






Coteford Children's Centre - Feb 2016 Timetable of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Information/FAQs
AM	<p>Midwives Clinic, bookings and post-natal (All Day, appointment only)</p>  <p>Toddler Time 10:00-11:30 (0-2.5 yrs) <u>No Session on 15th Feb</u></p> <div style="border: 2px solid green; padding: 5px; text-align: center;"> <p>Focus for the Month Speech & Language</p> </div>	<p>Midwives Clinic, ante-natal (All Day, appointment only)</p> <p>Health Visitors Clinic For baby weighing and Health Visitor support. 9:30-11:00  (Drop in clinic)</p> <p>Breast Feeding Support Drop-in - no need to book Tuesdays 9.30am until 10.30am</p> <p>Forces Stay & Play @ The Link 10am to 12noon 29th Jan</p>	<p>Midwives Clinic, bookings and post-natal (All Day, appointment only)</p> <p>Super Signers (invitation only) 9.30am - 10.30am 3rd, 10th & 24th Feb</p> <p>Busy Babies  10:45-12:30 from birth Not suitable for crawlers or walkers.</p> <p>Craniosacral Therapy Appt only 9.30am- 12.30pm</p>	<p>Midwives Clinic, ante-natal (All Day, appointment only)</p> <p>Stay and Play 9.00am till 11.00am (0-5yrs) Half Term Event on 18th Feb 10AM UNTIL 12NOON</p> <p>Ladybankes Stay and Play (at Ladybankes school for their families) 4th Feb 9.15am to 11am</p>	<p>Attention Hillingdon Invitation only Started 15th Jan for 8 weeks 10am - 11am</p>	<p><i>All families need to be registered at a Childrens Centre in Hillingdon in order to access our free services. This includes midwife appts and health visitor clinics. If you are not registered please ask for a form at reception.</i></p> <p>If you book onto a session or course but find you are unable to attend PLEASE let us know; sometimes we have long waiting lists for those places.</p> <p>There is no car park available.</p> <p>We are near bus stops for the H13 from Northwood to Ruislip</p> <p>Midwife appts must be booked via the hospital 01895 279472</p> <p>We have a buggy shelter as there is no room for them in the centre.</p> <p>PLEASE CHECK THE TIMETABLE CAREFULLY BEFORE COMING ALONG!</p>
PM	<p>Early Bird Plus Course Invitation only Started 18th Jan 12.30pm - 3.00pm</p> <div style="border: 2px dotted pink; padding: 5px;"> <p>Ask us for advice on teething, colic, tantrums, bedtime routines, sleeping, potty training, healthy or 'fussy' eating.</p> </div>	<p>Baby Massage Course 4 weeks, 26th Jan to 16th Feb FULL 12noon till 1pm & Baby Massage Course 3 weeks, 23rd Feb to 8th Mar Booking essential 12noon till 1pm</p> <p>Respite Creche Invitation only 2nd & 23rd Feb 1.00-2.55pm</p> <p>Supporting Autism (please call to book your crèche space) 9th Feb 1.30 - 3.00pm</p>	<p>Cruisers & Crawlers 1.30-3.00pm (0-2yrs) <u>No session on 17th Feb or 24th Feb</u></p> <p>Literacy Pop Up Course 24th Feb 1pm - 3pm Call to book a place (Numeracy Pop Course will be on 2nd March)</p> <p>Antenatal Breast Feeding Workshop Wed 2nd March 6-8pm Call for more details or to book.</p> <p>Positive Steps Started 13th Jan 7pm - 9pm 9 week course</p>	<p>Coteford Caterpillars 11th & 25th Feb Please speak to a member of staff to see if this group would be appropriate. 1.00pm- 2.30pm</p> <p>Siblings Group Term time only 3.30pm - 5pm 4th & 11th Feb Invitation only</p>	 <p>Messy Play 1:00-2:30 (Booking required, 6mths-5yrs) <u>No session on 5th or 12th Feb</u></p> <div style="border: 2px dotted red; padding: 5px; text-align: center;"> <p>Ask us about our counselling sessions</p> </div>	<p>There is no car park available.</p> <p>We are near bus stops for the H13 from Northwood to Ruislip</p> <p>Midwife appts must be booked via the hospital 01895 279472</p> <p>We have a buggy shelter as there is no room for them in the centre.</p> <p>PLEASE CHECK THE TIMETABLE CAREFULLY BEFORE COMING ALONG!</p>

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Adult Learning	Ask us about our courses in Childcare, Computing (ICT), First Aid, Financial Capability or other Adult Learning Courses. Call us on 01895 671963.
Advice	Ask a member of staff for some advice with issues such as breastfeeding, weaning, sleep patterns, colic, teething, potty training, healthy eating or getting school ready.
Antenatal Parentcraft	5/6 week course for expectant parents, covering a range of topics including feeding, sleeping, safety. Please call 01895 671982 to book a place.
Baby Clinic	Drop in clinic for baby weighing with our Health Visiting Team. From 9:30- 11:00am If you need an appointment with your health visitor, then you need to book direct with them.
Baby Massage	4 Week course that teaches parents the art of massage. Baby massage has many benefits to both parent and baby. Please call 01895 671963 to book a place.
Baby Moves	Music and movement session especially designed to stimulate baby's mind and body. Provides a fantastic bonding experience. By invitation only, call Marianne Dunbar 01895 671963.
Breastfeeding Support	A trained Breastfeeding Supporter is available to you in all of the sessions marked with a  Just ask in the session for any advice, guidance or support. Alternatively, call us on 01895 671963 and a trained Breastfeeding supporter will be happy to help.
Busy Babies	Drop in group for babies who are not yet mobile with activities for babies and a chance for a relaxing chat with other parents. For ages 0 – until crawling/mobile!
Coteford Caterpillars	Drop in service specifically for families of children with additional needs/developmental delays or speech and language delay, and supported by a member of the Portage Team. See flyer for more details. Please speak to a member of staff if you think this group would be helpful.
Counselling Sessions	Free counselling sessions for you to come and talk things through with a trained counsellor. Please call 01895 671963 to book a place
Cruisers & Crawlers	Drop in session for babies and little ones who are just finding their feet by starting to 'cruise' around. Time to explore the space and freedom to become more confident in their movements while also being safe for less mobile babies to play. Lots of 'tummy time' activities to help encourage movement. For ages 0 – 2yrs only.
Early Bird	Parenting Course for parents of children under 5yrs who have been diagnosed with Autism. Please call 01895 671963 for more information as this is by invitation only.
Forces Stay and Play	This is now held at the West Ruislip Base, supported by staff from children's centres.
Language for Life	6 week course to support 2-4yrs olds who have an identified communication need. Please speak to a member of staff if you think this will benefit your child.
Messy Play	This session gives children the opportunity to enjoy a wide range of sensory and creative experiences. For ages 6mths to 5yrs. Please call 01895 671963 to book a place.
Midwife Clinic	Appointment only clinic provided by the Community Midwife Team. Please call 01895 279472 to book your appointment – unfortunately we can't make or change appointments for you here at Coteford.
Respite Crèche	A crèche specifically to support those with a caring role, by invitation only. Please speak with Marianne Dunbar-Russell, for more details on this session.
Siblings Group	A group to help support siblings who have brothers or sisters with an additional need or disability. Please speak with Marianne Dunbar-Russell, if you need details on this session
Small Talk	Speech and language assessment. Please call 01895 488200 to book an appointment or contact a member of staff for referral to the Speech and Language team.
Super Signers	Sessions designed to teach sign-a-long sign language to boost early communication skills, 10 week course, aged 1-3 years, booking req'd Please call 01895 671963 to enquire..
Stay and Play	Drop in group with play, craft, songs & story time. Planned using Early Years Foundation Stages, so children are learning & developing while having fun. For ages 0- 5 yrs.
Supporting Autism	Group for parents with a child who has been diagnosed with Autism. Please speak to a member of staff if you require any further details. 01895 671963
Toddler Time	Drop in session which is the perfect group for your young toddlers to come along and explore at their leisure. For under 2.5 yr olds ONLY.
Weaning Party	Support, advice and a wide variety of food for your baby to try! Suitable for those aged between 6 – 9 months. Please call 01895 671963 to book a place. Weaning Advice is also available during Busy Babies and Cruisers and Crawlers. We also offer Healthy Eating and Fussy Eating advice.