

RBKC Children's Centres Activity Timetable September 2020– December 2020

*As some restrictions are starting to ease we will try and offer a variety of sessions for you and your children to access. As we are still restricted as to what we can offer in centres in terms of group sessions we will be bringing some virtual activities direct into your home for you and your children to enjoy with the Children's Centre Team and we will be offering some limited sessions in the great outdoors. There may be some 1:1 opportunities for you to attend on an appointment basis in either **Holmfield House** or **Cheyne Children's Centre** too.*



*Virtual sessions will be accessed via **TEAMS** and you will need to book a place*

Teddy Bear Picnics, outdoor play and Nature Walks will need to be booked to secure a place

Virtual Sessions

These sessions are delivered by the Children's Centre Team

They must be booked and will be delivered via **TEAMS**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>10:00—11:00</p> <p>Let's Get Active</p> <p>TEAMS</p> <p>Musical movement session</p>	<p>Time: 11:00—11:30</p> <p>Elevenses</p> <p>Mother and baby coffee morning with Donna</p> <p>Virtual via TEAMS</p>	<p>10:30—11:30</p> <p>Ages & Stages</p> <p>0-2 year olds</p> <p>Weaning, sleep, toilet training and more</p> <p>TEAMS</p>	
<p>Time: 3:00—3:30</p> <p>Virtual Sign and Rhyme</p> <p>TEAMS</p>	<p>Time: 2:00—2:30</p> <p>Story Time</p> <p>Linda and Creche Staff</p> <p>Including multicultural stories</p> <p>TEAMS</p>	<p>Time: 2:00—3:00</p> <p>Messy Play Days with the Creche team</p> <p>TEAMS</p>	<p>Time: 3:00—3:30</p> <p>Virtual Sign and Rhyme</p> <p>TEAMS</p>	<p>Time: 2:00—2:30</p> <p>Mother & Baby African Dance</p> <p>TEAMS</p>


1:1 Safe Space appointments, Baby weighing, baby massage and communication screening

Delivered by the Children's Centre Team they must be booked with your link worker from either Holmfield or Cheyne centres
You will need to answer some covid screening questions have your temperature taken and wear a mask when entering the centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Time: 10:00—12:00 6 appointments</p> <p>1:1 Baby Weighing Book a slot to get baby weighed and have a general catch up</p>				<p>Time: 10:00— 12:00 2 appointments</p> <p>1:1 Baby Massage Book a slot to have an introduction to baby massage class</p>
		<p>Time: 2:00—4:00 Wellcomm Screening by invite only</p> <p>Worried about your child's speech contact your Link worker for an appointment</p>		<p>Time: 1:00—3:00 6 appointments</p> <p>1:1 Baby Weighing Book a slot to get baby weighed and have a general catch up</p>

Outdoor Activity Sessions

These sessions are delivered by the Children's Centre Team and held in the outdoors
They must be booked in advance each week and you must follow social distancing guidelines outlined by the staff

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>11:00—12:00 Toddler Nature Walk (6 families) Book a place</p>			
<p>Time: 1—3:00 Outdoor play at Holmfield House or Cheyne Book a session (4 families at a time)</p>			<p>2:00 - 3:00 Buggy Nature Walk (6 families) Book a place</p>	

Working in partnership with the Team around the Family Hub

Below are sessions which you can access or services you can be referred into for support

Your Link Worker or local Children's Centre will be happy to support you with any referrals or to access these services if you need it

Family Learning

On-line courses

Recruiting 7th – 18th September

Start & end date: 21st September - 18th December 2020

Help your Child with their learning

To book a place or discuss the course

Telephone: 07961 151587 or 07542 335 957

In order to help you take part in learning you may be able to loan a lap top or tablet



Maternity Champions



Kensington and Chelsea Maternity Champions

Michelle Poponne

t: [0208 960 3234](tel:02089603234)

michelle@venturecentre.org.uk

Pregnant and want to attend virtual antenatal classes and get support, meet other mums to be then watch this space new dates and times are coming soon



Access to advice and Health Support 7 days a week

A Health Visitor can provide you with support on all aspects of child health, development and parenting

- Breast Feeding, infant feeding introducing solids
- Management of minor illnesses
- Behaviour and Sleep issues

Telephone: 020 8200 2500 and press option 2

Or

Email: clcht.childhealthinformationhubkcwf@nhs.net

Kensington and Chelsea Family Information Service

Free information and resources at your fingertips

A free, impartial information service for parents & carers of children & young people aged up to 19 (25 years for those with additional needs) and for the professionals working with them.



Family Information Service

Information, advice and guidance at your fingertips

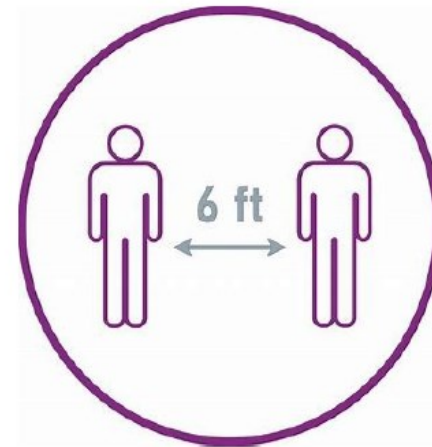
www.rbkc.gov.uk/fis

**Important information to attend Nature Walks or outdoor play sessions
in order to ensure your safety please follow these rules**

1. All sessions have limited places, you will need to book onto sessions each week
2. **You should not attend a session if you or anyone in your household has a high temperature or has symptoms related to Covid your temperature will be taken before entering the session**
3. **Any 1:1 sessions or centre based indoor activities will require you to wear a mask or face covering, this does not apply to your children or if you are exempt from wearing one**
4. You can only bring members included in the confirmed booking and should sanitise hands at the start and end of each session. Sanitizer will be provided


You must notify the centre if anyone in your household develops symptoms on a day you have attended a session

Remember: HANDS FACE SPACE



Quick View Children's Centre timetable

One page view of all of the activities including, virtual, outdoor and face to face in the North and South of the borough

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Time: 10—12</i></p> <p>6 appointments at each centre</p> <p><i>1:1 Baby Weighing</i> <i>Book a slot to get baby weighed and have a general catch up</i></p>	<p><i>10:00—11:00</i> Let's Get Active TEAMS <i>Musical movement Session</i></p> <p><i>11:00—12:00</i> Toddler Nature Walk (6 families) <i>Book a place</i></p>	<p><i>Time: 11:00—11:30</i> Elevenses <i>Mother and baby coffee morning with Donna</i> <i>Virtual via TEAMS</i></p>	<p><i>10:30—11:30</i> Ages & Stages <i>0-2 year olds</i> <i>Weaning, sleep, toilet training and more</i> TEAMS</p>	<p><i>Time:10— 12</i> 2 appointments at each centre</p> <p><i>1:1 Baby Massage</i> <i>Book a slot to have an introduction to baby massage class</i></p>
<p><i>Time: 3:00—3:30</i> Virtual Sign and Rhyme TEAMS</p>	<p><i>Time: 2:00—2:30</i> Story Time <i>Linda and Creche Staff</i> TEAMS</p>	<p><i>Time: 2:00—3:00</i> Messy Play Days with the Creche team TEAMS</p>	<p><i>2:00 - 3:00</i> Buggy Nature Walk (6 families) <i>Book a place</i></p>	<p><i>Time: 2:00—2:30</i> Mother & Baby African Dance TEAMS</p>
<p><i>Time: 1—3:00</i> Outdoor play at Holmfield House or Cheyne <i>Book a session</i> (4 families at a time at each centre)</p>			<p><i>Time: 2:00—4:00</i> Wellcomm Screening by invite only</p>	<p><i>Time: 3:00—3:30</i> Virtual Sign and Rhyme TEAMS</p>
			<p><i>Time: 1—3</i> 1:1 Baby Weighing 6 appointments <i>Book a slot to get baby weighed and have a general catch up</i></p>	

How to book a place

Please email: childrencentressouth@rbkc.gov.uk

You must provide us with the following information.

Name, Address and postcode and the session you wish to book on

You will receive an email inviting you to the session and instructions on how to join and how you can participate with your child

We hope you have fun and enjoy the sessions.

Family Hubs

Children's Centres

Tel: 020 7938 8400 or

Email: childrencentressouth@rbkc.gov.uk

www.rbkc.gov.uk/fis



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA