

Roehampton Family Hub and Start for Life Offer

Start for Life sessions are for mums, dads and *main carers with children aged 0 - 4 years old

*Main carers are defined as related family members of the child attending the session and includes looked after children carers.

	Monday	Tuesday	Wednesday	Thursday	Friday
Roehampton Family Hub 166 Roehampton lane SW15 4HR	10.00 - 11.30am Stay, Play & Learn Let's Get Messy 0-4 years 9:30-11.00am Talk Shop: Speech and Language <u>2nd Feb, 9th March</u> **By referral	9.30-11.30am Well Baby and Child Health Clinic 9.30-11.00am Breastfeeding Support Group 10.00-11.15am Enhanced Stay, Play and Learn **By referral	9.30-11.00am Fantastic 2's **Booking required	10.00 - 11.00am Music & Movement 18months - 4 years	Wandsworth Music: Fun Time Fridays Music, Singing, Dancing <u>16th January to 27th March</u> 10.00am-10.45pm: 0-18months 11.00am-11.45pm: 18months-4 years
Wandsworth Family information Service Wandsworth 	10.00-11.00am Health 4 Life Minis ** Booking Required	9:30-11.00am Talk Shop: Speech and Language <u>20th Jan, 24th Feb, 24th March</u>	Registration Services: Birth Registration **Pre-booked appointments www.wandsworth.gov.uk/register-a-birth	10.00-11.30am CAHMS Mind and Body Parents and children Group **By referral	10.00-12.00pm Power to Connect: Family Online Safety and Digital Skills To book a place please email: megan@powertoconnect.co.uk
	2.00pm-3.00pm Fantastic Babies Under ones 9:00-6:00pm Place 2 Be **Pre-booked appointments	10.00-11.30am Circle of Security Parental Group <u>From 27th January</u> **By referral 1.30 - 2.30pm Bumps, Babies and me Pre-birth to 12 months	9:00-6:00pm Place 2 Be **Pre-booked appointments	1.00-4.00pm Housing Advice and Support **Please book with a member of staff <u>8th,22nd Jan, 5th,19th Feb, 5th,19th March</u>	1.30 - 3.00pm Arts & Crafts Bring the Book to Life 0-4 years
	3.30-5.30pm Health 4 Life KickStart 5-7years ** Booking Required cicht.wandsworthh4l@nhs.net	The Roehampton Base at the Hub 4.00-5.00pm: Junior Dancing 5:00-6.00pm: Junior Boxing 10-19 years Please contact pat.ingram@richmondandwandsworth.gov.uk	1:30-3.00pm Information, Advice and guidance Our Team are available for support, advice and guidance.	3.30pm- 5.00pm Arts and Crafts 5-11 years Mini Chefs Cooking & Eating Together 2-4 years <u>8th,15th Jan., 5th,12th Feb, 5th,12th March</u> Siblings are welcome!	1:30-2:40pm Baby Massage <u>16th Jan to 13th February</u> **Booking required
Granard Children's Centre Cortis Road SW15 6XA		10.00 - 11.00 am Fantastic Ones 12months—24th months			10.00 - 11.30am Stay, Play & Learn Let's Get Messy 0-4 years
West Hill in the Park Children's Centre	9.30 - 11.00am SLT Communication & Language Playgroup **Pre booked by SLT team	9.30 - 11.00am CAMHS Parent and toddler Group. **By referral	10.00 - 11.30am Stay, Play & Learn Let's Get Messy 0-4 years	10.00pm-11.00am Fantastic Babies Under ones 1.30-2.45pm Family Nurse Partnership Last Thursday of the Month	9.00-3.30pm Perinatal Mental Health **Pre-booked appointments 9.00 - 12.00pm Understanding your Baby **By referral
King Georges Park Buckhold Rd, SW18 4AS	Health Reviews Appointments Only	1:30 - 3.30pm Well Child Health Clinic <u>Please arrive by 3.15 pm to be seen</u>	10.00 -11.30am Talk Shop Speech and Language <u>14th Jan, 11th Feb, 11th March</u>	1.30-2.30pm Educational Psychologist Drop in <u>5th March</u>	1:30-2:40pm Baby Massage <u>27th Feb to 27th March</u> **Booking required

Contact us for information or to book a session on 020 8871 6655 or email: RoehamptonChildrensCentres@RichmondandWandsworth.gov.uk Find us on Facebook as Roehampton Children's Centres

Please note: Information is correct at the time of printing. Don't forget to Check our alternative Timetable for Half-Term!

About our Start for Life Sessions

Bumps, Babies and me: A group to support families communicate and bond with their baby before and after birth, through songs and stories and to support your babies development through play.

Fantastic Babies: Six week programme to support babies' development through play activities.

Baby Massage: A wonderful opportunity for you to learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.

Fantastic Ones: A fun and nurturing group for children 12–24 months to learn and grow through play.

Fantastic Twos: A programme aimed at easing the transition from home to nursery, for children eligible for 2 year old funding but not yet attending a setting.

Let's get Messy: Children 0-4years will experience a wide variety of textures and materials to imagine, investigate, explore, and learn through their senses.

Music and Movement: A group for children 18 months to 4 years. Our activities will combine music with physical movement. Children will be singing, dancing, playing instruments and moving to the beat.

Mini Chefs: Story Time and Cooking: A fun and engaging session for children 2 - 4 years to explore the joys of cooking different recipes.

Arts and Crafts: Children will use and develop their imaginative and creative skills through a variety of material and resources for children 5-11 years.

Information, Advice and Guidance: Support with form filling, applying for a nursery or any other matter where support is needed. Please email or call to speak to a member of staff.

Table Tennis Club: Thursdays from 3.30-5.00pm. Please email: info@agoeempowermentnetwork.org for information.

Cooking & Budgeting Parent's Workshop: 2.00 –3.30pm 27th Jan, 24th Feb, 24th March

**Booking required

For Drop-in Well Child Health Clinics, Health Review appointments and Health Visitors team

please contact: **0330 0581 679**

Roehampton Family Hub Services

Wandsworth Baby Box Scheme: Supporting babies to have the best start in life. Please speak to a member of staff to find out how to access it.

Vitamins Collection: [Healthy Start](#)

Eastwood Children's Centre: Monday to Friday 9.30am to 4.00pm

West Hill Children's Centre: Tuesday 1.30pm to 4.00pm. If you are unable to attend the above days please call us to arrange a collection time.
www.healthystart.nhs.uk/how-to-apply

Educational Psychologist drop in: If you have any concern about your child's learning, development and behaviour you can have a chat with the *Educational Psychologist at the Hub* on **5th February**

Talk Shop Advice Clinic: If you have any concern about your child's speech and language development you can have a chat with the Speech and Language Therapist (0-2years 6 months).

Understanding your Baby: Postnatal Group for mothers with low mood or anxiety.

Health 4 Life: The group support nutrition , movement and healthy lifestyles. . Please book on **020 8102 6512** or clict.0-19@wandsworthandrichmondadmin@nhs.net

SWLeap Energy Advice: Need help to save energy at home and reduce your bills? Contact: info@swleap.org.uk

Antenatal sessions from the Ruby Team of Kingston Hospital: For referrals contact your midwife.

Power to Connect: Family Online Safety and Digital Skills course. To book, email: megan@powertoconnect.co.uk

The One Stop Shop in Roehampton: No appointment needed. Wednesday from 10am – 12:30pm. Or Call for free and in confidence 24/7 on **0808 2000 247**

Rackets Cubed Community Box: Social supermarket supporting residents of Roehampton, for a £4 donation you can come and shop for food. Book your slot here : <https://racketscubed.com/community-box/>

Mobile Youth Centre: Bus will be located at:

Alton Youth Club, SW15 4AT Tuesdays 3-7pm
Lennox youth club, SW15 5LQ Friday 3-7pm

Roehampton Base: A place where young people can go to learn, have fun and relax. For more information please email: pat.ingram@richmondandwandsworth.gov.uk or call 020 8871 5222

Please note: Information is correct at the time of printing

Don't forget to Check our alternative Timetable for Half-Term!

Roehampton

Family Hub &Start for Life Offer

**5th January
to
27th March 2026**

For Families, Children and
Young people aged 0-19 years or 25 with
Special Educational Needs and Disabilities.



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020 8871 6655/5544 or email:

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