timetable and we look forward to welcoming you to the Children's Centre, soon.

Have you seen Ealing's online Family Services Directory? It's got everything from schools and child carers, to advice and things for you and your family to do:

[www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

The Ealing Families Directory also allows you to self-check to see if you are eligible for 15 hours per week FREE child care for your two year old. Simply, go to [www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk) and click on the Two year old FREE Childcare Eligibility Checker.

## Horsenden Children's Centre

Horsenden Lane North  
Greenford UB6 0PB

Tel: 020 8422 3854

Email: [ChildrensCentre@horsenden.ealing.sch.uk](mailto:ChildrensCentre@horsenden.ealing.sch.uk)

# Highlights

## September 2017

Welcome to the new academic year! We hope to see you soon!

We are looking forward to welcoming you to our **Stay and Play** sessions. These sessions are very popular with children and parents/carers really enjoying a whole range of play activities, together. The Stay and Play sessions run on a **Tuesday from 1.15 pm - 3.15 pm and on Thursday from 9.00 am - 11.00 am.**

*Polite reminder - Please enter the Children's Centre by pressing the Children's Centre buzzer. Please **do not** enter by crossing the school car park and going through the small, staff access gate. This gate will now be padlocked to prevent people from accessing the Children's Centre in this way. It is very dangerous for people to be crossing the car park with young children. Thank you for your full support and co-operation.*

Anjli, a qualified dance and Zumba instructor, is looking forward to seeing you at our **Wednesday Agile Vibes session from 2.00 - 3.00 pm.** This session is intended for toddlers and children under 5, although younger brothers/sisters are welcome. Anjli will lead the children in dance and movement to music. Parents/carers are also encouraged to join in with the children. Please note - there is now only one Agile Vibes session per week. We no longer run the session on Friday afternoon.

We have a limited number of spaces at our popular ESOL classes. Please contact the Children's Centre on **020 8422 3854** for further details.

# Horsenden CC Timetable - September 2017

**Monday**

**Weigh-Only Clinic**  
(appointments only)  
A weigh only clinic for children up to the age of five  
9.30 am - 11.00 am, weekly

**Ante-Natal Class**  
(invite only via a Health Visitor)  
9.30 am - 11.30 am, fortnightly

**Registered Childminders' Drop-in Group**  
A drop-in group for registered childminders and the children in their care.  
2.00 - 3.00pm, weekly

**Tuesday**

**Midwives Clinic**  
(appointments only)  
Ante-natal appointments for mums-to-be and mums with newly born babies.  
10.00 am - 12.30 pm, weekly

**Stay and Play**  
A mix of play activities for children and parents/carers to enjoy together  
1.15 pm - 3.15 pm, weekly

**Wednesday**

**ESOL Classes**  
For parents/carers whose first language is not English  
**ESOL Class – Intermediate Level 1**  
9.15 am - 11.15 am, weekly  
**Crèche available**

**ESOL Class – Advanced**  
11.30 am - 1.30 pm, weekly  
**Crèche available**

**Agile Vibes**  
Music and movement for the under 5's with a qualified dance instructor  
2.00 pm - 3.00 pm, weekly

**Thursday**

**Midwives Clinic**  
(appointments only)  
Ante-natal appointments for mums-to-be and mums with newly born babies.  
10.00 am - 12.30 pm, weekly

**Stay and Play**  
A mix of play activities for children and parents/carers to enjoy together  
9.00 am - 11.00 am, weekly

**Friday**

**ESOL Classes**  
For parents/carers whose first language is not English  
**ESOL Class – Beginner Level**  
9.15 am - 11.15 am  
Venue: School  
**No crèche provided**

**ESOL Class – Intermediate Level 2**  
11.30 am - 1.30 pm  
Venue: School  
**No crèche provided**



## Horsenden Children's Centre - Our Activities

### Midwives Clinic

An initial appointment may be up to 2 hours, as the Midwife will explain the whole process of pregnancy and what you can expect from the Midwife service. Mums-to-be have follow-up appointments throughout the pregnancy, usually around 15 minutes, where the Midwife will check the health of the baby and the mother. After the baby is born, there are appointments to check that both mother and baby are healthy. The Midwives Clinics are by appointment only; to book an appointment, please call **020 8869 2871 or 020 8235 4252**

### Weigh Only Clinic

Children should be weighed at:

- 3-4 weeks of age
- 8 weeks (at the GP)
- 12 and 16 weeks
- 6-8 months old
- 1, 2, 3 and 4 years old

You may be asked to bring your child more frequently by a Health Visitor. To book an appointment, please call **020 3313 7500 Monday - Friday between 2 pm - 4 pm.**

### Our Stay and Play

groups provide a mix of play activities for children and parents/carers to enjoy together. The groups are for toddlers and children up to the age of 5 but younger brothers/sisters are welcome.

As well as general play, we also have a dedicated snack time, and a story/singing time.

### The Agile Vibes

groups are also intended for toddlers and children under 5, although younger brothers/sisters are welcome.

They are run by Anjli, a qualified dance and Zumba instructor, who leads the children in dance and movement to music.

Parents/carers are encouraged to join in with the children.

For both groups, we have a suggested donation of £1 for each session.



We run **ESOL classes** for adults whose first language is not English.

These classes last for a whole school year (Sept to June), and we run them at different levels - Beginners to Advanced - depending on the demand.

For some classes, we provide a crèche for children whose parents/carers are attending the class.

We charge a fee for each course, to cover the costs of the textbook we provide and other materials used.

**If you are interested in starting an ESOL class, in September 2017, please contact the Children's Centre on 020 8422 3854 and add your name to the waiting list.**



If you would like more information on any activities at Horsenden Children's Centre, please contact the Children's Centre (details below) or check the Children's Centre pages on the school website –

[www.horsenden.ealing.sch.uk/childrens-centre](http://www.horsenden.ealing.sch.uk/childrens-centre)

We hope to see you soon! 😊