

# MASBRO

★  
CHILDREN'S CENTRE



**SUMMER TERM 2017**

**April to August**

Providing services for families with children under five  
in the Masbro Children's Centre Hub and Spoke area

# MASBRO OUTREACH AND AFFILIATED SERVICES

## OUTREACH SERVICES

The Masbro Children's Centre 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 Houraa on 020 7605 0800 to make an appointment, either in your home or at the centre.



### BOOKSTART PROGRAMME

The Bookstart Programme includes a **FREE BOOK PACK** – full of resources to share with your child/ren and to make stories fun, whilst encouraging language development by learning new rhymes.

Contact Vallon on 020 7605 0800

### HEALTHY START VITAMINS

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

Contact Monika on 020 7605 0800



*Your Voice Matters!*

### PARENTS' CHATROOM

Times & dates to be confirmed.

Come and join the Parents' Chatroom and have a say in how our services are planned & 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. The Nursery runs sessions on Tuesday, Wednesday and Fridays from 10.00 – 3.00pm (term time only).

### 2 YEAR OLD FUNDING

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

PLEASE NOTE: if you are entitled to Working Tax Credit, you will not be eligible for this funding.

For more information on how to apply, and to find out your eligibility, contact Marina 020 7605 0800 email [marina@upg.org.uk](mailto:marina@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.

### EMPLOYMENT SUPPORT AT THE MASBRO CENTRE

If you are looking for work or thinking of going on to further training our employment service maybe able to help you.

Please contact Gosia on 020 7605 0112 or email [gosia@upg.org.uk](mailto:gosia@upg.org.uk) for support in job search, CV writing, interview skills and course search

### 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](http://www.lbhf.gov.uk/fisd)

### JOBCENTRE PLUS

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

Phone 0845 604 3719 for more information

### 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.hfcu.co.uk](http://www.hfcu.co.uk)

### MONEYMADECLEAR

This is a free, face-to-face financial guidance service that offers information on personal finance.

Phone 0300 500 500 or visit [www.moneymadeclear.fsa.gov.uk](http://www.moneymadeclear.fsa.gov.uk)

## CHILDREN'S CENTRE ADDRESSES

### MASBRO CHILDREN'S CENTRE (HUB)

Masbro Centre, 87 Masbro Road,  
London W14 0LR

T: 020 7605 0800

E: [jude@upg.org.uk](mailto:jude@upg.org.uk)

### EDWARD WOODS CENTRE (SPOKE)

60-70 Norland Road, London W11 4TX

T: 020 7603 2324

E: [jude@upg.org.uk](mailto:jude@upg.org.uk)

### MASBRO BROOK GREEN FAMILY CENTRE (SPOKE)

49 Brook Green, London W6 7BJ

T: 020 7605 0800

E: [jude@upg.org.uk](mailto:jude@upg.org.uk)

### SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE (SPOKE)

58a Bulwer Street, London W12 8AP

Tel: 020 8749 2371 E: [info@sbfp.org](mailto:info@sbfp.org)

### MASBRO FLORA GARDENS CHILDRENS CENTRE (SPOKE)

Please contact centre for the current programme

Dalling Road, London W6 0UD

Tel: 020 8741 7892

E: [jude@upg.org.uk](mailto:jude@upg.org.uk)

### AVONMORE NEIGHBOURHOOD FAMILY CENTRE (SPOKE)

Please contact Masbro Children's Centre for the current programme



# MONDAYS

## MASBRO CHILDREN'S CENTRE

**LEARN & PLAY** Let's get messy! 9.30 – 11.30am  
Followed by Stories and Rhymes

Fee £1.00 (free if you are on benefits)

A fun session encouraging exploration and creativity.

- **Chatter Matters 10.00 – 11.00am**  
(part of Learn & Play) • 12, 19, 26 June & 3, 10 July  
Come along to a group to learn about the skills your child needs for talking, run by a Speech and Language Therapist

- **Book Library 10.00 – 11.00am**  
(part of Learn & Play) • 8 May, 5 June & 3 July  
Come and visit our library to borrow from a wide range of exciting books.

**ENGLISH FUNCTIONAL SKILLS LEVEL 1**  
10.00 – 12.00pm

18 April – 21 July (Half Term 29 May – 2 June)

No crèche

Contact Rosemarie on 020 7605 0800

**POSTNATAL CLINIC 1.00 – 4.00pm**

Appointment only • Chelsea & Westminster Midwifery Team 0207 795 8417 • For Breast Feeding support and advice contact Houraa on 020 7605 0196

**ENGLISH FUNCTIONAL SKILLS ENTRY LEVEL**  
12.45 – 3.00pm

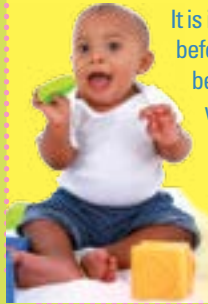
18 April – 21 July (Half Term 29 May – 2 June)

Free crèche

Contact Rosemarie on 020 7605 0800

**NEW POLICY FOR ALL THE LEARN & PLAY SESSIONS**  
No admittance after one hour from start time – this is to enable us to deliver a smooth running session

## \*\*\* CRECHE PLACES \*\*\*



It is important to book a crèche place before your session starts. We will be running settling-in sessions the week before courses begin to help your child make a good start in the crèche. To book a place contact Jennifer on 020 7605 0800 or email: [jennifer@upg.org.uk](mailto:jennifer@upg.org.uk)

## BROOK GREEN FAMILY CENTRE

**LEARN & PLAY – Let's get messy! 9.30 – 11.30am**

Followed by Stories & Rhymes

Fee £1.00 (free if you are on benefits)

A fun session using household items encouraging exploration and creativity.

- **Speech and Language Therapist Drop-In 9.00 – 11:30am 05 June**

## EDWARD WOODS CENTRE

**SPEAK EASY 10.00 – 12.00pm**

Starting 24 April - (Half Term 29 May – 2 June)

Limited crèche places available for children under 5 years of age. Booking required • Contact Nia to book 020 7605 0111 • email [nia@upg.org.uk](mailto:nia@upg.org.uk)

**SENSORY PROCESSING DISORDER (SPD)**  
10.00 – 12.30pm

10 & 17 July

Parents will need to attend BOTH SESSIONS.

Limited crèche places available for children under 5 years of age, booking required  
Contact Nia to book 020 7605 0111  
email [nia@upg.org.uk](mailto:nia@upg.org.uk)

All activities provided by  
**MASBRO CHILDREN'S CENTRE**

# TUESDAYS

## MASBRO CHILDREN'S CENTRE

**ENGLISH FUNCTIONAL SKILLS ENTRY LEVEL 10.00 – 12.00pm**

18 April – 21 July (Half Term 29 May – 2 June)

No crèche Contact Rosemarie on 020 7605 0800

**BEGINNERS ESOL 1.00 – 3.00pm**

18 April – 21 July (Half Term 29 May – 2 June)

No crèche • Contact Rosemarie on 020 7605 0800

## BROOK GREEN FAMILY CENTRE

**STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES (SFSC) 9.30 – 12.30pm**

Starting 18 April (Half term 29 May – 2 June)

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

Contact Nia to book 020 7605 0111 • email [nia@upg.org.uk](mailto:nia@upg.org.uk)

# TUESDAYS

**ABOUT BOYS COURSE 1.00 – 3.00pm**

6 June – 27 June (Half term 29 May – 2 June)

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

**TRIPLE P PARENTING PROGRAMME 1.00 – 3.00pm**

Starting 18 April (Half Term 29 May – 2 Jun) • Limited crèche places available for children under 5 years of age, booking required • email [nia@upg.org.uk](mailto:nia@upg.org.uk)

**BUTTERFLY PROJECT 10.00 – 12.00pm**

18 April, 2 & 16 May, 6 & 20 June & 4 & 18 July (Half term 29 May – 2 June) • Crèche available

The Butterfly Project is 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 Marie Smart email [Marie.Smart@hestia.org](mailto:Marie.Smart@hestia.org)

**PARENTSACTIVE 10.00 – 12.00pm**

25 April, 9 & 23 May, 13 & 27 June & 11 July (Half term 29 May – 2 June) • Crèche available

# WEDNESDAYS

## MASBRO CHILDREN'S CENTRE

**INCREDIBLE YEARS (Baby Prog) 10.00 – 12.00pm**  
Starting 3 May (Half Term 31 May)

An interactive session for parent and baby together.

Contact Nia to book 020 7605 0111 • email [nia@upg.org.uk](mailto:nia@upg.org.uk)

**MATHS CLASSES E3 10.00 – 12.00pm**  
L1 1.00 – 3.00pm

18 April – 21 July (Half Term 29 May – 2 June) • No crèche

**TEEN TRIPLE P PARENTING PROGRAMME 5.30 – 7.30pm**

Starting 21 June (Half Term 29 May – 2 June)

No crèche • Young people 11-16 years of age can access the Masbro Youth Club. • Contact Nia to book 020 7605 0111  
email [nia@upg.org.uk](mailto:nia@upg.org.uk)

## BROOK GREEN FAMILY CENTRE

**LEARN & PLAY Let's get physical! 9.30 – 11.30am**  
Fee £1.00 (free if you are on benefits)

Come and join in this fun interactive physical play session which focuses on developing basic physical skills.

**BABY INFORMATION WORKSHOPS**

DATE & TIME TBC Please see Baby Information Flyer

Drop in advice and play sessions for parents/carers with babies 0-12 months.

Contact Monika 0207 605 0800 • email [monika@upg.org.uk](mailto:monika@upg.org.uk)

## EDWARD WOODS CENTRE

Meet up with other parents/carers of children with special needs, have a coffee and listening to specialist speakers.

Contact Nandini on 020 8748 5168

email [nandini.ganesh@hfmencap.org](mailto:nandini.ganesh@hfmencap.org)

**LEARN & PLAY Let's get messy! 10.00 – 12.00pm**

Term Time Only • Fee £1.00 (free if you are on benefits)

A fun session encouraging exploration and creativity.

- **Speech and Language Therapist Drop-In 10.30 – 12.00pm 14 March**

- **Cooking with Words 10.00 – 11.00am**  
(part of Learn & Play) 25 April & 2, 9, 16 & 23 May

Games, songs and cooking activities run by a Speech and Language Therapist, to help children learn the skills for talking.

## SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE

**DROP-IN 12.45 – 3.00pm**

Please telephone for details 020 8749 2371

[www.shepherdsbushfamiliesproject.org](http://www.shepherdsbushfamiliesproject.org)

## EDWARD WOODS CENTRE

**EAT WELL SPEND LESS 10.15 – 12.45pm**

19th April – 24th May

Save £££s on your food shop AND learn exciting, healthy recipes to cook and eat with your children!!

Booking Essential – Contact Monika 020 7605 0800 or speak to a member of staff

**A NEW SIDE TO HEALTH - Let's get Talking! 10.00 – 12.00pm**

31 May • Free crèche, booking required

Mother Tongue Service is inviting Arabic speaking parents to a 2 hours morning conversation, being co-facilitated in Arabic language. This free session will provide a safe space for people to come together and talk about things that matter, understand a different side of health and wellbeing, explore their beliefs and thoughts, and positively enhance their emotional health while relating through experiences.

Contact Monika 0207 605 0800

email [monika@upg.org.uk](mailto:monika@upg.org.uk)

## SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE

**DROP-IN 12.45 – 3.00pm**

Please telephone for details 020 8749 2371

[www.shepherdsbushfamiliesproject.org](http://www.shepherdsbushfamiliesproject.org)

# THURSDAYS

## MASBRO CHILDREN'S CENTRE

**LEARN & PLAY Let's get physical! 9.30 – 11.30am**  
Fee £1.00 (free if you are on benefits)  
Come and join in this fun interactive physical play session which focuses on developing basic physical skills.

- **Speech and Language Therapist Drop-In 9.30 – 11.30pm** (part of Learn & Play) 25 May
- **Legal Advice 10.00 – 11.00am** (part of Learn & Play) by JS solicitors 4 May, 15 June & 13 July  
Free advice on any legal matters. Appointment only, if less than 5 families booked, the session will be cancelled  
For more info contact Monika 020 7605 0800

**IAIM's BABY MASSAGE 10.00 – 11.00am**  
5 Week Programme • 27 April – 25 May • 15 June – 13 July  
Fee £1.00 (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 Monika to book in advance 020 7605 0800  
email monika@upg.org.uk

**MEND MUMS 11.15 – 12.45pm**  
5 Week Programme • 20 April – 25 May & 8 June – 13 July  
A free, healthy lifestyle post-natal programme for new mothers with a baby 0-2 years (delivered by a Dietitian & Physical Activity Specialist). The programme incorporates energy boosting workouts and nutrition tips to help establish healthy habits for life.

**READER GROUP 10.30 – 12.00pm**  
18 April – 21 July (Half Term 29 May – 2 June)  
No crèche • Contact Rosemarie on 020 7605 0800

**ENGLISH FUNCTIONAL SKILLS ENTRY LEVEL 12.45 – 3.00pm**  
18 April – 21 July (Half Term 29 May – 2 June)  
Free crèche • Contact Rosemarie on 020 7605 0800

**CHICKENSHED – BIG STORIES FROM THE LITTLE BOX 11.15 – 12.15pm**  
20 & 27 Apr & 4, 11, 18 & 25 May  
Booking essential • No entry after performance starts  
An exciting new interactive performance and workshop for children and their families.

### BIRTH REGISTRATIONS

4 & 18 May, 1 & 15 June, 6 & 20 July, 3 & 17 August  
Tel 020 8753 2140 to book an appointment  
Come and register your baby's birth if it took place within Hammersmith & Fulham and you live within the borough.

## QUALITY CHILDMINDERS FORUM

10.00 – 11.00am  
27 April, 11 & 25 May, 8 & 22 June, 13 & 27 July  
Come along and meet other childminders and get advice from Andrea, an Early Years Advisor.

## EDWARD WOODS CENTRE

**LEARN & PLAY Let's get physical! 10.0 – 12.00pm**  
Term Time Only • Fee £1.00 (free if you are on benefits)  
Come and join in this fun interactive physical play session which focuses on developing basic physical skills.

- **Speech and Language Therapist Drop-In 9.30 – 11.30pm** 22 June
- **Legal Advice 10.00 – 11.00am** (part of Learn & Play) by JS solicitors 20 April, 18 May & 29 June  
Free advice on any legal matters. Appointment only, if less than 5 families booked, the session will be cancelled  
For more info contact Houraa 020 7605 0800

## BROOK GREEN FAMILY CENTRE

**GARDENING WITH WORDS 9.30 – 11.00am**  
27 April & 4, 11, 18 & 25 May  
Come along to a group to learn about the skills your child needs for talking, run by a Speech and Language Therapist.

**COOKING WITH WORDS 9.30 – 11.00am**  
15, 22, 29 June & 6, 13 July  
A fun cooking group run by a Speech and Language Therapist with tips and advice to help your child's talking.

## JAMES LEE NURSERY

**MANAGING TANTRUMS WORKSHOP 9.20 – 11.20 am**  
One off 2-hour topic specific workshop for parents/carers.  
11 May • For parents who have children in the nursery.  
Contact Nia to book 020 7605 0111 • email nia @upg.org.uk

**POSITIVE PARENTING WORKSHOP 9.20 – 11.20am**  
One off 2-hour topic specific workshop for parents/carers.  
25 May • For parents who have children in the nursery.  
Contact Nia to book 020 7605 0111 • email nia @upg.org.uk

## 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 newborn to 12 months  
Contact Monika 0207 605 0800 • email monika@upg.org.uk

**PERINATAL MENTAL HEALTH CLINIC 9.30 – 1.00pm**

Appointment only • West London Mental Health Trust

**ICT BEGINNERS 10.00 – 12.00pm**  
18 April – 21 July (Half Term 29 May – 2 June)  
No crèche • Contact Rosemarie on 020 7605 0800



**PAEDIATRIC FIRST AID 11.00 – 12.30pm**  
21 April, 9 June & 28 July  
Contact Vallon to book a place 0207 605 0800/ 077 4075 2679

**ENJOY YOUR BABY 12.00 – 1.30pm**  
16 June – 7 July

Being a new mum can be difficult, looking for some support? 'Enjoy Your Baby' course can help you learn to make positive changes and start to enjoy parenthood!!  
To book a place contact Back onTrack on 030 0123 1156 or Monika 020 7605 0800

## ADDISON PRIMARY SCHOOL

**OUTREACH COFFEE MORNING 9.00 – 10.00am**  
Dates to be confirmed

# SATURDAYS

## MASBRO CHILDREN'S CENTRE

**DADS' LEARN & PLAY 10.30 – 12.30pm**  
Last Saturday of the month  
29 April, 27 May, 24 June (then 30 September)

These 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.

**LAST SATURDAY OF THE MONTH!**



# MASBRO

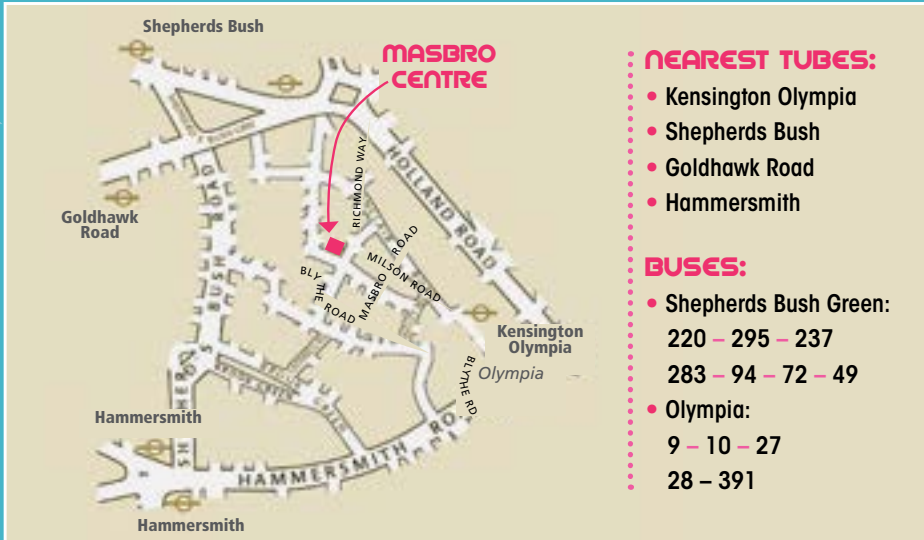
## CHILDREN'S CENTRE

Masbro Centre, (Milson Road Entrance)  
87 Masbro Road, London W14 0LR

Tel: 020 7605 0800 • Email: [jude@upg.org.uk](mailto:jude@upg.org.uk) • Website: [www.upg.org.uk](http://www.upg.org.uk)

Twitter: [www.twitter.com/MasbroCentre](http://www.twitter.com/MasbroCentre)

Facebook: [www.facebook.com/MasbroCentre](http://www.facebook.com/MasbroCentre)



All areas of the programme cover the:

### EARLY YEARS FOUNDATION STAGE (EYFS)

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

... a clear core purpose, focused on:

★ Improving outcomes for young children and their families, with a particular focus on the most disadvantaged families, in order to reduce inequalities in:

- ★ Child development and school readiness;

#### SUPPORTED BY IMPROVED:

- ★ Parenting aspirations, self esteem and parenting skills
- ★ Child and family health and life chances

