

Notes

Please use the link below
or scan the QR code for our
Online Booking Form



<https://forms.gle/Mr9W2NZoi4MALuZTA>



London Borough of Sutton Children's Centres Programme



**Autumn Term
Programme**
6th September -
17th December
2021



Hello and Welcome

We are really looking forward to welcoming you to Sutton's Children's Centres. Our Children's Centres are a relaxed and welcoming place where you can access fun activities, support and information to help you give your child the best start in life. Start Well Sutton brings together a wide range of services and activities that support children and their families aged 0-5.



This leaflet contains lots of information about some of the different activities and services you can access locally.

We look forward to seeing you and your family soon.

Our Centres:

Amy Johnson: Brabazon Avenue, Wallington, SM6 9ET
Tel: 020 8770 5910 Email: amyjohnsoncc@sutton.gov.uk

Green Oak: 671 London Road, Cheam, SM3 9DL
Tel: 020 8770 5787 Email: greenoakcc@sutton.gov.uk

Thomas Wall: 69 Western Road, Sutton, SM1 2TF
Tel: 020 8770 5875 Email: thomaswallcc@sutton.gov.uk

Tweeddale: Tweeddale Road, Carshalton, SM5 1SQ
Tel: 020 8770 5801 Email: tweeddalecc@sutton.gov.uk

The Grange: Beddington Park, London Park, Wallington, SM6 7BT
Tel: Contact Tweeddale Children's Centre

Stanley Park: Stanley Park Road, Carshalton, SM5 3JL
Tel: Contact Amy Johnson Children's Centre

Shanklin: 25 Rookley Close, Sutton, SM2 6TT
Tel: Contact Green Oak Children's Centre

Victor Seymour: Denmark Road, Carshalton, SM5 2JE
Tel: Contact Tweeddale Children's Centre

Facebook: Each of our Children's Centre hubs and Pre-Schools have Facebook pages which we use to provide up to date information on sessions and share useful information. Just search for your local Children's Centre and 'like' the page to ensure our updates are featuring on your newsfeed.

Amy Johnson Children's Centre
Green Oak Children's Centre
Thomas Wall Children's Centre
Tweeddale Children's Centre



Useful Contacts:

Family Information Service - 020 8770 6000
Health Visitors - 020 8770 5409
Sutton Council - 020 8770 5000
Children's First Contact Service - 020 8770 6001
School Admissions - 020 8770 5000
Encompass - 020 3908 2400
Sutton Women's Centre - 020 8661 1991
24 Hr Domestic Abuse Helpline - 0808 2000 247
Homestart Sutton - 020 8647 6501



Our Sessions:

Baby & Me: (0-4 months) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting.

Bumps & Babies: (Birth to Pre Walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love. Promotes bonding and attachment with your baby from pregnancy onwards! Meet other local parents at different stages of their ante- and post-natal journey.

Story Music & Rhyme: (0-5 years) Come and enjoy making music and singing together.

Stay & Play: (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

Parents' Wellbeing Space: (0-5 years) Come and meet other parents and carers, share experiences and make friends.

Young Parents Groups: (0-5 years) A relaxed play session for you and your children (for parents/carers under 25).

Talking Toddlers: (18 months - 5 years) This session is all about communication. If you are worried about your child's speech and communication and would like some support and ideas to try at home, then this is the session for you.

Mini Explorers: (12 months-24 months) Lots of fun activities to help support your child's development in a safe and welcoming environment.

Cooking with us: (2 - 5 years)

A 3 week course helping families make healthy cost effective meals together.

Covid-19 Update: We are so pleased to be able to meet with you all in person again. In order to make sure everyone is kept safe in our Children's Centres we will continue with some social distancing measures and although we can now welcome more people to each session, this will still be limited to ensure that everyone has enough space and stays safe. We will also be keeping our booking system to avoid queuing and help us manage the group numbers.

Please continue to:

- wash your hands or use the hand sanitiser provided when you come into the building and at regular times during the sessions
- Do not attend the sessions if you or anyone in your household has:
 - symptoms of Covid-19
 - are awaiting a test result
 - are meant to be isolating
- Considering wearing your Mask in busy parts of the building or when close to others.

To keep everyone safe, all the sessions need to be booked online. For all Children's Centre activities, please use the link or the QR code on the back of this booklet. Alternatively, the booking form can be found through our facebook pages.

In order to be fair to all, we ask that you only book onto ONE session per week to allow all families to access the Children's Centres. If you are unable to attend a session you have booked, please contact your centre so that we can offer the space to another family. Thank you for your understanding.






Wallington Family Hub Programme

Monday 6th September - Friday 17th December 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Amy Johnson Children's Centre</p> <p>Brabazon Avenue, Wallington, SM6 9ET</p> <p>Tel: 020 8770 5910</p> <p>Email: amyjohnsoncc@sutton.gov.uk</p> 	<p>Baby & Me 10:00 - 11.30am (0-4 months) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting. Please call the centre to book this session.</p> <p>Talking Toddlers 2:00 - 3.00pm (18 months - 5 years) This session is all about communication. If you are worried about your child's speech and communication and would like some support and ideas to try at home, then this is the session for you. Please call the centre to book this session.</p>	<p>Stay & Play 2:00 - 3.30pm (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.</p>	<p>Story, Music & Rhyme 10:00 - 10.45am (0-5years) A time to come together for a story and some singing THIS SESSION IS BEING HELD AT: The Library @ The Phoenix Centre Mollison Drive, Roundshaw, Wallington, SM6 9NZ</p> <p>Introducing Solids workshop 3rd Wednesday of every month. To book please contact the Health Visitors on 0208 770 5409</p> <p>Register a Birth 9.30am - 3.30pm To register the birth of your new baby please book your appointment at www.sutton.gov.uk please note only babies born within the London Borough of Sutton at home or in St Helier Hospital can be registered here.</p>	<p>Parents' Wellbeing Space - Infant feeding Support Group 9:30 - 11.00am A small peer group support session on all things related to infant feeding in a relaxed and informal setting with local peer supports. Please call the centre to book this session.</p> <p>Mini Explorers 2:00 - 3.30pm (12 months-24 months) Lots of fun activities, all activities will support your child's development in a safe and welcoming environment.</p> <p>You can arrange to meet an Independent Domestic Abuse Advisor (IDVA) at a convenient time in any of our Children's Centres. Call 02080927569 to book an appointment.</p>	<p>Bumps & Babies 3:00 - 4.30pm (Bumps to Pre Walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.</p> <p>Stay & Play 10am-11.30am (0-5 years) Lots of fun activities for all children in a safe and welcoming environment. THIS SESSION IS BEING HELD AT: Stanley Park Stanley Park Road, Carshalton, SM5 3JL</p> <p>Stay & Play 10am-11.30am (0-5 years) Lots of fun activities for all children in a safe and welcoming environment. THIS SESSION IS BEING HELD AT: The Grange Beddington Park, London Road, Wallington, SM6 7BT</p>

Please remember to book the Children's Centre sessions using this QR code






Central Sutton Family Hub Programme

Monday 6th September - Friday 17th December 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thomas Wall Children's Centre</p> <p>69 Western Road, Sutton, SM1 2TF</p> <p>Tel: 020 8770 5875</p> <p>Email: thomaswallcc@sutton.gov.uk</p> <div data-bbox="48 849 492 1320" style="border: 2px solid orange; border-radius: 50%; padding: 20px; text-align: center; margin-top: 20px;"> <p>Please remember to book the Children's Centre sessions using this QR code</p>  </div>	<p>You can arrange to meet an Independent Domestic Abuse Advisor (IDVA) at a convenient time in any of our Children's Centres. Call 02080927569 to book an appointment.</p>	<p>Story & Rhyme 10 - 10:30am (Pre-walkers) 11 - 11:30am (Walkers) Story, singing and rhyme time for families. THIS SESSION IS BEING HELD AT: The Sound Lounge 216 - 220 High Street, Sutton, SM1 1NU</p>	<p>Bumps & Babies 10:00 - 11:30am (Bumps to Pre Walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.</p> <p>Story & Rhyme 2:00 - 2:30pm (0-5 years) Story, singing and rhyme time for families. THIS SESSION IS BEING HELD AT: St Nicholas Centre 3rd Floor, 3 St Nicholas Way, Sutton, SM1 1AY</p>	<p>Baby & Me 10:00 - 11:30am (0-4 months) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting.</p> <p>Introducing Solids workshop 4th Thursday of every month from 11:30 - 12:30. To book please contact the Health Visitors on 0208 770 5409.</p> <div data-bbox="1477 1120 1709 1306" style="text-align: center;"> </div>	<p>Stay & Play 10:00 - 11:30am (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.</p>

Cheam and South Sutton Family Hub Programme

Monday 6th September - Friday 17th December 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Green Oak Children's Centre</p> <p>671 London Road, Cheam, SM3 9DL</p> <p>Tel: 020 8770 5787</p> <p>Email: greenoakcc@sutton.gov.uk</p>	<p>Music & Rhyme 9.30 - 10am (Pre-walkers) 10.30 - 11am (Walkers) Singing and rhyme time for families.</p> <p>Bumps & Babies 3:00 - 4.30pm (Bumps to Pre Walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.</p> <p>Stay & Play 10:00 - 11.30am (0-5 years) Lots of fun activities for all children in a safe and welcoming environment. THIS SESSION IS BEING HELD AT: Shanklin Children's Centre 25 Rookley Close, Sutton, SM2 6TT</p> <p>Introducing solids Workshop First Monday of every month. To book please contact the Health Visitors on 0208 770 5409.</p>	<p>Talking Toddlers 2.00 - 3pm (18 months-5 years) This session is all about communication. If you are worried about your child's speech and communication and would like some support and ideas to try at home, then this is the session for you. Please call the centre to book this session.</p>	<p>You can arrange to meet an Independent Domestic Abuse Advisor (IDVA) at a convenient time in any of our Children's Centres. Call 02080927569 to book an appointment.</p> <p>Music & Rhyme 2:00 - 2.30pm (Pre-walkers) 3:00 - 3.30pm (Walkers) Singing and rhyme time for families. THIS SESSION IS BEING HELD AT Shanklin Children's Centre 25 Rookley Close, Sutton, SM2 6TT</p>	<p>Stay & Play 2:00 - 3.30pm (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.</p>	<p>Baby & Me 2:00 - 3.30pm (0-4 months) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting. Please call the centre to book this session.</p>
					<p>Please remember to book the Children's centre sessions using this QR code</p>



Carshalton Family Hub Programme

Monday 6th September - Friday 17th December 2021




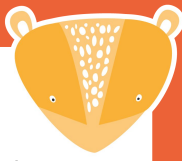
	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tweeddale Children's Centre</p> <p>Tweeddale Road, Carshalton, SM5 1SW Tel: 0208 7705801</p> <p>Direct Line: 0208 7704970</p> <p>Email: tweeddalecc@sutton.gov.uk</p>	<p>Baby & Me 2:00 - 3.30pm (0-4 months) 5 week postnatal group for new parents. A small group to meet other new parents and get support and advice in a relaxed and informal setting. Please call the centre to book this session.</p>	<p>Story, Music and Rhyme 9:30 - 10:15am (Pre walkers) Story, Music and Rhyme 10:45 - 11:30am (Walkers) Singing, reading and rhyme with families</p> <p>Bumps & Babies 2:00 - 3.30 pm (Bumps to Pre Walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.</p> <p>Introducing solids workshop 2nd Tuesday of every month from 1:30 - 2:30. To book please contact Health Visitors on 0208 770 5409</p>	<p>Stay & Play 10:00 - 11.30am (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.</p> <p>Music & Rhyme 10:00 - 10.45am (0-2 years) A time to come together for a story and some singing. THIS SESSION IS BEING HELD AT: The Circle Library 424 Green Wrythe Lane, Carshalton, SM51JJ</p> <p>You can arrange to meet an Independent Domestic Abuse Advisor (IDVA) at a convenient time in any of our Children's Centres. Call 02080927569 to book an appointment.</p>	<p>Cooking with us 10:00 - 11:00am (2 - 5 years) A 3 week course helping families make healthy cost effective meals together.</p> <p>Talking Toddlers 2.00 - 3.00pm (18 months-5 years) This session is all about communication. If you are worried about your child's speech and communication and would like some support and ideas to try at home, then this is the session for you. Please call the centre to book this session.</p>	<p>Bumps & Babies 2:00 - 3:30pm (Birth to Pre walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.</p> <p>Stay & Play 10am-11.30am (0-5 years) Lots of fun activities for all children in a safe and welcoming environment. THIS SESSION IS BEING HELD AT: The Grange Beddington Park, London Road, Wallington, SM6 7BT</p>

Please remember to book the Children's Centre sessions using this QR code

Please note that the Tuesday and Thursday sessions at Tweeddale CC will not run during October half term (25-29th October)

What's on across Sutton

Carshalton	Central Sutton	Cheam & South Sutton	Wallington
<p>Westcroft Libraries 42 Westcroft Road, Carshalton SM5 2TG</p> <p>Library offers reading and rhyming sessions twice a week. Visit www.sutton.gov.uk for full details.</p>	<p>Breastfeeding Coffee Group: The Dolphin, 316 High Street, Sutton, SM1 1PR. Every Wednesday 2-4. Come along for breastfeeding support, a coffee and a chat. Call 020 8770 5409 to book your place.</p>	<p>Cheam Library SM3 8QH 020 8644 9377 cheam.library@sutton.gov.uk</p>	<p>Library @ The Phoenix Centre, Mollison Drive, Roundshaw, Wallington, SM6 9NZ Hosting free story & rhyme time sessions visit www.sutton.gov.uk for full details.</p>
<p>Circle Library 424 Green Wrythe Lane Carshalton SM5 1JJ</p> <p>Library offers reading and rhyming sessions twice a week. Visit www.sutton.gov.uk for full details.</p>	<p>Lighthouse: Provides free clothes & equipment for 0-5's. Thursdays 10am-11.30am & 12.30pm-2pm (term time only) at The Dolphin, 316 High Street, Sutton, SM1 1PR or call 020 8641 1689.</p>	<p>Worcester Park Library Stone PI, Windsor Rd, Worcester Park KT4 8ES.</p>	<p>Wallington Library, Shotfield, Wallington, SM6 0HY Hosting free story & rhyme time sessions visit www.sutton.gov.uk for full details.</p>
<p>Sutton Women's Centre: Run the Freedom Programme and counselling service for ladies who are experiencing domestic abuse or have experienced domestic abuse in the past (even childhood). Support in person and via Zoom. Call 020 8661 1991/email info@suttonwomen.co.uk for details.</p>	<p>Sutton Women's Centre: Run the Freedom Programme and counselling service for ladies who are experiencing domestic abuse or have experienced domestic abuse in the past (even childhood). Support in person and via Zoom. Call 020 8661 1991/email info@suttonwomen.co.uk for details.</p>	 <p>You can arrange to meet an Independent Domestic Abuse Advisor (IDVA) at a convenient time in any of our Children's Centres, Call 02080927569 to book an appointment.</p>	<p>Sutton Women's Centre: Run the Freedom Programme and counselling service for ladies who are experiencing domestic abuse or have experienced domestic abuse in the past (even childhood). Support in person and via Zoom. Call 020 8661 1991/email info@suttonwomen.co.uk for details.</p>
<p>Play Date: (drop in for children with additional needs). Friday (term - time only) 9:30am - 11:30am at Tweedale Children's Centre Carshalton, SM5 1SW .</p>	<p>One Stop Shop: Offers free, confidential advice and support regarding domestic abuse. Wednesdays 9.30am-11.30am at Sutton Baptist Church, 21 Cheam Road, Sutton, SM1 1SN or call 020 7801 1777.</p>		<p>Midwifery Team: Midwifery offer a range of services from Children's Centres which include ante-natal and post-natal clinics, alongside parent craft classes. For further information please contact the ante-natal reception number on your advice notes, or for anything else, the Pregnancy Advice Line on 0300 123 5473.</p>
	<p>Children and Young People's Library Services: Hosting free story & rhyme time sessions throughout the school term (0-3 years). Contact Sutton Central Library on 020 8770 4740 for more details.</p>		



Sutton Services:

Foodbank: Providing emergency food for people in crisis. Locations vary. Foodbank vouchers are available at your local Children's Centre or call 07525 838 640.

Lighthouse: Provides free clothes & equipment for 0-5's. Thursdays 10am-11.30am & 12.30pm-2pm (term time only) at The Dolphin, 316 High Street, Sutton, SM1 1PR or call 020 8641 1689. Open Term time Only.

Children's First Contact Service (CFCS): If you are worried about a child you can call CFCS to discuss your concerns and get support and advice from a multi agency team. Call 020 8770 6001 or speak to your local Children's Centre team.

Children and Young People's Library Services: Hosting free story & rhyme time sessions throughout the school term (0-3 years), visit your local library or visit www.sutton.gov.uk for full details.

One Stop Shop: Offers free, confidential advice and support regarding domestic abuse. Wednesdays 9.30am-11.30am at Sutton Baptist Church, 21 Cheam Road, Sutton, SM1 1SN or call 020 8092 7569

Sutton Uplift: Operates in the heart of the community and aims to promote positive mental health and well being. In partnership with the NHS, Sutton Uplift is available for all Sutton residents 18+ years. You can speak to your GP or call Uplift directly on 0800 032 1411 (freephone).

Play Service: Sutton Play Service provides high quality after school and holiday childcare for children of primary school age, so that parents and carers can work or access training opportunities.

Sutton Play Service is made up of three centres that are available to all children who live or go to school in the borough. Sutton After School Club offers after school childcare and The Grange Play Centre offers after school and holiday childcare. Each centre offers its own menu of fun and varied activities, tailored to the needs of individual children.

Sutton After School Club (Infants): Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2TF

Sutton After School Club (Juniors): Robin Hood Junior School, Thorncroft Road, Sutton, SM1 1RL

The Grange Play Centre: Beddington Park, London Road, Wallington, SM6 7BT

For more information on Sutton Play Service please visit www.sutton.gov.uk/playservice or contact 020 8770 4300.

