



JOB CENTRE PLUS
 The website www.lbht.gov.uk/fisd
 0845 313 3933 (calls charged at standard rate) or visit
 about the options available to parents please ring
 service that best suits your needs. For further information
 you on how to choose the type of childcare or early years
 sectors in Hammersmith & Fulham. The FIS can advise
 council as well as the voluntary, private and independent
 0-19 years old. These include services provided by the
 the range of facilities for children and young people aged
 provides accurate and impartial information and advice on
 The Family Information Service (FIS) as it is now known

FAMILY SOLUTIONS
 Family Solutions offers a support service to families of
 young children, resident in Hammersmith & Fulham who
 would like help in accessing education, training or
 employment. The project is able (subject to eligibility
 criteria) to help fund childcare and training and/or provide
 one to one support to parents in considering their future
 and providing practical help to move forward.
 Please ring 020 8753 5929 or visit the website
www.family-solutionsonline.co.uk for more information.

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MASBRO CHILDREN'S CENTRE

Masbro Centre, (Milson Road Entrance),
 87 Masbro Road, London W14 0LR

Tel: 020 7605 0800 Email: mcc@upg.org.uk
 Website: www.upg.org.uk



TRANSPORT

NEAREST TUBES: Kensington Olympia • Shepherds Bush •
 Goldhawk Road • Hammersmith

BUSES: Shepherds Bush Green: 220 – 295 – 237 – 283 – 94 – 72 – 49
 Olympia: 9 – 10 – 27 – 28 – 391

All areas of the programme cover the:

EARLY YEARS FOUNDATION STAGE (EYFS)

- ★ A Unique Child
- ★ Positive Relationships
- ★ Enabling Environments
- ★ Learning and Development

... and the 5 outcomes of the:

EVERY CHILD MATTERS FRAMEWORK

- ★ Be Healthy
- ★ Stay Safe
- ★ Enjoy and Achieve
- ★ Make a Positive Contribution
- ★ Achieving Economic Wellbeing



**Sure Start
 Children's Centres**



OPPORTUNITIES CENTRE
 The Urban Partnership Group (UPG), a local regeneration
 agency, provides free information and advice through its
 Next Step programme, which offers free careers advice
 and guidance for everybody 20 years and over. UPG offers
www.upg.org.uk for more information.
 0800, email luanna@upg.org.uk or visit our website
 many of our volunteering activities. Please ring 020 7605
 0800, email luanna@upg.org.uk or visit our website
 Many of our learners also take advantage of our recre-
 ational activities at the centre or become involved in
 which enables learners to map their own progress.
 development. We also offer excellent progression routes
 facilities, with experienced staff committed to children's
 a warm and friendly environment with excellent creche
 opportunity for adult learners to grow and develop their skills in
 We offer much more than a course. We offer an oppor-
 Microsoft Office).

Access to Education - offers a number of courses for adults
 who wish to improve their existing skills or learn new ones.
ESOL all levels, Literacy Level 1 & 2, Numeracy E3 levels
1 & 2, ICT computers (all you need to know about)

MASBRO CENTRE
 The Masbro Children's Centre works closely with local
 agencies and training providers to offer parents advice
 and information on training and returning to work.

GOING BACK TO WORK OR RETURNING TO STUDY

The Masbro Children's Centre Outreach Workers provide
 practical and emotional support to parents and carers
 on a variety of issues. If you would like some advice or
 support please contact **Roza** or **Al** on 020 7605 0800
 to arrange an appointment either in your home or at the
 centre or you could drop-in to one of our advice ses-
 sions on the **1st Tuesday and Friday of the month** (see
 programme information).

FAMILY OUTREACH

The Masbro Children's Centre Outreach Workers provide
 practical and emotional support to parents and carers
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 Tel: 020 7605 0800 Email: mcc@upg.org.uk



SUMMER PROGRAMME April to July 2010

Providing free services for
 families with children under five in
 the Masbro Children's Centre area
 & Edward Woods Estate.



MASBRO CHILDREN'S CENTRE

Masbro Centre, 87 Masbro Road, London W14 0LR

Tel: 020 7605 0800 Email: mcc@upg.org.uk

MONDAY

JABADAO 10.00 – 11.00am Starts 14th June

Jabadao provides your child with the opportunity to support their development through fun, movement and play! For babies who are independently sitting to first steps. Call Roza on 020 7605 0800 to reserve a place on this course.

STAY AND PLAY 10.00 – 12.00pm

A chance for parents and carers to play and learn with their children.

HEALTH VISITORS CLINIC 10.00 – 12.00pm

Developmental Checks, Appointments via Health Visitor.

WEDNESDAY

PARENT'S ACTIVE 10.00 – 12.00pm (Term time only)

Meet up with other parents/carers of children with special needs while enjoying a coffee and listening to specialist speakers. Children welcome (timetable of planned speakers is available)

CHILDMINDERS' DROP-IN 9.30 – 11.30am (Term time only)

A play session for childminders and their children, providing advice and support on childminding.

TOY & BOOK LIBRARY 10.00 – 12.00pm (Term time only)

Starts 9th June Come and borrow from a wide range of toys and books. Our Outreach Workers can also visit your home with ideas for toys and books to borrow. Call Al or Roza on 020 7605 0800

WIGGLE AND JIGGLE 3.15 – 4.15pm

Come and Sing-along. Songs, signing and rhymes, suitable for children birth to 5 years.



THURSDAY

STAY AND PLAY 10.00 – 12.00pm

A chance for parents and carers to play and learn with their children. *Active Planet* run a fun interactive physical play session from 10.00 – 11.00am for children 18 months to 5 years.

BABY CAFÉ 10.00 – 12.00pm

Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques. Massage can also help common everyday problems such as colic, sleeplessness and constipation. Health advice and information is available on a range of topics.

BABY MASSAGE 10.00 – 11.00am

Suitable for babies 10 weeks to crawling

YOUNG AND READY 1.00 – 3.00pm April 29th to 27th May

Young and Ready is a group for young parents that draws on the *Triple P* parenting principles and addresses issues around child development and behaviour, presenting strategies and tips for building positive relationships between parent and child. **A crèche is provided.**

FRIDAY

FAMILY OUTREACH SESSION 9.30 – 10.30am

1st Friday of each month 7th May, 4th June, 2nd July

Advice and practical support on a variety of topics including domestic, financial and housing issues.

POSITIVE PARENTING 10.00 – 12.00pm

Introduction session 30th April.

The course is based on the *Triple P Positive Parenting Programme*. Parents can gain new skills and confidence in managing their children's behaviour.

Course starts 7th May – 2nd June for 8 weeks (term time only), crèche places available, book when registering.

EDWARD WOODS CENTRE activities provided by MASBRO CHILDREN'S CENTRE

60-70 Norland Road, W11 4TX Tel: 020 7603 2324

TUESDAY

FAMILY OUTREACH SESSION 9.30 – 10.30am

1st Tuesday of each month – 4th May, 1st June, 6th July. Advice and practical support on a variety of topics including domestic, financial and housing issues.

VITAL ENERGY 10.00 – 11.00am

8th June – 6th July (women only) £2.00 fee (pay Masbro Children Centre Staff)

A selection of movements designed to improve co-ordination, balance, stamina and suppleness to enhance your wellbeing and vitality. **Free crèche**

WEDNESDAY

STAY AND PLAY 10.00 – 12.00pm

A chance for parents and carers to play and learn with their children.

FRIDAY

ADVENTURES IN EATING 10.00 – 12.00pm

23rd and 30th April, 7th, 14th, 21st, 28th May and 4th June. **Free crèche**

Our *Adventures in Eating* programme helps you to plan and cook fantastic family food.

STAY AND PLAY 10.00 – 12.00pm Starts 11th June

A chance for parents and carers to play and learn with their children.

BROADWAY CHILDREN'S CENTRE

49 Brook Green, W6 7BJ

Tel: 020 7605 0890

to book a place on these workshops

TUESDAY

UNDER ONE'S GROUP 1.30 – 3.00pm

A fun group for new parent's and babies under the age of one. Health advice and information is available on a range of topics.

WANT YOUR CHILD TO GET ACTIVE, EAT BETTER? 10.30 – 11.30am

20th April – 25th May Free fun sessions on healthy eating and activities.

TODDLER BOOST for children between two and 4 years old.

Learn about helpful foods, energy balance, food labels through active play.

WEDNESDAY

BABY BOOST FOR BABIES 0 – 24 MONTHS 10.30 – 11.30am

21st April – 26th May

Eating in pregnancy: What to eat during and after pregnancy.

Children 0 – 6 mths: Advice on breast/bottle feeding and helpful eating for the future.

Children 6 – 12 mths: Weaning advice and recipes, how much to give, fussy eating.

Children 1 – 2 yrs: Healthy eating, understanding food labels, active play.

FRIDAY

UNDER ONE'S GROUP 10.30 – 12.00pm

A fun group for new parent's and babies under the age of one. Health advice and information is available on a range of topics.

POSTNATAL CLINIC 12.30 – 2.30pm

Run by midwifery in partnership with the Children's Centre, please call Queen Charlottes Hospital on 020 8383 3926 to book an appointment.

FLORA GARDENS CHILDREN'S CENTRE

Dalling Road, W6 9BP Tel: 020 8741 7892

THURSDAY

BUMP 2 BABY 12.00 – 3.00pm (Term time only)

These are tailor made session for Mums and Dads under 21 years. Lots of helpful information and the chance to share your experiences with other Mums and Dads.

TUESDAY

BABY MESSY PLAY 9.15 – 11.15am

20th April – 4th May Babies 6 – 18 months

TOP TIPS FOR TALKING 9.15 – 11.15am

11th May For parents of children aged 0 – 5 years

LEARNING TO LISTEN 9.15 – 11.15am

18th May For parents of children aged 0 – 5 years

MORE THAN 1 LANGUAGE 9.15 – 11.15am

25th May For parents of children aged 0 – 5 years

MAKE AND TAKE 1.30 – 3.00pm

20th April – 1st June Children 18 months – 4 years

BUSY BABIES TUESDAY 9.15 – 11.15am

1st – 20th June Babies 6 – 18 months

TOE TAPPING TALKERS 2.00 – 3.00pm

8th – 20th June Children 18 months – 4 years

FRIDAY

PARENT'S AS PLAY PARTNERS 1.00 – 3.00pm

23rd April – 23rd July
Children aged 0 – 5 years

ACTIVITIES FOR FATHERS provided by PRESCHOOL LEARNING ALLIANCE

Play sessions for fathers and their children under 5 years every Saturday except Christmas and New Year.

UNDER 5'S BUILDING 2.00 – 4.00pm

Ravenscourt Park, 39 Ravenscourt Road, W6 0UJ

Tel: 020 8748 3180

BISHOPS PARK FATHERS CLUB 11.00 – 1.00pm

Rainbow Playhouse, Bishops Park, Stevenage Road, SW6 6ES Tel: 020 7731 4572

