

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, including looked after children's 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 -11.30am Well Baby and Child Health Clinic Breastfeeding Support Group 9:30-11.00am Talk Shop Speech and Language 16th Sept, 14th Oct, 18th Nov, 16th Dec	10.00 - 11.00am Music & Movement 18 months-4 years	9.30- 11.00am Fantastic 2's **Booking required	10.00 - 11.30 am Arts & Crafts Bring the Book to Life 0-4 years
	9:00-6:00pm Place 2 Be **Pre-booked appointments	10.00-11.15am Enhanced Stay, Play and Learn **By referral	1.30 - 2.30pm Bumps, Babies and me Pre-birth to 12 months	11.00-11.40am Learn2Love2Read 25th September, 2nd, 9th, 16th October	10:30-11:40 am Baby Massage **Booking required 19th Sept - 17th Oct
	1:30-3.00pm Information, Advice and guidance Our Team are available for support, advice and guidance.	2.00 –3.00pm Mini Chefs Story Time and Cooking 2 -4 years **Booking required Starting on 9th September	Circle of Security Parental Group From 8th October **By referral Registration Services: Birth Registration **Pre-booked appointments www.wandsworth.gov.uk/register-a-birth	1.30-2.30pm Educational Psychologist Drop in 4th September, 6th Nov 1.00-4.00pm Housing Advice and Support fortnightly **Please book with a member of staff	10.00-12.00pm Power to Connect: Family Online Safety and Digital Skills 19th Sept to 10th October To book a place please email: megan@powertoconnect.co.uk
Wandsworth Family information Service 	3.30-5.30pm Health 4 Life 5-7years 29th September to 10th Nov ** Booking Required	The Roehampton Base at the Hub 4.00-5.00pm: Junior Dancing 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– 5.00pm Arts and Crafts 0-10 years	Wandsworth Music, Fun Time Fridays Music, Singing, Dancing 26th September to 28th November 1.15pm-2.00pm: 18months-4 years 2 .00pm-2.45pm: 0-18months
		The Roehampton Base at the Hub 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 pm Table Tennis Club 8 years and up For information please email: info@agoempowermentnetwork.org	
Granard Children's Centre Cortis Road SW15 6XA (use school entrance)	9:30-11.00am Talk Shop Speech and Language 29th Sept, 3rd Oct, 1st Dec	10.00 - 11.30am Stay, Play & Learn Let's Get Messy 0-4 years		10.00 - 11.30 am Bring the Book to Life 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	9.00 - 12.00pm Understanding your Baby **By referral	9.30-4.00pm Perinatal Mental Health **Pre-booked appointments
King Georges Park Buckhold Rd, SW18 4AS	Health Reviews Appointments Only 1.30-2.30pm Fantastic Babies Under ones	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 10 Sept, 8th Oct, 5th Nov, 3rd Dec	1.30-2.30pm Educational Psychologist Drop in 2nd October and 4th Dec 1.30-2.45pm Family Nurse Partnership Last Thursday of the Month ** Referral only	10:30-11:40 am Baby Massage 7th Nov to 5th December **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

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 throughout their first year 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 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 18 Months - 4 years to explore the joys of cooking different recipes.

Information, Advice and Guidance: for support with form filling, applying for a nursery or any other matter where support is needed. Email or call for more information.

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).

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

Arts and Crafts: Children will use and develop their imaginative and creative skills through a variety of material and resources for children 0-10 years.

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

0330 0581 679

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

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*.

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

Health 4 Life: Group support nutrition, movement and healthy lifestyles. Please book on [020 8102 6512](tel:02081026512) or clcht.0-19wandsworthandrichmondadmin@nhs.net

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

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

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

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: No appointment needed. Hestia Independent Advisors. Wednesday from 10am – 12:30pm

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

Roehampton

Family Hub & Start for Life Offer

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

**1st September
to
19th December
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