

Grange Children's Centre



Central Ealing Children's Centres

Where parents/carers and children can access the services and support they need to be happy and healthy.

Grange Children's Centre
Church Place
London W5 4HN

Tel 020 8567 1135
Email: LKane@ealing.gov.uk
www.ealingfamiliesdirectory.org.uk



Highlights



Mindfulness

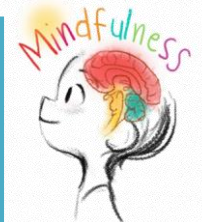
1.30-2.30 on Wed 13th February
Learn to label and regulate your emotions.
Basic breathing techniques, mindful activities.

ready... steady...

LET'S GET MESSY!

Wed 6th February Non-walkers and 20th February
Walkers
1.30-2.30

Fun and messy group designed to support children's
sensory development
Please call ahead if your child has any allergies



Parenting and Beyond

7-week course parenting course starting 12th February.
Aiming to strengthening your parenting skills developing
communication skills and building confidence.
Tuesdays 12.30 – 2.45 pm
12th February – 2nd April 2019



Find us on **HOOP**

Go to hoop.co.uk/grange-childrens-centre/



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The Children's
Centre invites you to
take part on our
Reducing Sugar
Healthy Challenge!



For more
information, please
ask staff for
details

**GRANGE
PRE-SCHOOL
PLAYGROUP**



Sessions available mornings
and afternoons for children
aged 2- 5 years.

Call us on 020 8840 8156

Visit our new website
[grange-preschool.wix.com/
playgroup](http://grange-preschool.wix.com/playgroup)



Timetable - February 2019

ESOL Beginners
9.30-11.30am
Booking only
Crèche provided

ESOL Advanced
12.30-2.30pm
Booking only
Crèche provided

Antenatal Clinic
9.00-4.00pm
(Appointments only)

**Infant Feeding
Clinic**
10.00-4pm
Appointments only
text 07718 114 882

Tiny Sports Stars
10.15-11.00am
2-4 years old
Booking only
Fun energetic football
games with different
size and ball textures.

Perinatal
10.00-1.00pm
Referrals only
Health professionals from
NHS will be providing
support to
mums and expecting
mums who are
experiencing low moods

Stay and Play
9.30am-11.00am
0-5 years old
5th February Oral
hygienist visit
12th February Speech
and Language
Therapist visit

Antenatal Clinic
9.00-4.00pm

**Development
checks**
10.00am -12.00pm
(Appointments only)
020 8102 5888

**Parenting and
Beyond**
12.30-2.45pm
7-week course parenting
course starting 12th
February.
Aiming to strengthening
your parenting skills
developing
communication skills and
building confidence.
Creche provided

Sling Library
1.00-2.30
19th February
Please call the Centre
before attending

Talk and Play
10-11am
Booking only
A play-based group for
under 3's to support
children's language and
communication
development.

Meet and swap
Bring any baby/toddler
equipment you no longer
need and take home
something you do.
Everyone welcome
12.30-1.30
20th February

Let's get messy
1.30-2.30
6th Non-Walkers and
20th February Walkers
Fun and messy group
designed to support
children's sensory
development eating
(please bring suitable
clothing)

My mind matters
1.30-2.30
Door close 1.45pm
13th February
Mindful activities

Mum2Mum group
1.30-4.00pm
Come in and find out how
to feed your baby
comfortably, recognize
that your baby is getting
enough food and gain

Stay and Play
9.30am-11.00am
0-5 years old
Stimulating, challenging
and child-initiated
activities both indoors
and outdoors.

**Health Visitors
Clinic**
9.00-11.00am
Appointments only
020 8102 5888
6-8 weeks checks

**Development
checks**
12.00pm -2.30pm
(Appointments only)
An opportunity to discuss
your child's health and
developmental progress.
Call 02081025888 to book

Postnatal Clinic
1.00-4.00pm
(Appointments only)

Mum2Mum group
6 months + club
11.30-2.00pm
14th and 28th
February
Come and talk to other
mums about going back
to work, sleep and baby-
led weaning

Juma
Multicultural Music
with fun games
10:45 – 11:30
Booking only

Perinatal
10.00-1.00pm
Referrals only

★**Things I wish I
had known**★
Free antenatal class
1.30-4.30
8th February- how
babies feed
15th February- how
babies communicate
Text 07718 114 882 to
book one/both classes

**Preparation for
birth**
Antenatal Classes
1-4.00pm
(Appointments only)
For more information,
please call Queen
Charlottes Hospital on
020 8967 5113 to book.