

# MASBRO

CHILDREN'S CENTRE



**SPRING TERM 2018**

January to March

Providing services for families with children under five  
in the Masbro Children's Centre Reach 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 Marina 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 five.

Contact Monika on 020 7605 0800

### ROSE VOUCHERS

Would you like to buy more fruit & veg?

The scheme supports women & young families living on low incomes to buy and eat more fruit & vegetables. It also helps them to take part in activities at local Children's Centres that make sense for the health & happiness of both parents and their children.

Contact Aida 020 605 0800 aida@upg.org.uk

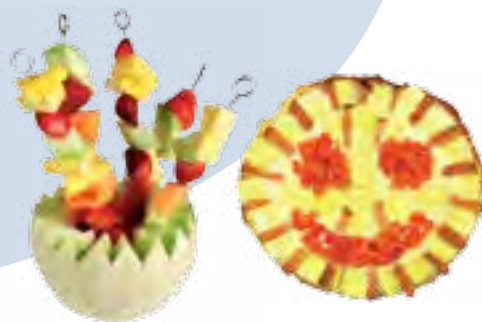
*Your Voice Matters!*

**PARENTS' CHATROOM**  
11.30– 12.00pm

12, 19 & 26 Jan & 2 Feb

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



## 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 Gosia or Michelle via email at gosia@upg.org.uk OR michelle@upg.org.uk

### 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

### 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

### MONEYMADECLAR

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

Employers skills Training

## CHILDREN'S CENTRE ADDRESSES

### MASBRO CHILDREN'S CENTRE

Masbro Centre, 87 Masbro Road,  
London W14 0LR

T: 020 7605 0800

E: jude@upg.org.uk

### EDWARD WOODS CENTRE

60-70 Norland Road, London W11 4TX

T: 020 7603 2324

E: jude@upg.org.uk

### MASBRO BROOK GREEN FAMILY CENTRE

49 Brook Green, London W6 7BJ

T: 020 7605 0800

E: jude@upg.org.uk

### SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE

58a Bulwer Street, London W12 8AP

Tel: 020 8749 2371 E: info@sbf.org

### MASBRO FLORA GARDENS CHILDRENS CENTRE

Please contact centre for  
the current programme

Dalling Road, London W6 0UD

Tel: 020 8741 7892

E: aoppon2.205@lgflmail.org

### AVONMORE NEIGHBOURHOOD FAMILY CENTRE

Please contact Masbro Children's  
Centre for the current programme



# MONDAYS

## MASBRO CHILDREN'S CENTRE

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

Ages 0-5 • Fee £1.00 (free if you are on benefits)

A fun session encouraging exploration and creativity.

- **Book Library 10.00 – 11.00am**  
(part of Play & Learn) • (Dates to be confirmed)

Come and visit our library to borrow from a wide range of exciting books.

- **Speech and language Therapist Drop-In**  
(Dates to be confirmed)

**ENGLISH FUNCTIONAL SKILLS LEVEL 2**  
10.00 – 12.00pm

8 Jan – 29 March (Half Term 12 – 16 Feb)

No crèche • Contact Rosemarie on 020 7605 0800

**POSTNATAL CLINIC 1.00 – 4.00pm**

Appointment only • Chelsea & Westminster Midwifery Team 0207 795 8417

**BABY CAFÉ 1.30 – 2.45** (including Baby Rhyme Time)

Come and meet other Mums in a relaxed atmosphere with tea and cakes. Professional advice is available on breastfeeding.

- **BABY RHYME TIME 2.00 – 2.45pm**  
(Part of Baby Café)

Come and join in and learn new songs and rhymes to sing to your baby.

**ENGLISH FUNCTIONAL SKILLS ENTRY LEVEL 1**  
12.45 – 3.00pm

8 Jan – 29 March (Half Term 12 – 16 Feb)

Free crèche • Contact Rosemarie on 020 7605 0800

**INCREDIBLE YEARS (Baby Programme)**  
10.00 – 11.30am

22 Jan – 5 March (Half Term 12 – 16 Feb)

An interactive session for parent and baby together.

Contact Ushma 020 7605 0800 Email [ushma@upg.org.uk](mailto:ushma@upg.org.uk)

- **SLEEP WORKSHOP 10.00 – 11.30am**

Special workshop taking place in Incredible Years session  
12 March

**MYTIMEACTIVE DIETITIAN 1:1 CONSULTATIONS**  
12.00 – 15.00pm

15 Jan-5 Feb & 19 Feb-19 March

(appointments for 20 minute slots)

Free advice to parents with children 0-4 years on healthy eating, fussy eating, weight concerns, food labelling and weaning.

Contact on 020 3795 9346 or speak to Monika 020 7605 0800

## ★ ★ ★ CRECHE PLACES ★ ★ ★

Unfortunately due to low attendance for registered creche places we have had to make the decision that there will be a returnable deposit of £30.00 for



registering your child for a crèche place – this applies to all crèches. Please speak to a member of staff for more information. You will also need to settle your child in prior to attending your session.

## BROOK GREEN FAMILY CENTRE

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

Ages 0-5 • Fee £1.00 (free if you are on benefits)

A fun session using household items encouraging exploration and creativity.

## EDWARD WOODS CENTRE

**ABOUT BOYS COURSE 10.00 – 12.00pm**  
19 Feb – 19 March

Free crèche, booking required.

A 5-week (including introduction session) group for parents/carers who have boys between 0-5 years of age.

Contact Ushma 020 7605 0800 • email [ushma@upg.org.uk](mailto:ushma@upg.org.uk)



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

# TUESDAYS

**ENGLISH FUNCTIONAL SKILLS**  
ENTRY LEVEL 2 & 3 10.00 – 12.00pm

8 Jan – 29 Mar (Half Term 12 – 16 Feb)

No crèche • Contact Rosemarie on 020 7605 0800

**BEGINNERS ESOL 1.00 – 3.00pm**

8 Jan – 29 Mar (Half Term 12 – 16 Feb) • No crèche

Contact Rosemarie on 020 7605 0800

**MATHS LEVEL 1 1.00 – 3.00pm**

8 Jan – 29 Mar (Half Term 12 – 16 Feb) • No crèche

Contact Rosemarie on 020 7605 0800

## HEALTH REVIEWS

TUESDAYS AND WEDNESDAYS

Appointment via your health visitor

## BROOK GREEN FAMILY CENTRE

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

9 Jan – 27 March (Half Term 12 – 16 Feb)

Free crèche, booking required

A 13 week programme for parents/carers who have a child between 3 – 18 years of age. Parents are introduced to a range of strategies to enhance children's behaviour and build positive parent child relationships.

Contact Ushma 020 7605 0800 • email [ushma@upg.org.uk](mailto:ushma@upg.org.uk)

**BUTTERFLY PROJECT 10.00 – 12.00pm**

16 & 30 Jan, 27 Feb, 13 & 27 March (Half Term 12 – 16 Feb)

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**

9 & 23 Jan, 6 & 20 Feb, 6 & 20 March (Half Term 12 – 16 Feb) • Crèche available

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)

**BEGINNERS ENGLISH**

12.45 – 3.00pm

8 Jan – 29 March (Half Term 12 – 16 Feb)

No crèche • Contact Rosemarie on 020 7605 0800

## EDWARD WOODS CENTRE

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

Ages 0-5 • Term Time Only

Fee £1.00 (free if you are on benefits)

A fun session encouraging exploration and creativity.

Followed by Stories and Rhymes

**BABY CLINIC 1.30 – 3.00pm**

9 Jan, 6 Feb, 6 March

Contact your Health Visitor for more information

## 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)

# WEDNESDAYS

**NEW 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

## BROOK GREEN FAMILY CENTRE

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

Ages 0-5 • 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.

## 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

**PLAY & LEARN Let's get physical! 9.30 – 11.30am**  
Ages 0-5 • 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.

• **Legal Advice 10.00 – 11.00am**  
(part of Play & Learn) by JS solicitors  
1 Feb & 1 March

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

**IAIM's BABY MASSAGE 10.00 – 11.00am**

5 Week Programme • 11 Jan – 8 Feb • 22 Feb – 22 March  
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 Marina to book in advance 020 7605 0800

**MEND MUMS 11.15 – 12.45pm**

6 Week Programme • 4 Jan - 8 Feb • 22 Feb – 29 March

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 work-outs and nutrition tips to help establish healthy habits for life.

Contact Monika to book in advance 020 7605 0800

**ICT BEGINNERS 10.00 – 12.00pm**

8 Jan – 29 March (Half Term 12 – 16 Feb) • No crèche

Contact Rosemarie on 020 7605 0800

**READER GROUP 10.30 – 12.00pm**

8 Jan – 29 March (Half Term 12 – 16 Feb) • No crèche

**ENGLISH FUNCTIONAL SKILLS 12.45 – 3.00pm**

8 Jan – 29 March (Half Term 12 – 16 Feb)

Free crèche

Contact Rosemarie on 020 7605 0800

### BIRTH REGISTRATIONS

18 Jan, 1 & 15 Feb, 1 & 15 March

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

Once a month 11 Jan, 8 Feb & 8 Mar

Come along and meet other childminders and get advice from Andrea, an Early Years Advisor.

Contact Andrea Lawler-Ford on 07500992562 or Andrea.Lawler-Ford@lbhf.gov.uk

Early Years Advisor, LBHF Early Years Foundations Service

## BROOK GREEN FAMILY CENTRE

**GARDENING WITH WORDS 9.30 - 11.30pm**  
22 Feb – 29 March

A 6-week, drop in programme, games, songs and gardening activities run by a Speech and Language Therapist, to help children learn essential skills for talking.

**RISING 3'S 10.00 – 12.00pm**

11 Jan – 8 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.

## EDWARD WOODS CENTRE

**PLAY & LEARN Let's get physical! 10.0 – 12.00pm**

Ages 0-5 • 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.

• **Legal Advice 10.00 – 11.00am**  
(part of Play & Learn) by JS solicitors  
18 Jan & 15 March

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

**ENGLISH BEGINNERS LEVEL**

10.00 – 12.00pm

8 Jan – 29 March (Half Term 12 – 16 Feb)

No crèche

Contact Rosemarie on 020 7605 0800

## SHEPHERDS BUSH FAMILIES PROJECT & CHILDRENS 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

**ENJOY YOUR BABY 12.00 – 1.30pm**

23 Feb – 23 March

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

**INFANT FIRST AID & RESUSCITATION**

11.00 – 12.30pm

19 Jan & 9 March

Please be advised that these sessions may be cancelled or postponed at short notice due to unforeseen work changes or pressures (London Ambulance Service NHS Trust).

Contact Monika to book a place 020 7605 0800

## BROOK GREEN FAMILY CENTRE

**BACK ON TRACK 10.00 – 11.30pm**

12, 19 & 26 Jan & 2 Feb (delivery order of sessions TBC)

**1. Stress and relaxation**

Are you feeling stressed or worried?

Want to know more about relaxation and how it can help you?

**2. Introduction to mindfulness meditation**

Feeling low or stressed out?

Want to learn a new approach?

**3. Improve your sleep**

Can't get to sleep?

Keep waking up in the night?

Feeling exhausted?

**4. Assertiveness**

Do you have trouble asking for the things you need?

Would you like to be more assertive?

Free crèche • Contact Monika for more information on 020 7605 0800

• **PARENTS' CHATROOM 11.30 – 12.00pm**  
(After Back on Track sessions)

Come and join the Parents' Chatroom, have a hot drink and some cake and have a say in your Children's Centre.

Free crèche • Contact Marina 020 7605 0800

**PARENTGYM 10.00 – 12.00pm**

A 6-week course packed with secrets on how to be a great parent.

Week 1 – CHAT – 23 Feb

Week 2 – LOVE – 2 March

Week 3 – BEHAVE – 9 March

Week 4 – CARE – 16 March

Week 5 – DISCOVER – 23 March

Week 6 – TOGETHER – 20 April

Free Crèche • Contact Monika on 020 7605 0800

# SATURDAYS

## MASBRO CHILDREN'S CENTRE

**DADS' PLAY & LEARN 10.30 – 12.30pm**

Last Saturday of the month

27 Jan, 23 Feb & 23 March

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.

A light lunch is provided.



LAST SATURDAY OF THE MONTH!



# MASBRO

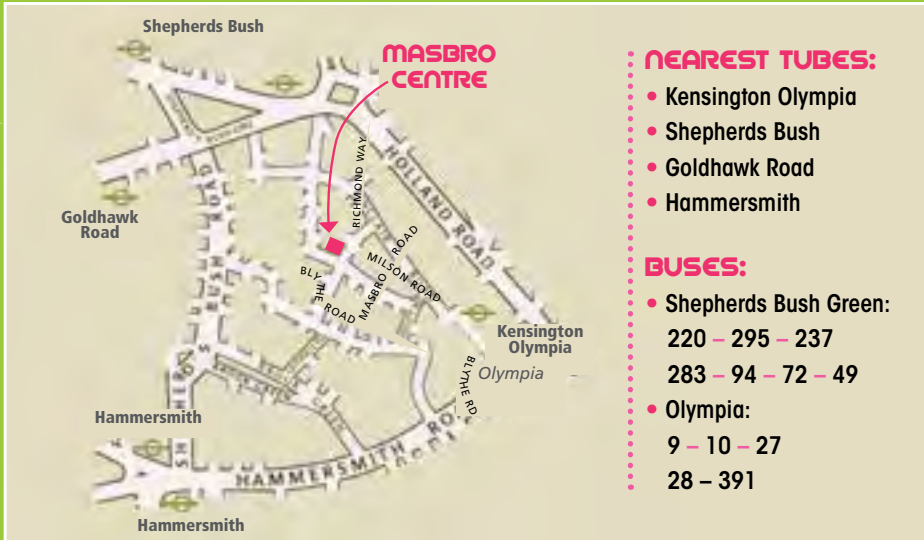
## CHILDREN'S CENTRE

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

