

MASBRO

CHILDREN'S CENTRES



SPRING TERM 2020

January – April Programme

MASBRO CHILDREN'S CENTRE • FLORA GARDENS CHILDREN'S CENTRE
EDWARD WOODS COMMUNITY CENTRE • BROOK GREEN FAMILY CENTRE
SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE

MASBRO OUTREACH AND AFFILIATED SERVICES

OUTREACH SERVICES

Masbro & Flora Garden's 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 Vallon on 020 7605 0800 or 020 8741 7892 to make an appointment.

HEALTHY START VITAMINS

We distribute free women's and children's vitamins, to pregnant women and families with children under the age of five.

Contact Monika on 020 7605 0800
monika@upg.org.uk OR
for Flora Gardens Miho on 020
8741 7892, miho@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.

Contact Beata 020 605 0800 beata@upg.org.uk – OR email
Flora Gardens Children's Centre aida@upg.org.uk

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 Marina on
020 7605 0800



Your Voice Matters!

PARENTS' CHATROOM

Dates TBC

Come and join the Parents' Chatroom and have a say in how our services are planned and delivered.

Contact Marina 020 7605 0800

MASBRO UNDER THREES' NURSERY



Masbro under Threes Nursery offers 15 hours free childcare to children who are 2 years old and eligible for the funding.

2 YEAR OLD FUNDING

The government funds places for two-year-old children from low income families who receive benefits. In order to be eligible, families must be resident in Hammersmith & Fulham and also be in receipt of certain benefits.

MASBRO CHILDREN'S CENTRE

Nursery Sessions run on

MONDAYS TUESDAYS WEDNESDAYS
10.00 – 3.00pm (term time only)

BROOK GREEN FAMILY CENTRE

Nursery Sessions run on

WEDNESDAYS THURSDAYS FRIDAYS
10.00 – 3.00pm (term time only)

For more information contact Kayleigh on 020 7605 0800 or email kayleigh@upg.org.uk

GOING BACK TO WORK, RETURNING TO STUDY OR NEED HELP WITH YOUR FINANCES?

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

MASBRO EMPLOYMENT SUPPORT

Masbro Employment Support can help you with CV writing, job search, job applications, getting interviews, interview preparation, getting suitable clothes, training and work experience.

Contact Amal via email at amal@upg.org.uk or Rosemarie at rosemarie@upg.org.uk

JOBCENTRE PLUS

Jobcentre Plus provides resources to enable job-searchers to find work.

Phone 0800 169 0190 for more information

FAMILY INFORMATION SERVICE

The Family Information Service (FIS) provides information and advice on a range of services for children and young people aged 0 – 19 years old.

Phone 0845 313 3933 (calls charged at standard rate) or visit www.lbhf.gov.uk/fisd

LONDON PLUS CREDIT UNION LTD

London Plus Credit Union Ltd provide a range of financial services to the community.

Phone 020 7471 2620 or visit www.londonpluscu.co.uk

CHILDREN'S CENTRE ADDRESSES

MASBRO CHILDREN'S CENTRE

Masbro Centre,
(Milson Road Entrance)
87 Masbro Road
London W14 0LR
T: 020 7605 0800
E: vallon@upg.org.uk

FLORA GARDENS CHILDRENS CENTRE

Dalling Road,
London
W6 0UD
Tel: 020 8741 7892
E: vallon@upg.org.uk

SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE

58a Bulwer Street
London W12 8AP
Tel: 020 8749 2371
E: info@sbfpp.org

EDWARD WOODS COMMUNITY CENTRE

60-70 Norland Road,
London W11 4TX
T: 020 7605 0800
E: vallon@upg.org.uk

BROOK GREEN FAMILY CENTRE

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





POLICY FOR ALL THE PLAY & LEARN SESSIONS

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

MONDAYS

MASBRO CHILDREN'S CENTRE

ANTENATAL CLINIC 9.30 – 11.30am
Appointment only
Chelsea & Westminster Midwifery Team 07741 183 063

POSTNATAL CLINIC 1.00 – 4.00pm
Appointment only
Chelsea & Westminster Midwifery Team 07741 183 063

ADULT EDUCATION 1.00 – 3.00pm
6 Jan – 3 Apr (Half Term 17 – 21 Feb)
No crèche • Contact Rosemarie on 020 7605 0800



BROOK GREEN FAMILY CENTRE

PLAY & LEARN 9.30 – 11.30am
Followed by Stories & Rhymes
Ages 0-5 • Fee £1.00 (free if you are on benefits)
A fun session encouraging exploration and creativity.

- **Speech & language Therapist Drop-In 2 Mar**

RIISING 3's 1.00 – 3.00pm
6 Jan – 30 Mar (Half Term 17 – 21 Feb)
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.

FLORA GARDENS CHILDREN'S CENTRE

ANTENATAL CLINIC 9.00 – 5.00pm
Appointments only • Queen Charlotte's & Chelsea Hospital 020 3313 3926

HEALTH REVIEWS 1.00 – 4.00pm
Appointments only • For any queries or to book an appointment please call 020 8102 4640

EDWARD WOODS COMMUNITY CENTRE

INCREDIBLE YEARS (Baby Programme) 10.00 – 12.00pm
20 Jan – 9 Mar (Half Term 17 – 21 Feb)
An interactive session for parent and baby together.
Contact Marina 020 7605 0800 • email marina@upg.org.uk

- **SLEEP MANAGEMENT WORKSHOP 10.00 – 12.00pm**
16 Mar • No crèche, booking required
Contact Marina 020 7605 0800
email marina@upg.org.uk



BOOKING CRECHE PLACES

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

Contact Kayleigh
020 7605 0800
kayleigh@upg.org.uk



ADVICE ON BREAST FEEDING

We offer sign posting advice on Breast Feeding.

Please call on 020 7605 0800 for MASBRO and 020 8741 7892 for FLORA GARDENS

TUESDAYS

MASBRO CHILDREN'S CENTRE

ADULT EDUCATION 10.00 – 12.00pm
6 Jan – 3 Apr (Half Term 17 – 21 Feb)
No crèche • Contact Rosemarie on 020 7605 0800



CHICKENSHED – A BOX FULL OF TALES
11.00 – 12.00pm

14 Jan – 24 Mar (No session on 18 Feb)
An exciting interactive performance and workshop for children and their families.
Booking essential • No entry after performance starts
Contact Monika on 0207 605 0800

DAISY PAEDIATRIC FIRST AID
10.00 – 12.00pm

4 Feb • £10.00 per person, £15 per couple/family members (free if you are on benefits or low income)
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). Practice what to do in the event of choking, if your little one has a febrile seizure, head injury, burn, or is bleeding. Also covers meningitis, poisons, fractures and anaphylaxis.
Booking essential – contact Monika on 0207 605 0800

ADULT EDUCATION 1.00 – 3.00pm
6 Jan – 3 Apr (Half Term 17 – 21 Feb)
No crèche • Contact Rosemarie on 020 7605 0800

HEALTH REVIEWS

Appointment via your health visitor.
For more information call Richford Gate Team on 0208 102 3602

SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE

DROP-IN 12.45 – 3.00pm
Please telephone for details 020 8749 2371
www.shepherdsbushfamiliesproject.org

BROOK GREEN FAMILY CENTRE

TRIPLE P PARENTING PROGRAMME
10.00 – 12.00pm

Starting 4 Feb • 6-8 week, programme for parents/carers who have a child between 0-11 years of age
This course provides a range of strategies to enhance parent child relationships and manage challenging behaviour.
Limited crèche places available, booking required
Contact Monika 020 7605 0800 email monika@upg.org.uk

PARENTSACTIVE 10.00 – 12.00pm
7 & 21 Jan • 4 Feb • 3, 17 & 31 Mar (Half Term 17 – 21 Feb)
Free crèche

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
email nandini.ganesh@hfmencap.org

BUTTERFLY PROJECT 10.00 – 12.00pm
14 & 28 Jan • 11 & 25 Feb • 10 & 24 Mar
(Half Term 17 – 21 Feb) • Free crèche

A community based women's group, run by survivors for survivors. It provides support for women who have experienced or are currently experiencing domestic abuse.
Contact Betty Mooney • email Betty.Mooney@hestia.org

ADULT EDUCATION 1.00 – 3.00pm
6 Jan – 3 Apr (Half Term 17 – 21 Feb)
Free crèche • Contact Rosemarie on 020 7605 0800

EDWARD WOODS COMMUNITY CENTRE

PLAY & LEARN 10.00 – 12.00pm
Term Time Only • Fee £1.00 (free if you are on benefits)
A fun session encouraging exploration and creativity.
• Followed by Song Time
• Speech and Language Therapist Drop-In 11 Feb

IAIM BABY MASSAGE 1.00 – 2.00pm
5 Week Programme • 14 Jan – 11 Feb (Half Term 17 – 21 Feb) & 25 Feb – 24 Mar • Fee £10.00 (free if you are on benefits) • Suitable for babies 8 weeks to crawling
Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques.
Contact Marina to book in advance 020 7605 0800

TREASURE BASKETS & BABY RHYME TIME
2.00 – 3.00pm
14 Jan – 31 Mar (Half Term 17 – 21 Feb) • Fee £1.00 (free if you are on benefits or have attended baby massage)
For babies' new-born to walking.

Basket filled with natural, everyday items which babies can explore by themselves to expand their thinking.
• PARENT & BABY CELEBRATION 1.00 – 3.00pm (Part of Treasure Basket / Baby Rhyme Time) 14 Jan & 3 Mar
Join us to celebrate and welcome your babies' arrival and meet other mums.
Contact Monika 0207 605 0800 • email monika@upg.org.uk

TUESDAYS (continued)

DROP-IN BABY CLINIC 1.30 – 3.00pm
7 & 21 Jan • 4 & 18 Feb • 3 & 17 Mar • First and third week of month, contact your Health Visitor. For more information call Richford Gate Team 0208 102 3602

FLORA GARDENS CHILDREN'S CENTRE

RISING 3's 9.30 – 11.15am
14 Jan (Half Term 17 – 21 Feb) • Age 2 ½
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

HEALTH REVIEWS 1.00 – 4.00pm
Appointments only • For any queries or to book an appointment please call 020 8102 4640

DAISY PAEDIATRIC FIRST AID 10.00 – 12.00pm
11 Feb • £10.00 per person, £15 per couple/family members (free if you are on benefits)
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).
Limited crèche spaces, booking essential 0208 741 7892

BABY TREASURE BASKETS & RHYME TIME
1.00 – 2.30pm • 7 Jan – 31 Mar (Half Term 17 – 21 Feb) • Fee £1.00 (free if you are on benefits)
Drop in term time only • Babies' new-born to walking
A drop in 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.

• LOOK, SAY, SING, PLAY 1.00 – 2.30pm (Part of Treasure Basket & Baby Rhyme Time)
Look – Tues 3 Mar ▶ Say – Tues 10 Mar
Sing – Tues 17 Mar ▶ Play – Tues 24 Mar
Come to a "Look, Say, Sing, Play" session to discover fun, easy ways to change everyday moments into brain-building ones.

• PARENT & BABY CELEBRATION 1.00 – 3.00pm (Part of Treasure Basket & Baby Rhyme Time)
21 Jan, 25 Feb & 31 Mar • Join us to celebrate and welcome your babies' arrival and meet other mums.
Contact Aida 0208 741 7892 • email aida@upg.org.uk

NAPPY MATTERS & GIVE AND TAKE EVENT
12.00 – 2.30pm • Date to be confirmed
Give & Take – Exchange and reuse unwanted baby items
Nappy Matters – Find out about using Real Nappies

TALK AND LEARN 1.30 – 3.00pm
21 Jan – 31 Mar (Half Term 17 – 21 Feb)
Fun sessions supporting Communication and Language Development for under 5's. Referrals and Self Referrals.
Please call to book on 0208 741 7892

WEDNESDAYS

MASBRO CHILDREN'S CENTRE

ROSE VOUCHER COLLECTION 9.30 – 11.30pm
Contact Beata on 020 7605 0800
or email beata@upg.org.uk to see if you are eligible

HEALTH REVIEWS

Appointment via your health visitor.
For more information call Richford Gate Team on 0208 102 3602

OUTREACH WALKABOUT WEDNESDAY
15 Jan • 19 Feb • 18 Mar

SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE

DROP-IN 12.45 – 3.00pm
Please telephone for details 020 8749 2371
www.shepherdsbushfamiliesproject.org

FLORA GARDENS CHILDREN'S CENTRE

PLAY & LEARN 9.30 – 11.30am
Starting 8 Jan • Ages 0-5 • Drop in session
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.

• Speech & Language Therapist Drop-In 11 Mar
ABOUT BOYS COURSE 12.30pm – 2.30pm
22 Jan – 12 Feb • Limited crèche places for under 5 years of age, booking required
4-week group for parents/carers with boys between 0-5 years old. The programme supports parents/carers to have a better understanding of boys and their development and offers practical techniques to support with boundaries and discipline.
Contact Mihoko to book on 0208 741 7892 or email mihoko@upg.org.uk

PARENT GYM 12.30 – 2.30pm (except Taster)
Limited crèche places for under 5's, booking required
Taster session – 10.00 – 10.45am Wed 5 Feb
Chat – Wed 12 Feb Love – Wed 26 Feb
Behave – Wed 4 Mar Care – Wed 11 Mar
Discover – Wed 18 Mar Together – Wed 25 Mar
Contact Mihoko to book on 0208 741 7892 or email mihoko@upg.org.uk

THURSDAYS

MASBRO CHILDREN'S CENTRE

PLAY & LEARN 9.30 – 11.30am

Fee £1.00 (free if you are on benefits)

Come and join in this fun interactive play session.

- **Speech and Language Therapist Drop-In 9 Jan**
- **Free Legal Advice 10.00 – 12.00pm** (part of Play & Learn) by JS solicitors 13 Feb & 12 Mar

Free advice on any legal matters. Appointment only, if less than 7 families booked, the session will be cancelled.

For more info contact Houraa 020 7605 0800

IAIM BABY MASSAGE 10.00 – 11.00am

5 Week Programme – 16 Jan – 13 Feb & 27 Feb – 26 Mar

Fee £10.00 (free if you are on benefits) • Suitable for babies 8 weeks to crawling

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

Contact Marina to book in advance 020 7605 0800



NAPPY MATTERS & GIVE AND TAKE EVENT 11.30 – 1.00pm

6 Feb

Give and Take Event – Exchange and reuse unwanted baby items

Nappy Matters – Find out about using Real Nappies



QUALITY CHILDMINDERS FORUM

10.00 – 11.00am

31 Jan & 20 Feb

Come along and meet other childminders.

Contact Andrea Lawler-Ford, Early Years Advisor 07500 992 562

ADULT EDUCATION 10.00 – 12.00pm

6 Jan – 3 Apr (Half Term 17 – 21 Feb)

No crèche • Contact Rosemarie on 020 7605 0800

READER GROUP 10.30 – 12.00pm

6 Jan – 3 Apr (Half Term 17 – 21 Feb)

No crèche • Contact Rosemarie on 020 7605 0800

ADULT EDUCATION 12.45 – 3.00pm

6 Jan – 3 Apr (Half Term 17 – 21 Feb)

Free crèche • Contact Rosemarie on 020 7605 0800

ADULT EDUCATION 1.00 – 3.00pm

6 Jan – 3 Apr (Half Term 17 – 21 Feb)

No crèche • Contact Rosemarie on 020 7605 0800

BIRTH REGISTRATIONS

16 Jan, 6 & 20 Feb, 5 & 19 Mar, 2 & 16 Apr

Come and register your baby's birth if it took place within Hammersmith & Fulham and you live within the borough.

Tel 020 8753 2140 to book an appointment

EDWARD WOODS COMMUNITY CENTRE

FREE LEGAL ADVICE 10.00 – 12.00pm

by JS solicitors • 19 Mar

Free advice on any legal matters. Appointment only, if less than 7 families booked, the session will be cancelled.

To book a place contact Houraa 020 7605 0800

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES 10.00 – 13.15pm

23 Jan – 2 Apr (No session on 20 Feb)

Limited creche places available for children under 5 years of age, booking required

13-week programme for parents/carers who have a child 3-18 years of age. Topics include positive discipline strategies, enhancing the parent child relationship, rites of passage, impact of family, community and culture and keeping children and young people safe.

Contact Seetal 020 7605 0800 or email seetal@upg.org.uk

ADULT EDUCATION 10.00 – 12.00pm

6 Jan – 3 Apr (Half Term 17 – 21 Feb)

No crèche • Contact Rosemarie on 020 7605 0800



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 4640

ANTENATAL CLINIC 9.00 – 5.00pm

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

FREE LEGAL ADVICE 10.00 – 12.00pm

by JS solicitors

27 Feb & 26 March

Free advice on any legal matters. Appointment only, if less than 5 families booked, the session will be cancelled.

To book a place contact Vallon 020 8741 7892

ROSE VOUCHER COLLECTION 10.00 – 12.30pm

9 Jan – 2 Apr

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

ROSE VOUCHER COOKERY & LUNCH 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 and eating together!

Contact Aida at aida@upg.org.uk

IAIM BABY MASSAGE

Dates and time to be confirmed

£3 fee (free if you are on benefits) • Suitable for babies 8 weeks to crawling

Designed to promote your baby's movement and flexibility. Babies benefit emotionally from positive touch and interaction with their parents.

Booking essential call on 0208 741 7892

SLEEP ADVICE WORKSHOP 1.30 – 3.00pm

Date to be Confirmed

Booking Essential call on 0208 741 7892

SOLIDS WORKSHOP 1.30 – 3.00pm

Date to be Confirmed

Booking Essential call on 0208 741 7892

SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE

DROP-IN 12.45 – 3.00pm

Please telephone for details 020 8749 2371

www.shepherdsbushfamiliesproject.org



FRIDAYS

MASBRO CHILDREN'S CENTRE

TREASURE BASKETS & BABY RHYME TIME 9.30 – 11.00am

Term time only • 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.

• PARENT & BABY CELEBRATION

9.30 – 11.00am

(Part of Treasure Basket & Baby Rhyme Time)

7 Feb & 3 Apr • Contact Monika 020 7605 0800 to book

Join us to celebrate and welcome your babies' arrival and meet other mums.



LOOK, SAY, SING, PLAY 12.30 – 2.00pm

Look – Fri 24 Jan ▶

Say – Fri 31 Jan

Sing – Fri 7 Feb ▶

Play – Fri 14 Feb

Come to a "Look, Say, Sing, Play" session to discover fun, easy ways to change everyday moments into brain-building ones.

To register call Monika 0207 605 0800

email monika@upg.org.uk

ENJOY YOUR BABY 12.30 – 2.00pm

28 Feb – 27 Mar

Being a new mum can be difficult; looking for some support? 'Enjoy Your baby' can help you learn to make positive changes and start to enjoy parenthood!

To book a place contact Back on Track on 0300 123 1156
or Monika on 020 7605 0800

PERINATAL MENTAL HEALTH CLINIC

Appointments only • West London Mental Health Trust

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 4640

PLAY & LEARN 9.30 – 11.30am

13 Jan (Half Term 17 – 21 Feb) • Ages 0 -5

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

BACK ON TRACK WORKSHOPS 1.00 – 3.00pm

• Stress & Relaxation TBC

This workshop will teach you relaxation techniques and how they can help to reduce your stress and anxiety.

• Mindfulness TBC

Feeling low or stressed out?

Want to learn a new approach?

To book a place contact 020 8741 7892



Come and visit us at any of the five Children's Centres and see what is on offer for you and your child/ren!



SATURDAYS

MASBRO CHILDREN'S CENTRE

DAD'S PLAY & LEARN 10.30 – 12.30pm

25 Jan, 29 Feb & 28 Mar

£1.00 (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.

A light lunch is provided

LAST SATURDAY OF THE MONTH!



MASBRO

CHILDREN'S CENTRES



Masbro Children's Centre
Milson Rd entrance | 87 Masbro Rd | W14 0LR



Edward Woods Community Centre
60-70 Norland | London W11 4TX



Flora Gardens Children's Centre
Dalling Road | London W6 0UD



Brook Green Family Centre
49 Brook Green | London W6 7BJ



**Shepherds Bush Families Project
& Children's Centre**
58a Bulwer Street | London W12 8AP

All areas of the programme cover the:

EARLY YEARS FOUNDATION STAGE

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



Company Number: 3446256 Charity Number: 1092258

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

Twitter: www.twitter.com/MasbroCentre

Facebook: www.facebook.com/MasbroCentre