

CHILDREN'S CENTRES



Sept to Dec Programme

MASBRO CHILDREN'S CENTRE • FLORA GARDENS CHILDREN'S CENTRE
EDWARD WOODS COMMUNITY CENTRE • BROOK GREEN FAMILY CENTRE



WELCOME TO OUR 2025 AUTUMN PROGRAMME!

As the leaves begin to turn brown and the sunshine slowly fades away, we're excited to welcome you and your little ones back for the autumn term. This term, we have a wonderful programme of activities designed to support your child's development through play, creativity, and connection.

SUMMER HIGHLIGHTS !



We've been having a fantastic time celebrating a variety of joyful events, such as Eid, Father's Day, St Georges Day, Wimbledon and a Nursery Summer Party!



AUTUMN CELEBRATIONS



The celebrations don't stop in summer – we are thrilled to keep the fun going into the autumn term with exciting events like the Harvest festival, Halloween, Bonfire Night and Christmas!



A BIG SHOUTOUT TO ALL FATHERS, GRANDFATHERS AND MALE CARERS!

You have such an important role in shaping children's lives. Your contributions are always valued!

DAD'S PLAY & LEARN 10.30 – 12.30pm
27 Sep • 25 Oct • 29 Nov • 13 Dec
Drop in • £1.00 per child (benefits – free)

**NEW!
SESSION!**

ONCE UPON A SONG!



In response to your feedback, we are introducing a new afternoon programme: **Once Upon a Song**, for children aged 0 to 5 and their grown-ups, combining joyful singing, interactive rhymes, and enchanting stories to spark creativity and early language development.

1.00 – 2.00pm on Thursdays
11 Sep – 23 Oct
& 4 – 11 Dec

LITTLE STARS **SEND** ★ PLAY & LEARN ★

A group which offers SEND children a calming sensory play experience, where parents can meet other parents and access support and advice.

1.00 – 2.30pm on Fridays
12 Sep – 19 Dec
(term time only)
Flora Gardens
Children's Centre



MAKING WITH MIMI

A fun and creative session is back with Mimi where children explore making different items each week including Arts & Crafts and Cooking.

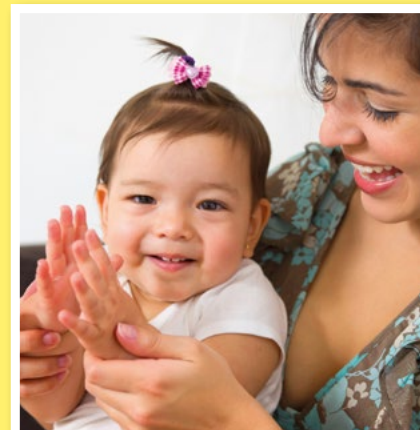
1.30 - 3.00pm on Wednesdays
10 Sep – 22 Oct (term time)
Flora Gardens Children's
Centre



TALK & LEARN

Our speech and communication support sessions are returning to Masbro Centre for the Autumn Term.

10.00 - 11.30am on Thursdays
6 Nov – 4 Dec (term time only)
Masbro Children's Centre



LOOK, SAY, SING, PLAY

We believe in nurturing the connection and communication abilities from birth, therefore we are returning with Look, Say, Sing Play for the autumn term for under 2 years olds to improve parent and baby interaction while help your baby's cognitive and language development in a fun environment.

1.00 - 2.00pm on Thursdays
11 Sep – 23 Oct (term time only)
Masbro Children's Centre

Baby Groups & Sessions

BABY MASSAGE - Baby massage promotes your baby's health and flexibility, whilst developing your tender bond with specific massage techniques.

17 Sep - 15 Oct | 1.00 - 2.00pm
Flora Gardens Children's Centre

12 Nov - 10 Dec | 1.00 - 2.00pm
Masbro Children's Centre



TREASURE BASKETS - A session for mothers and babies under 1 years, to support babies to explore by themselves and expand their thinking.

9 Sep - 16 Dec | 1.00 - 2.30pm
Flora Gardens Children's Centre

12 Sep - 19 Dec | 10.00 - 11.30am
Masbro Children's Centre

INCREDIBLE YEARS PARENTING COURSE - An interactive parenting groups to support parents with babies under 12 months to build strong, loving relationships with their babies.

16 Sep - 21 Oct | 1.00 - 2.30pm
Masbro Children's Centre

SLEEP WORKSHOP -

For parents with babies under 12 months to receive strategies to help their baby develop healthy sleeping habits.

16 Sep | 1.00 - 2.30pm
Masbro Children's Centre

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For more details on any group, please contact Monika@upg.org.uk

VOLUNTEERS NEEDED!

Volunteering is at the heart of UPG and we are grateful to the volunteers who support us during our children's centre sessions. We are currently looking for new volunteers who are interested in gaining experience in childcare and being supported with training opportunities.

Please ask at reception for a volunteer application form or contact monika@upg.org.uk



PARTY SPACES FOR HIRE!

UPG has a variety of spaces that can be hired out for parties from as little as £45. Consider holding your child's birthday party at Masbro Children's Centre or Flora Gardens Children's Centre. Access to Kitchen facilities, outdoor space and face painters available.

Please enquire on 020 8605 0800

MEET THE MASBRO CHILDREN'S CENTRE TEAM...



Vallon
Children's Centre Manager



Aida
Senior Outreach Worker



Beata
Outreach Worker



Karine
Outreach Worker



Mimi
Early Years Educator



Shaista
Early Years Educator



Sharafat
Early Years Educator



Amel
Early Years Educator



Monika
Senior Administrator



Miho
Administrator

WE
19 SPEAK OVER
LANGUAGES!

Albanian, Amharic, Arabic, Bulgarian, Croatian, Dari, English, Hindi, Hungarian, Japanese, Konkani, Pashto, Persian, Polish, Punjabi, Saho, Thai, Tigrinya, Urdu and more!

MASBRO OUTREACH AND AFFILIATED SERVICES

OUTREACH SERVICES

Masbro & Flora Gardens Children's Centres Outreach workers provide practical and emotional support to parents and carers. If you would like advice or support speak to a member of staff or contact Aida on aida@upg.org.uk to make an appointment.

FREE HEALTHY START VITAMINS

We distribute free women's and children's vitamins, to pregnant women and families living in H&F with children under 5 years.

Contact Monika for Masbro on 020 7605 0800 monika@upg.org.uk OR Miho for Flora Gardens Children's Centre, mihoko@upg.org.uk 020 8741 7892

BOOKSTART PROGRAMME

The Bookstart Programme includes a **FREE BOOK** to share with your child/ren to make stories fun, whilst encouraging language development by learning new rhymes.

Contact Beata at beata@upg.org.uk

ROSE VOUCHERS



Would you like to buy more fruit & veg?

The scheme supports women and young families living on low incomes to buy and eat more fruit & vegetables. Gives healthy recipes to cook using the Rose Vouchers. Shares new ideas and cultural recipes using fresh fruit and vegetables, whilst involving their children in the fun of cooking!

Contact Beata for Masbro 020 7605 0800 beata@upg.org.uk OR email Flora Gardens Children's Centre aida@upg.org.uk

USEFUL INFORMATION

THE FAMILY HUB

A one-stop-shop for information on services for children, young people, and their families

Visit www.lbhf.gov.uk/TheFamilyHub

LOCAL OFFER FOR SEND

Information on services and support for children and young people aged 0 – 25 with Special Educational Needs and/or Disabilities (SEND)

Visit: www.lbhf.gov.uk/localoffer

PARENTING PROGRAMMES



Marina | Parenting Project Manager

Are you interested in learning some new parenting skills to support you and your child? Our 'Confident Parent, Happy Child' parenting department offers a wide range of parenting programmes for parents and carers of children 0-18 years of age across Hammersmith & Fulham.

Check out their programme or contact Marina at marina@upg.org.uk



MASBRO BROOK GREEN UNDER THREES' NURSERY



Welcome to our friendly little nursery in the heart of Brook Green. We offer eligible families fifteen hours of free childcare as part of the government's two-year offer.

Our nursery, which is part of the Masbro Children's Centre has thirty spaces available. This gives children their fifteen hour entitlement across three days for one year or until the term after they turn three.

MEET THE TEAM

Our team of 7 highly experienced Early Years Educators take on key person responsibilities for the children in attendance.



Kayleigh

Nursery Manager



Dafina

Dep Nursery Manager



Yodit

Early Years Educator



Chanita

Early Years Educator



Rosine

Early Years Educator



Danielle

Early Years Educator



Bushra

Early Years Educator

NURSERY OPENING TIMES:

9.00am – 2.00pm MONDAY • TUESDAY • WEDNESDAY

Pop in to our Play & Learn sessions 9.30 – 11.30 Thursdays to view the nursery and find out more. OR make an appointment kayleigh@upg.org.uk 07702 335 120

PLAY & LEARN SESSIONS POLICY

No admittance after an hour from start time – this is to enable us to deliver a smooth-running session

BOOKING CRECHE PLACES

You will need to register and settle your child before attending your session.

Contact Monika
monika@upg.org.uk
020 7605 0800



Come and visit us at 1 of our 4 Children's Centres and see what is on offer for you and your children!



MONDAYS

MASBRO CHILDREN'S CENTRE



PLAY & LEARN 9.30 – 11.30am

Followed by Stories & Rhymes

8 Sep – 15 Dec (Half Term 27 - 31 Oct) • Ages 0-5

Fee £1.00 (free if you are on benefits) • Drop in

A fun session encouraging exploration and creativity.

• **Speech and Language Therapist Drop-In**
TBC

• **Place2Play 9.45 – 10.45am**

8 Sep start (part of Play & Learn)

Place2Play is an inclusive family 'pop up sports' programme, fun games that emphasises developing children's agility, balance and co-ordination skills in children aged 2-11. Parents are encouraged to join in.



RIISING 2's 1.00 – 2.45pm

15 Sep – 15 Dec (Half Term 27 - 31 Oct)

Ages for: 2 terms before joining to nursery

Help your child prepare for nursery by joining our Rising 2's sessions. A fun, stimulating environment where your child will be supported to become more independent and begin to learn the skills, they need to start nursery.

Booking essential 020 7605 0800 monika@upg.org.uk



FLORA GARDENS CHILDREN'S CENTRE



ANTENATAL CLINIC 9.00 – 5.00pm

Appointments only

Queen Charlotte's & Chelsea Hospital 020 3313 3926

TUESDAYS

MASBRO CHILDREN'S CENTRE

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES | 9.30 – 12.30am

16 Sep – 16 Dec (No session on 28 Oct)

A 13-week programme for parents/carers who have a child between 3-18 years of age. Parents are introduced to a range of strategies to enhance children's behaviour and build positive parent child relationships. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.

Booking required, no crèche places available.

Contact Marina 07740 752 679 email marina@upg.org.uk

PARENTSACTIVE 10.00 – 12.00pm

9 & 23 Sep • 7 & 21 Oct • 4 & 18 Nov • 2 Dec

Meet up with other parents/carers of children with special needs, have a coffee and listen to specialist speakers.

Contact Nandini on 020 8748 5168

nandini.ganesh@hfmencap.org

DAISY PAEDIATRIC FIRST AID 10.00 – 12.00pm

4 Nov • £10.00 per person

Come and learn essential life-saving skills at our 2-hour paediatric first aid class. It is relaxed, practical and fun covering CPR and recovery positions for babies and toddlers (and over 12 years). We practice what to do in the event of choking and discuss what to do if your little one has a febrile seizure, head injury, burn, or is bleeding. The class also covers meningitis, poisons, fractures, and anaphylaxis.

Booking required - contact Monika monika@upg.org.uk

No Crèche places are available • Babies under 12 months are welcome

INCREDIBLE YEARS (Baby Programme)

1.00 – 2.30pm

16 Sep – 21 Oct

An interactive 6-week group for parents with babies 0-12 months old. The programme supports parents to build strong loving relationships with their babies. Key themes include parents as communicators and babies as intelligent learners, providing physical, tactile & visual stimulation for your baby, learning to read your baby's mind and gaining support for you.

Booking required

Contact Marina 07740 752 679 or marina@upg.org.uk

• **Sleep Management Workshop 1.00 – 2.30pm**
16 Sep

For parents with babies under 1 years old to get the strategies needed for helping their baby develop healthy sleeping habits. Booking required, babies are welcome.

Contact Marina on 07740 752 679 marina@upg.org.uk

MONEY COURSE 1.00 – 3.00pm

4 Nov – 2 Dec

A 5-week programme, developed by Crosslight, supports families to better manage their finances through series of interactive sessions looking at emotional relationship with money; creating budgets and how to get them to balance; control spending; setting savings goals and issues of debt and the wise use of credit.

Booking required, limited crèche places available.

Contact Marina 07740 752 679 marina@upg.org.uk

EDWARD WOODS COMMUNITY CENTRE



PLAY & LEARN 10.00 – 11.30am

9 Sep – 16 Dec (Half Term 27 – 31 Oct) • Ages 0-5

Drop in • Fee £1.00 (free if you are on benefits)

A fun session encouraging exploration and creativity.

• **Speech & Language Therapist Drop-In**
10.00 – 11.00am
27 Oct

• **Place2Play 11.30 – 12.15pm**

9 Sep start

(part of Play & Learn)

Place2Play is an inclusive family 'pop up sports' programme, fun games that emphasises developing children's agility, balance and co-ordination skills in children aged 2-11. Parents are also encouraged to join in.



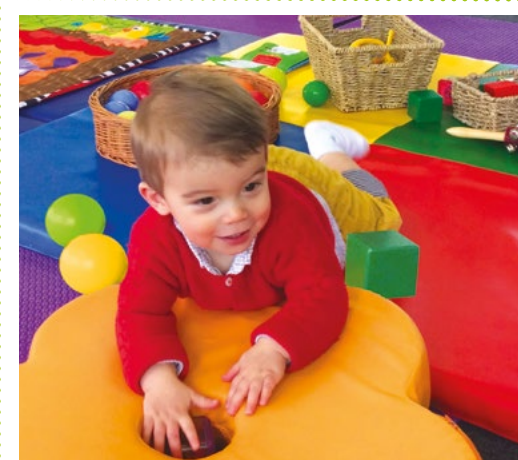
FLORA GARDENS CHILDREN'S CENTRE

RISING 3's 9.30 – 11.15am

16 Sep – 16 Dec (Half Term 27 – 31 Oct) • Age: one term before starting nursery

Help your child prepare for school by joining our Rising 3's sessions. A fun, stimulating environment where your child will be supported to become more independent and begin to learn the skills, they need to start school.

Booking essential 0208 741 7892 mihoko@upg.org.uk



BABY TREASURE BASKETS & RHYME TIME 1.00 – 2.30pm

9 Sep – 16 Dec (Half Term 27 – 31 Oct)

Fee £1.00 (free if you are on benefits) • Drop in
Babies' new-born to walking

A session for mothers and babies under 1 year old. Basket filled with natural, everyday items which babies can explore by themselves to expand their thinking skills.



WEDNESDAYS

MASBRO CHILDREN'S CENTRE



ROSE VOUCHER COLLECTION & PLAY
10.00 – 12.00pm
10 Sep – 17 Dec
(Half Term 27 – 31 Oct)

After collecting your vouchers stay on and join us for the ▼

ROSE VOUCHER COLLECTION GROUP

Learn healthy recipes to cook using your Rose Vouchers. Share new ideas and cultural recipes using fresh fruit and vegetables, whilst involving your children in the fun of cooking!
Contact beata@upg.org.uk to see if you are eligible



IAIM BABY MASSAGE 1.00 – 2.00pm

5 Week Programme 12 Nov – 10 Dec

Fee £10.00 to be paid in first week

Suitable for babies 8 weeks to crawling

Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques.

Contact Monika to book in advance monika@upg.org.uk

HEALTH REVIEWS 10.00 – 3.00pm

Appointments only

For any queries or to book an appointment please call 020 8102 3602

PARENT LED CHILD ANXIETY GROUP

9.30 – 11.00am

24 Sep – 5 Nov (No session on 29 Oct)

A 6-week programme for parents/carers of a child/ren between 5 and 11 years old. The group explores the early signs of anxiety in children and practical strategies parents can use to support children to overcome their anxieties.

Run by Community – CAMHS practitioner.

Booking required, no crèche

Contact Marina 07740 752 679 marina@upg.org.uk

FLORA GARDENS CHILDREN'S CENTRE



PLAY & LEARN 9.30 – 11.30am

10 Sep – 17 Dec (Half Term 27 – 31 Oct) • Drop in
Ages 0-5 • Fee £1.00 (free if you are on benefits)

A stimulating environment, encouraging exploration and creativity for you and your child to play and learn together with other children.

TRIPLE P PROGRAMME 1.00 – 3.00pm 5 Nov – 10 Dec

A 6-week programme for parents/carers who have a child between 0-12 years of age. The programme helps parents raise happy and confident children. Parents are introduced to a range of strategies to enhance parent child relationship, encourage positive behaviour and manage misbehaviour.

Booking required, limited crèche places available
Contact Marina 07740 752 679 or marina@upg.org.uk

MAKING WITH MIMI CREATIVE GROUP 1.30 – 3.00pm

10 Sep – 22 Oct

Fee £1 (free if you are on benefits) • Drop in • 2-5 years

A fun and exciting session where children explore making different items each week including Arts & Crafts & Cooking.

IAIM BABY MASSAGE 1.00 – 2.00pm

5 Week Programme 17 Sep – 15 Oct

Fee £10.00 to be paid on first week

Suitable for babies 8 weeks to crawling

Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques.

Booking essential **contact mihoko@upg.org.uk**
020 8741 7892

HEALTH REVIEWS 9.00 – 4.00pm

Appointments only • For any queries or to book an appointment please call 020 8102 3602

THURSDAYS



MASBRO CHILDREN'S CENTRE

FREEDOM PROGRAMME 10.00 – 12.00pm

18 Sep – 11 Dec

An 11-week programme aimed at women who have experienced domestic abuse. The programme aims to increase confidence, knowledge and understanding by helping them to identify and understand the tactics, behaviour, and beliefs of abusive partners. The programme also explores how children are affected by being exposed to the abuse and how their lives are improved when the abuse is removed.

Booking required, limited crèche places available.

Contact Marina 07740 752 679 or marina@upg.org.uk

AUTISM AND PARENTING IN CONVERSATION 10.00 – 12.00pm

25 Sep

Informal, entertaining and positive sessions with Autistic specialist with a life-long experience living in a world designed for neurotypicals. Groups are designed to educate and to give opportunity to ask any questions about the Autistic neurotype. Co-delivered with a mother that knows first-hand how to raise happy Autistic children.

Booking required, no crèche. **Contact Marina 07740 752 679 or marina@upg.org.uk**

STRENGTHENING RELATIONSHIPS WITHIN FAMILIES 10.00 – 12.00pm

20 Nov – 4 Dec

A 3-week group course that looks at conflict as a normal part of any relationship. How parents interact, regardless of whether they are together or separated, has a big impact on their children. The programme supports parents to think about "constructive" ways to deal with disagreement as opposed to "destructive".

Booking required, limited crèche places available.

Contact Marina 07740 752 679 marina@upg.org.uk

FLORA GARDENS CHILDREN'S CENTRE

ROSE VOUCHER COLLECTION & PLAY 10.00 – 12.30pm

11 Sep – 11 Dec (Half Term 27 – 31 Oct)

After collecting your vouchers stay on and join us for the ▼

ROSE VOUCHER COOKING GROUP

Learn healthy recipes to cook using your Rose Vouchers. Share new ideas and cultural recipes using fresh fruit and vegetables, whilst involving your children in the fun of cooking!

Contact Aida aida@upg.org.uk to see if you are eligible

ANTENATAL CLINIC 9.00 – 5.00pm

Appointments only • Queen Charlotte's & Chelsea Hospital 020 3313 3926

ONCE UPON A SONG 1.00 – 2.00pm

11 Sep – 23 Oct & 4 – 11 Dec (No sessions on 30 Oct & 6 – 27 Nov) • Ages 0-5 • Drop in

Designed especially for little ones aged 0 to 5 and their grown-ups, this fun-filled session combines joyful singing, interactive rhymes, and enchanting stories to spark creativity and early language development.

LOOK, SAY, SING, PLAY 1.00 – 2.00pm

11 Sep – 23 Oct • Ages 0-2

Right from birth, every time you talk, sing or play with your baby, you're not just bonding, you're building their brain – it is as simple as Look, Say, Sing, Play. Come along to discover fun and effortless ways to change everyday moments into brain-building ones.

To book contact **Monika monika@upg.org.uk**

TALK AND LEARN 10.00 – 11.30am

Five weeks programme 6 Nov – 4 Dec • Ages 2-5

Fun sessions supporting communication and language development for under 5's. Referrals and self-referrals.

Booking Essential, **contact monika@upg.org.uk**

ABOUT BOYS 1.00 – 3.00pm

6 Nov – 27 Nov • A 4 week group for parents/carers who have boys between 0-5 years of age.

The programme supports to have a better understanding of boys and their development and offers practical techniques to support with boundaries and discipline.

Booking required, limited crèche places available for children under 5 years of age

Contact Marina 07740 752 679 or marina@upg.org.uk

CHILDREN'S CENTRE CHRISTMAS PARTY PLAY 9.30 – 11.30am

18 Dec • Ages 0-5

(Details will be published near the time of event.)

BROOK GREEN FAMILY CENTRE

WOODLAND GARDEN OUTDOOR PLAY 9.30 – 11.30am

11 Sep – 11 Dec (Half Term 27 – 31 Oct) • Ages 0-5
Drop in Fee £1.00 (free if you are on benefits)

A fun outdoor play session where children will explore our woodland garden and learn about nature.

No snack provided

• **Speech & Language Therapist Drop-In**
9.30 – 10.30am
2 Oct & 20 Nov

SENCO ADVICE SESSIONS 9.30 – 11.00am

Access advice on how to best support your child with additional needs.

Booking essential **kayleigh@upg.org.uk**

FRIDAYS

MASBRO CHILDREN'S CENTRE



BABY TREASURE BASKETS & RHYME TIME 10.00 – 11.30am
12 Sep – 19 Dec (Half Term 27 – 31 Oct) • Drop in
Fee £1.00 (free if you are on benefits) • For babies' new-born to walking

A drop-in session for mothers and babies under 1 year old. Baskets filled with natural, everyday items which babies can explore by themselves to expand their thinking.

FLORA GARDENS CHILDREN'S CENTRE

HEALTH CLINIC 9.00 – 12.00pm
Appointments only • For any queries or to book an appointment please call 020 8102 3602

PLAY & LEARN 9.30 – 11.30am
5 Sep – 19 Dec (Half Term 27 – 31 Oct) • Drop in
Ages 0-5 • Fee £1.00 (free if you are on benefits)

A stimulating environment, encouraging exploration and creativity for you and your child to play and learn together with other children.

• **HALLOWEEN Party Play 9.30 – 11.30**
29 Oct • Ages 0-5

Costumes are welcome! (Details will be published near the time of event.)

• **Speech & Language Therapist 9.30 – 11.00am**
19 Sep

• **Place2Play 9.45 – 10.45am**
12 Sep start

Place2Play is an inclusive family 'pop up sports' programme, fun games that emphasises developing children's agility, balance and co-ordination skills in children aged 2-11. Parents are encouraged to join in.



• **'LITTLE STARS' SEND PLAY & LEARN 1.00 – 2.30pm**
12 Sep – 19 Dec (Half Term 27 – 31 Oct)
Ages 0-5 • Drop in session

Session for children with special educational needs or disability

Contact Mihoko mihoko@upg.org.uk



SATURDAYS

FLORA GARDENS CHILDREN'S CENTRE



DAD'S PLAY & LEARN 10.30 – 12.30pm

27 Sep • 25 Oct • 29 Nov • 13 Dec

Drop in • £1.00 per child (free if you are on benefit)

These drop-in sessions will offer a range of fun activities for dads/male carers to have fun with their child/children in a safe and stimulating environment.



HEALTH REVIEWS 9.00 – 2.00pm

Appointments only • For any queries or to book an appointment please call 020 8102 3602



MASBRO

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CHILDREN'S CENTRES



Masbro Children's Centre

Milson Rd entrance | 87 Masbro Rd | W14 0LR
T: 020 7605 0800 | E: monika@upg.org.uk



Edward Woods Community Centre

60-70 Norland | London W11 4TX
T: 020 7605 0800 | E: monika@upg.org.uk



Flora Gardens Children's Centre

Dalling Road | London W6 0UD
T: 020 8741 7892 | E: monika@upg.org.uk



Brook Green Family Centre

49 Brook Green | London W6 7BJ
T: 020 7605 0800 | E: monika@upg.org.uk

All areas of the programme cover the:
EARLY YEARS FOUNDATION STAGE

★ A Unique Child ★

★ Positive Relationships ★

★ Enabling Environments ★

★ Learning and Development ★



URBAN
PARTNERSHIP

Sure Start
Delivering Sure Start Services

h&f
hammersmith & fulham

Company Number: 3446256 Charity Number: 1092258

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

Twitter: www.twitter.com/MasbroCentre

Facebook: www.facebook.com/MasbroCentre