



Breast-feeding Support Available

If you would like some support with breastfeeding, please contact Hannah Parks on 0208 740 8008.

If you are interested in finding out more information regarding returning to employment, please give your contact details to Becci on 020 8740 8008

Triple P Positive Parenting Programme

A 7 week parenting programme for parents with children aged 5 years and under. Aims to enhance the knowledge, skills and confidence of parents. Our next parenting course will run on the following dates: 24th February, 2nd, 9th, 16th and 30th March 10am-12pm. To book your place please contact 0208 740 8008.

Useful telephone numbers

- Acorn Pre-school **020 8811 1431**
- Family Information Service **0845 313 3933**
- Hammersmith & Fulham Council **020 8748 3020**
- Healthy Start Vouchers **0845 607 6823**
- Job Centre Plus **0845 604 3719**
- Macbeth Centre (Adult Learning) **020 88 46 9090**
- Old Oak Housing Association **020 8743 5486**
- Old Oak Primary School **020 8743 7629**
- Shepherds Bush Advice Centre **020 8753 8700**
- Tickletum Day Nursery **020 8383 3418**
- West London Action For children **020 7352 1155**
- White City Health Centre **020 8846 6464**

Supported by



Sure Start Children's Centres



Staff team at Old Oak Children's Centre

- | | |
|--------------------------------|-----------------|
| Centre Manager | Jackie Feeney |
| Children's Centre Teacher | Myrtle Nixon |
| Early Years Worker | Kasia Kwiatecka |
| Early Years Worker | Chantel Gordon |
| Senior Family Support Worker | Rebecca Willett |
| Centre Administrator | Parveen Sharma |
| Family Outreach Support Worker | Hannah Parks |
| Community Involvement Officer | Claire Duffy |
| IT Tutor | Narendra Valand |

If you would like any part of this translated into your own language, produced in large print or Braille, please phone 020 8740 8008.

Old Oak Community & Children's Centre
 76 Braybrook Street, East Acton, London W12 0AP
 Phone: 020 8740 8008 email: oldoakcentre@familymosaic.co.uk

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OLD OAK CHILDREN'S CENTRE
FOR CHILDREN AGED UNDER 5 AND THEIR FAMILIES

WINTER PROGRAMME

January to April 2012

Providing services for people in the local area

76 Braybrook Street, East Acton, London W12 0AP
 Phone: 020 8740 8008 email: oldoakcentre@familymosaic.co.uk

www.oldoakcentre.co.uk

Day	Morning	Afternoon
Monday	<p>9.30am - 12.30pm One Year Developmental Health Check (Last Monday of every month) 30th January, 27th February, 26th March, 23rd April.</p> <p>9.30am - 10.15am Baby Massage (newborn up to crawling only) Starting from 16th January. An opportunity to learn how to massage your baby.</p> <p>10.15am - 11.00am Time Together Advice on breastfeeding and bottle feeding. You can also have play time in our sensory room with song. A great opportunity to meet other parents.</p> <p>10.30am - 11.00am Speech and Language Advice 20th February with Tashia Pillay.</p> <p>11.30am - 1.30pm Cook and Play Come and prepare a healthy meal with your child. A fun cooking and tasting session (for under 5's) which you can then recreate at home. 50p charge per person this is to put towards the cost of ingredients.</p>	<p>3.00pm - 4.00pm Sensory Room Available for 1 to 1 session Please pre-book with Kasia or Chantel.</p> <p>3.30pm - 4.00pm Story Time Starting from the 20th February. An interactive story session for all children under the age of 5.</p> <p>4.00pm - 6.30pm Doorstop Library (For children up to 11years old) Visit homes to read with your children and offer a selection of books to borrow and enjoy. For further information please call 0208 870 1476 or e-mail info@doorstoplibrary.org.uk.</p> 
Tuesday	<p>9.30am - 11.30am Stay and Play Fun session for under 5's includes song and story time. An opportunity to support your child with their speech and language.</p> <p>10.00am - 11.00am Speech and Language Advice 17th January with Tashia Pillay.</p> <p>10.00am - 11.00am Dental and Oral Hygiene Advice 10th January drop in at Stay and Play.</p>	<p>1.30pm - 2.30pm Baby Boost Starting from 10th January to 14th February. A 6 week programme covering breast feeding advice, pregnancy and post natal diet for mothers and advice for those bottle feeding.</p>
Wednesday	<p>10.00am - 11.00am Woman's Only Exercise Free crèche provided. Book Monday as places are limited.</p> <p>10.00am - 12.00pm Adults IT Free crèche provided. Book Monday as places are limited.</p> <p>12.15pm - 1.15pm Learning Journey Workshop For parents/carers on how to develop their children's learning profiles. Please pre-book with Myrtle.</p>	<p>3.00pm - 4.30pm Sensory Room Available for 1 to 1 session. Please pre-book with Kasia or Chantel.</p> 

Day	Morning	Afternoon
Thursday	<p>9.30am - 11.00am Stay and Play Fun sessions for under 5's.</p> <p>10.00 am - 11.00am Health Visitor Drop In 1 to 1 advice given on sleep routines, behaviour, child development and any other health related concerns. 12th & 26th January, 9 & 23rd Feb, 8th & 22nd March, 5th & 19th April.</p> <p>10.00 am - 11.00am Speech and Language Advice 12th January, 9th February, 15th, 28th March and 19th April.</p> <p>10.00 am - 11.00am Dental and Oral Hygiene Advice 16th February drop in at Stay and Play.</p> <p>11.00 am - 12.00pm Toddler Boost with Active Play A 6 week programme for 2-4year olds on healthy eating, physical activity and behaviour management Starts 23rd February until 29th March.</p> <p>11.00 am - 11.30am Outdoor Active Play Starting From 5th April</p>	<p>10.00am - 4.00pm Money Matters Free advice on how to manage your money, advice on benefits and saving and borrowing. Pre book appointments – contact the centre on 0208 740 8008 or pop into reception.</p> 
Friday	<p>10.00am - 12.00pm Adults IT-ECDL Accredited computer course. Free crèche provided. Book Wednesday as places are limited.</p> <p>10.00 am - 12.00pm Sewing Classes for Adults Free crèche provided. Book Wednesday as places are limited.</p>	

This programme is subject to change. The centre pilots new activities for a period of time which are then reviewed; depending on the level of interest in them will determine how long the activities run for.

Parents Forum dates 2012:
23rd February, 20th March and 25th May from 10am - 12pm

Nucleus Legal Advice Centre, for an appointment call centre on 020 8740 8008.

Acorn Pre-School. Mon - Fri 9.30am - 3.00pm OFSTED registered 2 - 5 years. Call 020 8811 1431.

If you require further information on the above activities or to book crèche please contact the centre on 020 8740 8008.



Story time (birth-5years)
 An interactive story session, which helps children to develop language and motor skills, to learn to socialise with other children, and to develop a love of books.

The children's centre Teacher
 The children's centre has an Early Years Teacher who implements the early years foundation framework into all our under 5's activities. If you have any questions or would like any advice, speak to Myrtle.

Toy Library
 The toy library offers a wide range of good quality toys and equipment which are suitable from birth to approximately five years. Membership is open to anyone within the local area.

Sensory Room
 A sensory room can engage children to learn through play, using their senses to explore.

Outdoor Active Play
 This session enhances young children's physical co-ordination and balance through play. Every Thursday.

Parents/Carers Forum
 Are you interested in helping to shape Old Oak Children's Centre services? If so, free refreshments are provided and a free crèche is available-places are limited. To find out more please contact 0208 740 8008.

Stay and Play
 Fun play sessions for families with young children. During these sessions children can enjoy painting, sticking, singing, sensory play, outdoor play and many more new experiences. We use the Early Years Foundation Stage Framework to support children's development and to help prepare children for pre-school.

Baby Massage
 An opportunity to learn how to massage your baby. Suitable for all parents/carers with babies from newborn to crawling. Baby massage can support children's development, health and overall well-being.

Our Family Support Outreach Service
 Offers a support package to parents/carers within the local area with children under the age of 5. We also provide information about our services and inform parents/carers of any other external services that they may benefit from. To find out if you and your family can access a funding grant for childcare please contact the centre.