

About our Start for Life Sessions

Fantastic Babies: Six week programme to support babies' development through songs, stories and play ideas.

Fantastic Ones: Six week programme to support your child's development. Looking at physical play, communication and language, sensory messy play and more.

Getting Ready for Nursery School: A programme aimed at easing the transition from home to nursery. For children starting nursery in September 2025.

****Booking is required**

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.

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. ****Booking is required**

Mini Chefs: Cooking together: A fun and engaging session for children 18 Months to 4 years to explore the joys of cooking different recipes. ****Booking is required.**

Parents Support & Advice: Form filling, applying for a nursery place or any other matter where support is needed. To arrange an appointment please contact us.

Parent's Voice: Come along and meet other parents, discuss your views and help shape our services.

Online Child Development Workshops: Please see poster for topics and dates

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

If you have any immediate concerns about a child, contact MASH Wandsworth. Telephone: 020 8871 6622

Telephone outside of normal office hours (after 5pm weekdays or on weekends): 020 8871 6000 mash@wandsworth.gov.uk



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. Please email pat.ingram@richmondandwandsworth.gov.uk or call 020 8871 5222 for more information.

Table Tennis Youth Club on Thursdays from 3.30- 5.00pm.

For information, please email: info@agoempowermentnetwork.org

Mixed martial Arts: Fridays 5.00-7.00pm.

Please contact info@macwo.org to request more information.

Roehampton Family Hub Services



Vitamins Collection: Healthy Start

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

West Hill Children's Centre: Tuesday 1.00pm 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

EP drop in: (Educational Psychologist): If you have any concern about your child's learning, development and behaviour you can have a chat with the Educational Psychologist.

Health for Life Mums/minis (H4L): Practical healthy lifestyle advice and support from a registered nutritionist.
Please book on 020 8102 6512

ESOL: English for Speakers of Other languages. Please contact the Children's Centre for more information about courses

Strengthening Families Strengthening Communities Parenting Group: Please Contact
WandsworthLINKS@richmondandwandsworth.gov.uk
or Children's Centre staff.

EPEC: Being a Parent Course. To book a place please call 07866 124 646 or email:
Hannah.Marquand@richmondandwandsworth.gov.uk

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

Antenatal sessions from the Ruby Team of Kingston Hospital:
By referral.

SEND in Mind: www.sendpcwandsworth.org.uk will be running a monthly support clinic to offer Advice, Information and Guidance to parents and carers of children with Special Educational Needs and/or disabilities (aged 0-19)

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

The One Stop Shop in Roehampton: Wednesday from 10am – 12:30pm. No appointment needed. Independent Advisors.

The Roehampton Community Box: Social supermarket. To book a slot please go to
<https://racketscubed.com/community-box/>

Citizens advice drop in sessions: Please email:
communitybox@racketscubed.com

For Drop-in Well Child Health Clinics, Health Review appointments and Health Visitors team please contact 0330 0581 679

Please note: Information is correct at the time of printing

Roehampton

Family Hub & Start For Life Offer

The family hub and start for life programme
Family hubs are part of the national programme which brings together many different services to support families from 0-19 years of age and 25 years with SEND in one place

From
22nd April to 22nd July
2025



Contact us for information or to book a session on 020 8871 6655/5544 or email: RoehamptonChildrensCentres@RichmondandWandsworth.gov.uk

Find us on Facebook as Roehampton Children's Centres



Roehampton Family Hub and Start for Life Offer


What's on from to 22nd April to 22nd July 2025

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. **Booking required for some sessions

**Please check our alternative Timetable for Half-Term



	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 - 11.30am Well Child Health Clinic Breastfeeding Support	9.30- 11.00am Getting Ready for Nursery School **Booking required	10.00 - 11.00am Music & Movement 18 months-4 years	10.00 - 11.30 am Stay, Play & Learn 0-4 years
	10.30-11.30 Baby Rhyme Time 2nd June to 21st July	10.00-11.15am Enhanced Stay, Play and Learn **By referral	10.00-11.00 am Health for Life Minis 4th to 25th June ** Please book on: clcht.0-19wandsworthandrichmondadmin@nhs.net Or call 020 8102 6512	10.00-11.30am CAMHS Mind and Body Parents and children Group **By referral	10.00-12.30 pm EPEC: Being a Parent Course 25th April to 27th June **Booking required
FIS Wandsworth Family Information Service at the Hub 1st May, 10th June, 8th July 	9:30-11.00am Talk Shop Speech and Language 12th May, 9th June, 7th July	1.30 –3.00pm Mini Chefs: Cooking together 18 Months -4 years **Booking required	10.00-12.30pm The One Stop Shop in Roehampton Independent Advisors. No appointment needed.	3.30pm– 5.00pm Arts and Crafts 0-8 years	10:30-11:40 am Baby Massage **Booking required 25th April to 23rd May
	1:30-3.00pm Parents Support & Advice Our Team are available for support, advice and guidance.	The Roehampton Base at the Hub 4.00-5.00pm Dancing for Juniors 10-19 years Please contact pat.ingram@richmondandwandsworth.gov.uk	1.30 - 2.30pm Fantastic Babies Under ones	1.30-2.30pm Educational Psychologist Drop in 1st May, 3rd July	10.00-12.00pm Power to Connect: Family Online Safety and Digital Skills Course 2nd May to 23rd May To book a place please email: megan@powertoconnect.co.uk
	9:00-6:00pm Place 2 Be **Pre-booked appointments	The Roehampton Base at the Hub 5:15-6pm Girl's only Boxing 10-19 years Please contact pat.ingram@richmondandwandsworth.gov.uk	9:00-6:00pm Place 2 Be **Pre-booked appointments Antenatal sessions Kingston Hospital Ruby Team For referrals please contact your midwife	3:30pm–5 pm Table Tennis Club 8 years and up For information please email: info@agoempowermentnetwork.org	10.00-12.00pm SEND in Mind: Support Clinic Drop in 2nd May, 6th June, 4th July ----- 5.00-7.00pm Mixed martial Arts Please contact: info@macwo.org
Granard Children's Centre Cortis Road SW15 6XA (Please use the school gate entrance to access the Children's Centre)		10.00 - 11.30am Stay, Play & Learn 0-4 years ----- 9:30-11am Talk Shop: Speech and Language 20th May, 24th June, 15th July		9.30- 11.00am Getting Ready for Nursery School **Booking required	
West Hill in the Park Children's Centre King Georges Park Buckhold Rd, SW18 4AS	Health Reviews Appointments Only ----- 09.30 - 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 ----- 10.00 –11.30am Talk Shop: Speech and Language 21st May 18th June, 16th July	9.30 - 11.00am DAP's Skies of Hope. Parental Group **By Referral 1st May to 17th July	9.30-4.00pm Perinatal Mental Health **Pre-booked appointments 10:30-11:40 am Baby Massage **Booking required 13th June to 11th July
	1.30-2.30pm Fantastic Babies Under ones	2.00 - 4.00pm Well Child Health Clinic <u>Please arrive by 3.45pm to be seen</u>	1:30-2:10pm Learn to Love to Read 30th April, 7th May 14th May, 21st May **Please sign up emailing: sally@l2l2r.org <u>Or call 07859883798</u>	1.30-2.30pm Educational Psychologist Drop in 5th June ----- 1.30-2.45pm Family Nurse Partnership Last Thursday of the Month ** Referral only	10.00-11.00 am Health for Life Minis 2nd to 23rd May ** Please book on: clcht.0-19wandsworthandrichmondadmin@nhs.net <u>Or call 020 8102 6512</u>

Contact us for information or to book a session on 020 8871 6655 or 020 8871 5544

email: RoehamptonChildrensCentres@RichmondandWandsworth.gov.uk Find us on Facebook as Roehampton Children's Centres

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