

South Southall Children's Centres

Spring Term 2025

Activities and Timetables



Greenfields Nursery School
& Children's Centre

Greenfields Nursery School & Children's Centre

Recreation Rd, Southall, UB2 5PF (ph. 020 8813 8079)

&

Havelock Children's Centre

(at the Havelock Community Centre)

17 Trubshaw Rd, Southall, UB2 4XW (ph. 020 8571 1219)

Website for both Centres: www.greenfieldschildren.com



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free Education and Childcare for 2 year olds of families receiving additional forms of government support

If you have an income less than 16,190 and / or are in receipt of government benefits such as; Income Support, Job Seekers Allowance, Universal Credit or Child Tax Credit, you may be entitled to a free nursery place for your two year old. 15 hours a week (38 weeks' year).

South Southall Locality Providers:

➤ Greenfields Nursery School & Children's Centre

Recreation Rd, Southall, UB2 5PF
Tel: 020 8813 8079



➤ PEAPODS Early learning Centre Montessori School Southall,

Wimborne Ave, Southall, UB2 4HB
Tel: 020 8574 7934



➤ Snowflakes Day Nursery and Montessori

St Mary's Church Hall, Norwood Green Road
Norwood Green, Southall, Tel: 0208 507 3222

➤ TwinkleTots Day Nursery Ltd

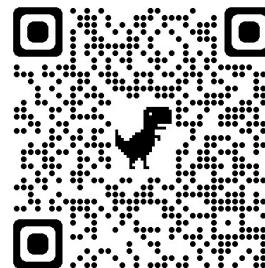
Havelock Community Centre, 17 Trubshaw Road,
Southall UB2 4XW

Your child will be able to:

- Play and have fun with other children
- Develop their speaking and listening
 - Learn new things
- Improve their confidence and get ready for school

To find out if you are eligible use the Ealing Two Year Old Childcare Checker by following the link or QR code below.

<https://synergyweb.ealing.gov.uk/Synergy/Twoyearold.aspx>



If you prefer to talk to someone or need support with this application, please call Ealing's Family Information Service on 020 8825 5588 (Mon-Fri, 9am to 5pm).

free Nursery School Places

at Greenfields Nursery School & Children's Centre

Recreation Rd, Southall UB2 5PF Tel: 020 8813 8079

15 hours a week Nursery education is FREE for ALL three and four-year-olds in the UK, regardless of income or residency status.

Just walk into Greenfields to register your child for Nursery School, please bring along your child's birth certificate or passport

We also offer 30 hour funded nursery places

You can now get 30 hours of free childcare each week if your child is aged 3 or 4, both parents/carers work and earn less than £100,000 a year each. Single parents are also eligible.

Apply today to get a place for the new term.

www.childcarechoices.gov.uk



We provide additional childcare care before and after school (there is a charge for this)

Greenfields has been awarded Nursery of the Year in the 2018 National Nursery World Awards. And is recognised as an Outstanding School and Childcare provision by Ofsted



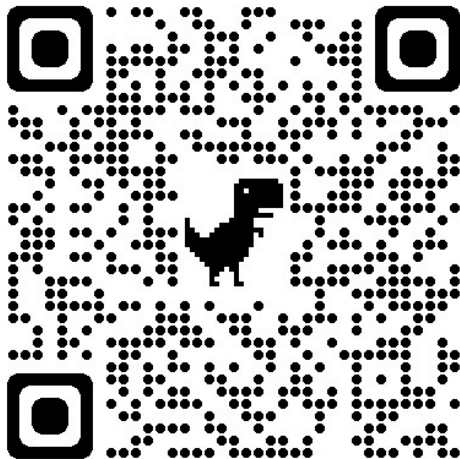
Free Childcare for Eligible Working Families

If you and your partner are working or if you are a working single parent, you may be eligible for;

- 15 hours of free childcare for your child (9 months to three years old)
- 30 hours of free childcare for your 3-4 year old

Visit the Childcare Choices website to find out if you are eligible by using the link or QR code below.

<https://www.childcarechoices.gov.uk/>



Health & Development Check For Two-Year-Olds

This check is free and gives you a chance to ask questions and find out about:

- Your child's development
- Speech, language & communication
- Sleep management
- Diet & nutrition
- Looking after your child's teeth
- Managing behaviour
- Beginning toilet training
- Free nursery/childcare places (if eligible)
- Vaccinations

*Collect a free gift for your child (while stocks last)

*Questions to ask at your appointment (over-page)

To book an appointment

Telephone:

020 8102 5888

Email: ealingadminhub@nhs.net



Early Start Ealing

Health & Development Check for Babies 9 Months to 1 Year

This check is free and gives you a chance to ask questions and find out about:

- Your baby's development
- Language & learning
- Sleep management
- Diet & nutrition
- Looking after your baby's teeth
- Establishing routines
- Keeping baby safe
- Vaccinations

* Questions to ask at your appointment (over-page)

To book an appointment

Telephone:

020 8102 5888

Email: ealingadminhub@nhs.net



Early Start Ealing

FEEDING SUPPORT GROUP

- Drop In Group Support
- Warm and welcoming weekly sessions with other local parents. Come along with your little one (partners are welcome too), chat to other parents about how feeding is going, share stories and get advice and support from our Infant Feeding Practitioners. *Spaces are limited and available on a first come first serve basis
- Monday: 9:45am – 11:30am Havelock Children's Centre, Trubshaw Rd, Southall, UB2 4XW

Breastfeeding



Child Health Clinic



at Havelock Children's Centre

Havelock Community Centre, 17 Trubshaw Rd, Southall UB2 4XW



Mondays

9:30 - 11:15am

Appointment Only

Please call 020 8102 5888 or email

clcht.ealingadminhub@nhs.net

To book an appointment

**Please bring your RED book to the
Clinic**

**Contact Health Visiting Team on
020 8102 5888**

**if you have any enquiries outside of
clinic hours**

Services include:

- Baby weighing
- Advice and support from Health Visitors about your child's health and development
- Information and referrals to specialist health services and professionals in Ealing, for example, Weaning group; Speech and Language; Occupational therapy; Breastfeeding
- Healthy Start Vitamins- get your voucher signed



Central London
Community Healthcare
NHS Trust

Walk in WEIGHT CHECKS

STARTING: 03/06/2024

FORTNIGHTLY CLINICS

TIME: 09:30-11:00

**LOCATION: Havelock Children's Centre,
Trubshaw Road, Southall, UB2 4XW**

**No appointment needed. Please bring children
aged 0-5 and their red book.**



Central London Community Healthcare 
NHS Trust

Your healthcare closer to home

Havelock Children's Centre

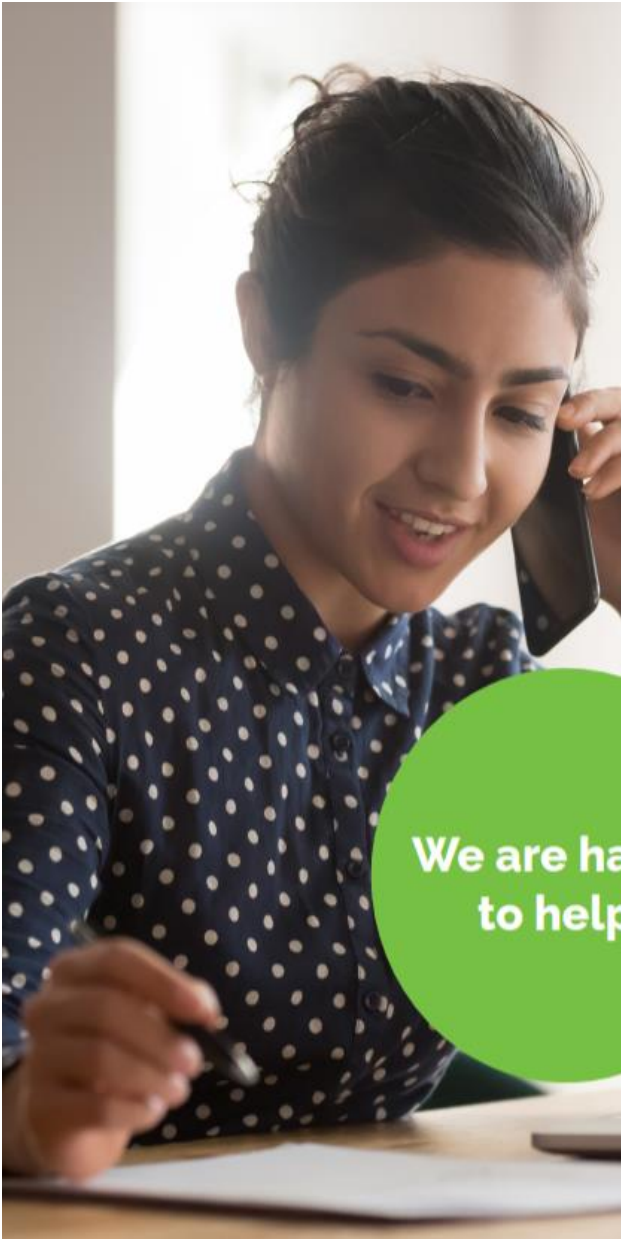
Walk In Wellbaby Clinic

Fortnightly between 9:30am – 11am

Dates:

13/01/25

27/01/25



**We are happy
to help!**



**Ealing Community
Partners**

Ealing children's speech and language therapy advice line for parents and professionals

Are you looking for advice about how to support your child (0-18) with their communication at home?

Do you have a general question about speech and language?

Monday to Friday, 1 - 4pm
07512 716 478

(We can call you with an interpreter if needed)

Email: ealing.sltadvice@nhs.net
Facebook: [facebook.com/SLTEaling](https://www.facebook.com/SLTEaling)

Free Legal Advice

West London Equality Centre

ADVANCING EQUALITY AND HUMAN RIGHTS FOR ALL

Free advice : Family, Immigration,
Welfare and Benefits,
Employment

Visit the West London Equality Centre website at wlec.net or call one of the following numbers to book an appointment – 020 8231 2575, 020 8231 2576, 020 8231 2550, 020 8231 2574.



coram **clc**
Children's Legal Centre

*Free legal advice on
immigration related issues for
children and their families*

*Are you unsure about your rights in the UK?
Do you and your family need help with
immigration /asylum problems?*

*A lawyer may be able to answer questions
about you and your child's immigration status
and rights to access support and
accommodation, health care and education.*

*For more information please visit the
Coram CLC website at
childrenslegalcentre.com
or email mcpadvice@coramclc.org.uk*

Registered charity No. 281222

FREE ESOL Classes in Ealing

Come along and improve your **English Language** skills!

Simply come to any of our sessions to register and join!

ESOL Classes currently available at the following locations:

Location: **Acton Town Hall Library**
Address: Everyone Active Centre, High Street, Acton, W3 6NE.
Days: **Every Monday**
Times: 10.30am to 12.30pm

Location: **The Dominion Centre**
Address: 112 The Green, Southall, UB2 4BQ.
Days: **Every Monday**
Times: 10.00am to 12.00pm

Location: **West Ealing Community Library**
Address: Melbourne Avenue, West Ealing, W13 9BT.
Days: **Every Wednesday**
Times: 12.30pm to 2.30pm

Location: **Northfields Community Library**
Address: Northfield Avenue, Ealing, W5 4UA.
Days: **Every Thursday**
Times: 10.30am to 12.30pm

Location: **Southall Library**
Address: 112 The Green, Southall, UB2 4BQ.
Days: **Every Friday**
Times: 10.30am to 12.30pm

Location: **Remote Learning (Virtual)**
Address: Online via 'ZOOM'
Days: **Every Friday**
Times: 10.30am to 12.00pm

Let's **Speak English** Together!



Our FREE English Classes can help you:

- ✓ Increase your **confidence in speaking**.
- ✓ Improve your **conversational skills**.
- ✓ **Communicate** more effectively.
- ✓ **Talk to doctors and teachers** by yourself.
- ✓ Go to the shops **independently**.
- ✓ **Gain confidence** in your day-to-day life.
- ✓ **Find jobs** that you are interested in.
- ✓ Register for courses to improve yourself.
- ✓ Find out about **local facilities & services**.
- ✓ **Meet local people** and make friends.

Have Fun Learning English!
Open to Everyone! Join Anytime!
No Eligibility Requirements.

Venues in Southall

The Dominion Centre
Every Monday
10am-12pm

Southall Library
Every Monday
10am-12pm

Fun & Learn: Targeted Group



A planned play session for parents/carers and their children aged Under 5 who have social and communication needs
– especially for children with attention and social interaction difficulties (ie. difficulties with: eye contact, playing with peers, understanding what is happening around them, focusing on activities.)
Suitable for children with speech & language concerns; or children with Downs Syndrome



Spring 2025 - Courses

Once a week on a Friday 9.30-10.30am

Spring 1- 10th Jan – 7th Feb 2025

Spring 2 - 7th Mar – 4th Apr 2025



intensive
interaction



at: Havelock Children's Centre

17 Trubshaw Rd, Southall UB2 4XW

Ph 020 8571 1219 or 020 8813 8079

Referrals by professionals

Free and Planned Play; Rhymes & Songs; Table top and adult-led activities; Sensory Play; Attention builders.

Support and strategies for parents, led by Early Years practitioners with some Speech Therapy messages.

Places for "Fun and Learn" are strictly limited to 5 children with their parents.

Please ensure you and your child are able to attend all 5 sessions.

Talk & Play group (Under 3s)



“Talk and Play” is a play-based group for under 3s run by Early Years Practitioners in Ealing; supported by visits from Speech and Language Therapists.

The group provides families with strategies to support their child’s language and communication development.

Your child does not need a referral to Speech and Language Therapy services to attend this group.

Please ring Havelock or Greenfields to book a place at the next course with Raj. Sessions are run weekly (term time only). Please arrive on time.

Talk & Play sessions are held at: Havelock Children’s Centre

17 Trubshaw Rd, Southall UB2 4XW

Spring Term 2025 – Courses

Once a week on a Friday 11-12pm

Spring 1 – 10th Jan– 7th Feb 2025

Spring 2 - 7th Mar– 4th Apr 2025

must be able to commit to attending ALL 5 sessions

Call Raj on 020 8571 1219, or 020 8813 8079



Story and Action Rhymes with Raj at Southall Library

The Dominion Centre , 112 The Green, Southall UB2 4BW

Wednesdays 2pm - 3pm

For Preschool children

with parents/carers

(sessions held term time only)

*Share stories traditional and cultural;
learn action songs and rhymes;
use simple story props and puppets
to engage with your baby*



Stay and Play Sessions at Havelock Children's Centre with Raj and Charanjit



17 Trubshaw Rd, Southall UB2 4XW ph. 020 8571 1219



Tuesdays 9:30 -11:30am and 12.30-2.30pm

Thursdays 9:30 -11:30 and 12.30-2.30pm

Play sessions at Havelock run term time only



**Free & planned play
Arts and craft; Ball skills; Messy play; Dance
and movement
Stories and rhymes; Outdoor play**

***Please bring a piece of fruit or veg
to share at snack time***

Baby Massage: Spring Term



- *Learn massage strokes for baby*
- *Develop your bond with baby through the communication of massage*
- *For parents and baby aged 0 to 12 months old*

**free
tuition**

Baby Massage courses with Paula at Havelock Children's Centre

17 Trubshaw Rd, Southall, UB2 4XW ph. 020 8571 1219

Every Wednesday for 5 weeks (term time only)

5th March 2025 – 2nd April 2025

at 10am - 11am

Limited to 8 places only per course

***Secure your place by booking in at the admin office or by
calling 020 8813 8079***



Family Links: Spring 2025

Havelock Children's Centre

17 Trubshaw Road, Southall, UB2 4XW. ph 020 8571 1219

Monday 13th Jan – 10th Mar 2025

12:45pm – 2.45pm

(term time only, - NO session on 17th Feb 2025)



8 week Nurturing Programme for parents

Use effective tools to help adults and children to:

- understand and manage feelings and behaviour
- improve relationships
- improve emotional health and well-being
- develop self-confidence and self-esteem

Tips on how to build on pre-existing parenting skills to be a more effective parent through

positive encouragement. Discussion, role play & brainstorming activities in an interactive parenting programme.



Limited to 14 places (NO creche provision)

Facilitators, Raj and Satnam; between them they also speak languages Punjabi, Hindi, Urdu and Gujarati

This is a targeted families parenting course. Referral by professionals to admin@greenfieldschildren.com

NHS Healthy Start

Find out if you are eligible for up to **£8.50 per week**, to help buy food, milk and vitamins for you and your child

HEALTHY START SCHEME: CHECKLIST FOR ELIGIBILITY

To apply for a Healthy Start Card you must be the following:

Over 10 weeks pregnant OR Have a child under 4 years old

AND be receiving 1 of the following benefits:

1. Child Tax Credit (if family's annual income is less than £16, 190)
2. Income Support
3. Income-based Jobseekers Allowance
4. Universal Credit (Family take home pay less than £408/month)
5. Income-related Employment and Support Allowance (ESA)
6. You or your partner get Working Tax Credit run-on only
7. Pension Credit

Can also apply if pregnant and under the age of 18 and NOT on benefits

Tick if applicable



Scan the QR code to be directed to the **Healthy Start Application Page**

If NOT a British citizen but your child is, please email Healthystartclaim@dhsc.gov.uk

www.healthystart.nhs.uk



If you're pregnant or have children under the age of 4, you could get help to buy food and milk



Apply online to get your prepaid card.

www.healthystart.nhs.uk

[Twitter](https://twitter.com/NHSHealthyStart) [Facebook](https://www.facebook.com/NHSHealthyStart) @NHSHealthyStart

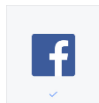
The alloy prepaid card is issued by alloy Ltd pursuant to license by Mastercard International Incorporated, alloy Ltd is a company regulated by the Financial Conduct Authority (FCA 500539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.

Early Start Ealing

0-5 Know How for Ealing Families

New website for parents and carers
www.ealingfamiliesdirectory.org.uk

- Development Stages & Early Learning
- Breastfeeding & Healthy Eating
- Children's Centres & Childcare
- Safety in the Home & Out and About
- Immunisations and Childhood Illnesses
- Information on FREE Childcare



@EalingKnowHow



Family Information Service

Ealing's **Family Information Service** handles over 800 enquiries each month - so we are very experienced at understanding the needs of parents, carers, children and young people.

Call us to find out about:

- Ofsted registered childcare (nurseries, playgroups, childminders etc)
- Paying for childcare
- Children's centres
- Education
- Family support services
- Leisure activities
- Services for children with additional needs and disabilities
- Services for young people



020 8825 5588

children@ealing.gov.uk
www.childrenscentres.org.uk



Children & Families



HOW WE CAN HELP

If you live anywhere in the London Borough of Ealing and have a disabled child, or a child with a health condition or additional needs, please get in touch. We provide information on a wide range of issues affecting families with disabled children, as well as where to go locally for support.



INFORMATION & ADVICE

Our family worker and parent adviser can help you find information about your child's condition, benefit entitlements and we can tell you about other organisations that can help.



LOCAL INFORMATION

We produce quarterly newsletters and email bulletins with information about events, leisure opportunities, support groups and workshops for families with disabled children in Ealing.



FAMILY EVENTS & ACTIVITIES

We run day trips to various places during school holidays for the whole family. We have a year-round program of events.

"Keeping me updated with information about events in my area, support available, benefits advice – makes me feel I am supported by Contact."

"This workshop has been such a valuable experience, a great course and it's been really helpful to speak with parents in similar situations."



WORKSHOPS

We run workshops for parent carers on issues such as sleep, behaviour, coping and support. They also give parents the chance to come together for mutual support.



PARENT SUPPORT GROUPS

Groups provide an opportunity to meet other parents, share information and hear from relevant professionals. We run:

- a carers' support group, meeting every 4 weeks
- an autism and ADHD condition-specific group, meeting every 6-8 weeks.
- an Early Years support group (0-5 yrs), meeting every 4 weeks at Greenfields Children's Centre, Southall.



LINKING FAMILIES

We bring families together at our workshops and events. We also put families in touch with each other through support groups.

GETTING IN TOUCH

You can contact us directly or ask a professional to make a referral.

Contact Ealing

St George's Community Centre
8-12 Lancaster Road, Southall UB1 1NW

📞 020 8571 6381

✉ ealing@contact.org.uk

"Lovely to see my son enjoying himself with people and an environment that is tailored to his needs. The circus skill and story telling were both excellent."





Domestic Abuse Community Outreach Service

Support for all victims and survivors in Ealing who cannot access or do not want Refuge-based support.

For further information or to make a referral please contact

Tel: 020 4513 9678

Email:

Referrals_EDVA@h4w.co.uk

The service is rolled out across the Borough of Ealing which is a floating support service that reaches out to V/S, supporting:

- Ethnic Minorities
- Women and families
- Young People (adolescents)
- LGBTQ+ community
- Males

Its remit is wide, with the primary focus of empowering individuals to feel safe and maintain or regain their independence.

We can support them with the following:

- Safety planning
- Obtaining extra security in their home to enable them to remain there safely
- Domestic abuse awareness
- Moving forward and positive relationships
- Advice and support with housing, i.e., supporting them to keep their home
- Budgeting and debt counselling
- Advice on benefits and claiming them
- Advice and signposting/support to access legal services
- Advice and signposting/support to access education, training, and employment
- Group work and counselling
- Access to specialist support services to suit each individual need
- Liaising with other agencies

Professionals and self-referrals can contact us on:

Referrals_EDVA@h4w.co.uk

020 4513 9678

Greenfields Nursery School & Children's Centre: Spring Term Activities 2025

Recreation Rd, Southall, Middlesex UB2 5PF

Telephone: 020 8813 8079

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--------|
| <p>9am-12pm Midwifery Ante Natal Clinic Appointments Only (AYR)</p> <p>9am-4pm OT and Physio joint clinic Appointments Only (AYR)</p> <p>12.30am – 4.30pm NHS Development Checks Appointments only (AYR) HV: 0208 102 5888</p> | <p>9am – 1pm NHS Development Checks Appointments only (AYR)</p> <p>1.30pm – 4.30pm Midwifery Ante Natal Clinic Appointments Only (AYR)</p> | <p>12.30pm-4pm Midwifery Antenatal Clinic Appointments Only (AYR)</p> <div data-bbox="834 596 1141 782" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>Story & Action</u> <u>Rhymes</u> 2:00-3:00pm <u>at Southall Library</u> Term time only</p> </div> | <p>9am – 5pm Peri Natal Mental Health Appointments only (AYR)</p> <p>9am-12pm Midwifery Ante Natal Clinic Appointments Only (AYR)</p> <p>12.30am – 2.30pm NHS Development Checks Appointments only (AYR) HV: 0208 102 5888</p> | |

Key :-
TTO – Term Time Only
AYR – All Year Round

Havelock Children's Centre: Spring Term Activities 2025

at the Havelock Community Centre, 17 Trubshaw Rd, Southall, UB2 4XW ph. 020 8571 1219

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <p>9:30-11:15am Child Health Clinic Appointment Only (AYR) by phone. Please call 020 8102 5888 to arrange an appointment.</p> <p>9:45-11:30am Drop In Feeding Support Group</p> <div data-bbox="65 654 390 912" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p><u>Family Links</u></p> <p>13th Jan – 10th Mar 2025</p> <p>1pm-2:45pm</p> </div> | <p>9:30-11:30am Stay and Play for children under 5 & parents Drop in</p> <p>12:30-2:30pm Stay and Play for children under 5 & parents Drop in</p> | <p>Peri Natal Mental Health 9am-1pm Appointments only</p> <div data-bbox="823 436 1139 658" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p><u>Baby Massage</u> 10am-11am</p> <p>5th Mar-2nd Apr</p> <p>Book by calling: 0208 813 8079</p> </div> <div data-bbox="823 782 1139 968" style="border: 1px solid black; padding: 5px; margin-top: 20px;"> <p><u>Story & Action Rhymes</u> 2:00-3:00pm at Southall Library Term time only</p> </div> | <p>9:30-11:30am Stay and Play for children under 5 & parents Drop in</p> <p>12:30-2:30pm Stay and Play for children under 5 & parents Drop in</p> | <div data-bbox="1537 285 1889 688" style="border: 1px solid black; padding: 5px; margin-bottom: 20px;"> <p><u>Fun & Learn</u></p> <p>Children with speech & communication needs Referrals by health & education professionals</p> <p>9:30am – 10:30am 10th Jan – 7th Feb 2025 7th Mar - 4th Apr 2025</p> <p>Bookings only</p> </div> <div data-bbox="1537 779 1889 1153" style="border: 1px solid black; padding: 5px;"> <p><u>Talk & Play</u></p> <p>Speech & Language support for children under three and their parents</p> <p>11am– 12pm 10th Jan - 7th Feb 2025 7th Mar – 4th Apr 2025</p> <p>Bookings only</p> </div> |

Twinkle Totz Day Nursery, 8am-6pm Mon to Fri, all year round, Tel: 0208 617 3839 or 07867 557383

Havelock Children's Centre will be closed from Monday 17th February to Friday 21st February 2025.