

# South Southall Children's Centres

## Spring Term 2018

### Activities and Timetables



## Greenfields Nursery School & Children's Centre

Recreation Rd, Southall, UB2 5PF (ph. 020 8813 8079)

&

## Havelock Children's Centre

(at the Havelock Community Centre)

17 Trubshaw Rd, Southall, UB2 4XW (ph. 020 8571 1219)

Website for both Centres: [www.greenfieldschildren.com](http://www.greenfieldschildren.com)



Jan-Mar 2018 12/12/17

Boat installation : Bixley Triangle Children's Sculpture Park

# Table of Contents

- 3) 0-5 Know How for Ealing Families /Family Information Services
- 4) Childcare place for 2 year olds
- 5) Nursery School Places at Greenfields Nursery
- 6) Parents' Time – reading with Your Child
- 7) Parents Time – dealing with Challenging Behaviour
- 8) FRED - Fathers Reading Every Day
- 9) First Aid Courses in spring
- 10) Baby Massage at Greenfields
- 11) Nursery Readiness Course
- 12) Keeping Up with the Children Workshops & Course
- 13) Speech and Language Workshops in Ealing for parents
- 14) Beginners English Conversation Club
- 15) Ealing Adult Learning :EAL Courses held at Greenfields
- 16) Improve Your English- Action West London
- 17) free Sewing & Knitting Club
- 18) Drop in ICT Class
- 19) Ladies Fitness Classes at Havelock CC
- 20) Ealing Volunteer Police Cadets / Havelock Martial Arts Club
- 21) Smoke Free Ealing / Ealing Mediation Service
- 22) Ealing Family Nurse Partnership / Child Health Clinics in Southall
- 23) Child Health Clinic at Havelock Children's Centre
- 24) Pregnant Mums & Expectant Dads /Free Breastfeeding Classes in Ealing
- 25) Breastfeeding Peer Support in South Southall
- 26) Introducing Family Food to your Baby (weaning)
- 27) Family Problems Ealing SAFE 0-18
- 28) Penny Appeal Counselling / Ealing IAPT Stress Control Course
- 29) Ascent – DV 7 SV Support
- 30) FGM / Paiwand Counselling
- 31) EACH- Project STRIDE Education, Training, Employment
- 32) Peer Support Employment Group- H & F MIND /JOB CLUB JCP
- 33) Paiwand- free Advocacy service
- 34) Free legal advice-mtg solicitors
- 35) Free Legal advice: Ealing Equality Council /Coram Children's Legal
- 36) Family Support Surgery with Raj at HCC
- 37) Play & Story Groups in South Southall Locality
- 38) Stay & Play sessions at Havelock CC
- 39) Babies Sensory Play Session at Havelock CC
- 40) Babies Story and Action Rhymes at Southall Library
- 41) Friday Stay & Play at Greenfields CC
- 42) Fun & Learn Target play group for children with additional needs & parents
- 43) Havelock Children's Centre Timetable
- 44) Greenfields Children's Centre Timetable

## Early Start Ealing

# 0-5 Know How for Ealing Families

New website for parents and carers  
[www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

- Development Stages & Early Learning*
- Breastfeeding & Healthy Eating*
- Children's Centres & Childcare*
- Safety in the Home & Out and About*
- Immunisations and Childhood Illnesses*
- Information on FREE Childcare*



@EalingKnowHow



## Family Information Service

Ealing's **Family Information Service** handles over 800 enquiries each month - so we are very experienced at understanding the needs of parents, carers, children and young people.

### Call us to find out about:

- Ofsted registered childcare (nurseries, playgroups, childminders etc)
- Paying for childcare
- Children's centres
- Education
- Family support services
- Leisure activities
- Services for children with additional needs and disabilities
- Services for young people



020 8825 5588

children@ealing.gov.uk  
www.childrenscentres.org.uk



Children & Families



# **free** Childcare place for your 2 year old



*If you are on an income of less than £16,190 either from work or from benefits—your two year-old may be entitled to a free nursery/childcare place for 15 hours a week (38 weeks' year).*

## South Southall locality providers:

- **Greenfields Nursery School & Children's Centre**  
Recreation Rd, Southall, UB2 5PF  
020 8813 8079



- **Waterside Pre-school**  
at Havelock Community Centre  
17 Trubshaw Rd, Southall, UB2 4XW  
020 8843 0548



- **PEAPODS Early learning Centre**  
Montessori School Southall,  
Wimborne Ave, Southall UB2 4HB 020 8574 7934



## Your child will be able to:

- Play and have fun with other children
- Develop their speaking and listening
  - Learn new things
- Improve their confidence and get ready for school

## Find out if you can get the free childcare:

- ❖ Call 020 8825 5588 (Mon-Fri, 9am to 5pm) with your National Insurance number
- ❖ Text your name to 07545 412213 and we will call you back  
Or text your full name, date of birth and National Insurance number. We will check eligibility and call you back.
- ❖ Email [children@ealing.gov.uk](mailto:children@ealing.gov.uk) with your full name, date of birth and National Insurance number.
- ❖ Go online at [www.childrenscentres.org.uk](http://www.childrenscentres.org.uk) and complete an enquiry form and we will get back to you.

Apply online [www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk) or use the QR code



# **free** Nursery School Places

**at Greenfields Nursery School & Children's Centre**

Recreation Rd, Southall UB2 5PF    ph 020 8813 8079

15 hours a week Nursery education is FREE for ALL three and four-year-olds in the UK, regardless of income or residency status.

***Register your child for Nursery School at Greenfields' Admin Office - bring along your child's birth certificate or passport***

***We offer 30 hour funded nursery places –***

You can now get 30 hours of free childcare each week if your child is aged 3 or 4, both parents/carers work and earn less than £100,00 a year each. Single parents eligible.

Apply today to get a place for the new term.

[www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)



Ofsted confirmed that our Nursery School continues to be an outstanding provision in all areas:

- Achievement of pupils
- Quality of teaching
- Behaviour and safety of pupil
- Leadership and management

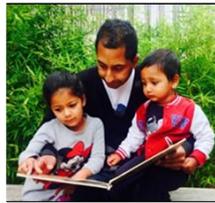
Parents are “very supportive” and feel “valued”



We provide additional day care before and after school  
( there is a charge for this)

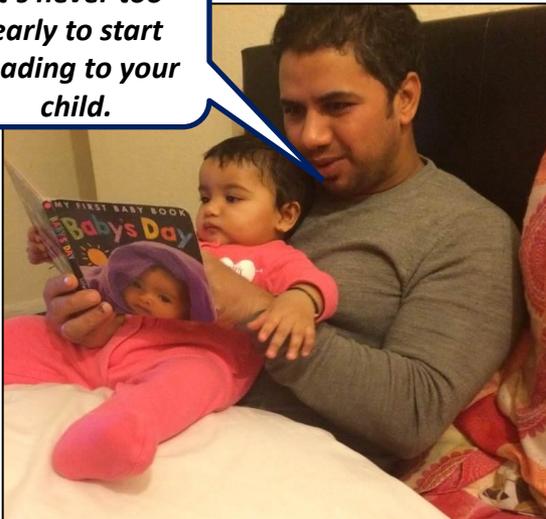
# Greenfields Nursery School & Children's Centre

## Parents' Time



# Reading with your child

*It's never too early to start reading to your child.*



Sharing books with your child early can help create a lifelong reader. Learn about the importance of reading, singing and rhyming.

**Tuesday 16 January 2018**

**12:45 - 2:00pm**

**OR**

**Friday 19 January 2018**

**8:45 - 10:00am**

# Greenfields Children's Centre

# Parents' Time



**Tuesday 20 February 12:45 -2:00pm**

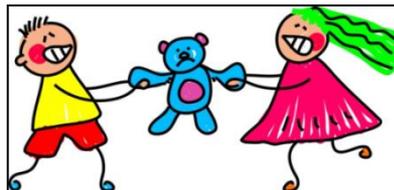
or

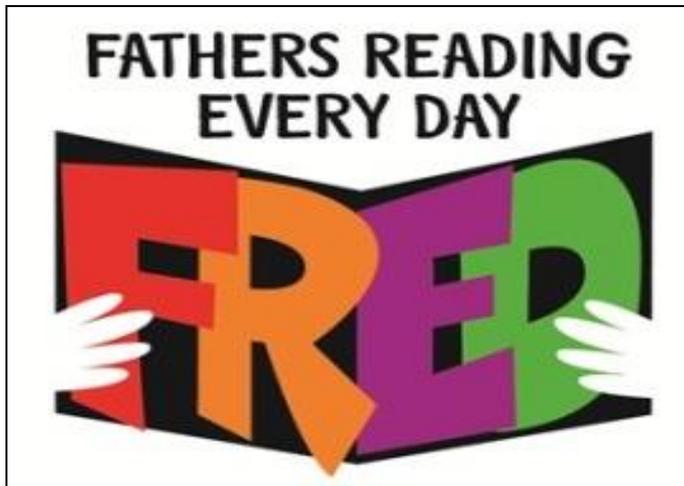
**Wednesday 21 February 8:45- 10:00am**



## *Dealing with*

# Challenging Behaviour





**Come and join **FRED****

**at Greenfields Nursery School &  
Children's Centre  
Starting January 2018 with Bali**

**at Havelock Children's Centre  
Running Wednesdays at 9:30am  
with Raj**



**Fathers Reading Every Day (FRED) is a 4- week programme designed to get you into the habit of reading to your child every day.**

**You read to your child aged under 5 years at home, in the park, anywhere you both feel comfortable, for at least 5 minutes a day for the first two weeks, and at least 10 minutes a day for the remaining two weeks.**

**It's that simple,  
but you'll be amazed at the results!**

# FIRST AID Courses: Spring 2018

at Greenfields Nursery School & Children's Centre  
Recreation Rd, Southall UB2 5PF



## ❖ 2 Day Paediatric First Aid Course

Fri 26<sup>th</sup> January & Fri 2<sup>nd</sup> February 2018 9:30 am to 4:30pm

**\*Cost: £85 (£64 concessionary fee)**

## ❖ 1 Day Emergency First Aid at Work

Tuesday 13 February 2018 9:30 to 4:30pm

**\*Cost: £50 (£40 concessionary fee)**



**\*NOTE: additional cost of £10 to be paid directly to trainer on the 1<sup>st</sup> day for your First Aid Manual and accreditation certificate. Applies to all courses.**

These are  
Certificate  
courses



BE...  
Inspired  
Creative  
Qualified

BE MORE

Book through Ealing Adult Learning Perceval House  
020 8825 5577, Email: [adultlearning@ealing.gov.uk](mailto:adultlearning@ealing.gov.uk)  
or enrol online at [www.ealing.gov.uk/adultlearning](http://www.ealing.gov.uk/adultlearning)





# Baby Massage Course

**free  
tuition**



- *Learn massage strokes for baby*
- *Develop your bond with baby through the communication of massage*
- *For parents and baby aged 0 to 12 months old*

## ***Baby Massage course with Paula***

***at Greenfields Nursery School & Children's Centre***

***Recreation Rd, Southall UB2 5PF ph. 020 8813 8079***

***Every Friday for 5 weeks (term time only)***

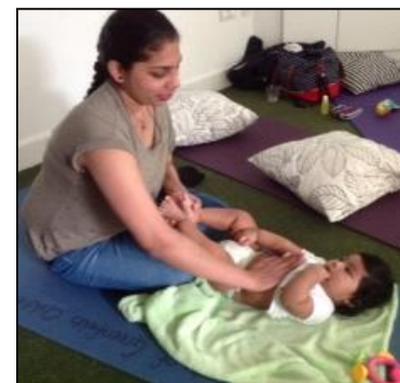
***Friday 23rd February – 23rd March 2018***

***10:00am -11:30***

**Limited to 8 places only**

***Secure your place at admin by leaving your name and contactable number  
plus a payment of £2:50 for the cost of oil & course handouts.***

***For any enquiries leave details and Paula will contact you.***



# Nursery Readiness Course

at Havelock Children's Centre

17 Trubshaw Rd, Southall UB2 4XW

**5 Thursdays, 1:00-2:30pm  
from 22<sup>nd</sup> February to 22<sup>nd</sup> March**

- Come and join Rascal for a fun and interactive short course
- Prepare your child, and you, for the move from home to Nursery School
- Begin to understand the Early Years curriculum through planned and free play activities
- Learn about the importance of routines
- Improve your confidence and ability to support your child's learning and development
- ***Limited to 8 families***
- ***Book your place with Rascal; must be able to attend all 5 sessions***

**For children  
aged 2+  
and their  
parents**



# Keeping Up with the Children (KUWTC)

***Workshops and Course  
at Greenfields Nursery School  
& Children's Centre  
led by Rohini***

Become more involved in your child's education by understanding how children learn through planned play. Learn about the Early Years Curriculum and improve your own skills.

Have fun at a "hands-on" workshop making easy but attractive games and resources to use at home with your child.

For those motivated to learn more, then join a 30 hour KUWTC course with Rohini.

## KUWTC Workshops 2018

**Tuesday 6 February 12:45-3:15pm  
or Wednesday 7 February 9:00-11:30am**

---

## KUWTC Course (30 hours)

**Wednesday 28 February-23 May** (term time only)  
**9:00-11:30am** with a whole day Outing on 16 May

---



**KUWTC is for parents  
with children attending  
Nursery or Childcare.**

***Parents, you will work with  
Rohini for the first  
2 hours then your child  
will join you for the final  
30 mins of the session.***

***KUWTC is funded by Ealing Adult Learning - there are eligibility criteria.  
Please pre-register and book your place with Rohini.***

***Limited to 12 parents and their children***

## SPEECH AND LANGUAGE THERAPY PARENT AND PRACTITIONER WORKSHOPS 2017-18

Ealing Speech and Language Therapy are running FREE workshops for parents and practitioners across the borough of Ealing.

There are no child-minding facilities; the workshops are for parents and practitioners only.

Interpreters can be requested for families who speak English as an Additional Language. Please let us know if you require an interpreter.

Spaces for each workshop are limited.

**To book a place on these workshops please call 020 8825 8856.**

### Autumn Term 2017

<b>Northolt Park Children's Centre Thursday 12<sup>th</sup> October 2017</b>	
TIME	WORKSHOP
9.30-11.00	Speech sounds
11.15-12.45	Stammering
1.15-2.45	Shy, quiet and anxious talkers

<b>Northolt Park Children's Centre Thursday 16<sup>th</sup> November 2017</b>	
TIME	WORKSHOP
9.30-11.00	Makaton taster
11.15-12.45	Under 3's Language Development
1.15-2.45	Over 3's Language Development

### Spring Term 2018

<b>Jubilee Children's Centre Wednesday 21<sup>st</sup> February 2018</b>	
TIME	WORKSHOP
9.30-11.00	Makaton taster
11.15-12.45	Under 3s Language Development
1.15-2.45	Over 3s Language Development

<b>Jubilee Children's Centre Wednesday 28<sup>th</sup> February 2018</b>	
TIME	WORKSHOP
9.30-11.00	Speech sounds
11.15-12.45	Stammering
1.15-2.45	Shy, quiet and anxious talkers

### Summer Term 2018

<b>Grove House Children's Centre Monday 11<sup>th</sup> June 2018</b>	
TIME	WORKSHOP
9.30-11.00	Makaton taster
11.15-12.45	Under 3s Language Development
1.15-2.45	Over 3s Language Development

<b>Grove House Children's Centre Monday 18<sup>th</sup> June 2018</b>	
TIME	WORKSHOP
9.30-11.00	Speech sounds
11.15-12.45	Stammering
1.15-2.45	Shy, quiet and anxious talkers

**free**

# Beginners English Conversation Club

Do you know someone who needs to be more confident in speaking English?  
Send them to English Conversation clubs  
( term time only )



**Greenfields Nursery School  
& Children's Centre**

Recreation Road, Southall, UB2 5PF

**Mondays 12:45 – 2:00pm**

ph 020 8813 8079

**Havelock Children's Centre**

Havelock Community Centre, 17 Trubshaw Rd, Southall UB2 4XW

**Fridays 9:15 – 10:15am**

ph 020 8571 1219



## Develop your ICT Skills

*Knowing how to use a computer is increasingly essential for everyone. Whether you need help to get started with basics or are more experienced.*

On this course you will:

- Be able to identify ICT skills you need to develop for work
- Use e-mail software tools and techniques to compose and send messages
- Use the internet

**Course starts Thursday 18 January 2018**  
**9:30-11:30am - 11 weeks (term time only)**



## STL – supporting Teaching and Learning

TA (teaching assistant) training courses: L 2 & L 3. Contact EAL on 020 8825 5577 if you are interested in becoming a TA and/or want further information. *STL courses are not free.*

## ESOL



*Improve your reading, writing and speaking skills.*

- This course enables learners to gain the most out of work, education and everyday life

**Course starts Thurs 18 January 2018**

**12:30-3:30pm – 11 weeks (term time only)**

**Assessments held at Greenfields**  
**on Thursday 11 January 2018**  
**From 12:30 – 3:30pm**

### Entry Requirements:

- **Complete an English assessment to ensure your skills are at the correct level to attend the course.**

To be eligible you must have:

- **Lived in the UK or EU for at least 3 years.**
- **National insurance number.**



**free**

***Employability Workshops***

***& ESOL course***

***coming to Havelock Children's Centre***

***in SOUTHALL***

**INCREASE YOUR JOB PROSPECTS  
COPE BETTER WITH EVERYDAY LIFE**

**Experienced highly qualified teachers deliver  
accredited classes at ALL levels**

**Please contact**

**[education@actionwestlondon.org.uk](mailto:education@actionwestlondon.org.uk)**

**or tele. 020 8993 9605**

**if you have any enquiries about getting in to work  
and/or want to improve your English**

***Action West London's Mission is 'Changing Lives through  
Employment, Education, and Enterprise'.***

# *free* Sewing & Knitting Club

with volunteers Rosa, Mova, Pipi and Mani (term time only)

## Greenfields Children's Centre

Recreation Rd, Southall UB2 5PF

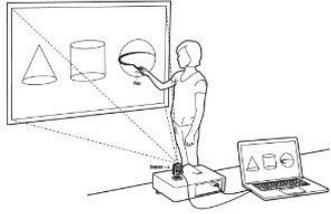
**Wednesdays 12:30 - 3:30pm**

Please bring your own fabric, tailors chalk, scissors, tape measure, pins, needles & thread. We have volunteers to help you learn to machine sew.



**Learn or share skills in machine sewing,  
knitting or crochet**





# *free* Beginners Computer Class & Internet Drop In



**Every Wednesday**  
**Drop In any time between**  
**10:30am – 12:00pm**  
(term time only)

**Led by volunteer ICT tutor Mani**  
**Greenfields Nursery School**  
**& Children's Centre**  
Recreation Rd, Southall, UB2 5PF

# **Ladies Fitness** (term time only) *at* **Havelock Children's Centre** **17 Trubshaw Rd, Southall UB2 5PF**

**Wednesdays 12:00- 1:00pm**  
**term time only**

**Women's Exercise**  
**with Tameran**

**This activity costs £1:00 per person**

**– please pay tutor at the beginning of the session**

This activity is led by an instructor from Sunshine Smiles,  
please contact Tameran on 020 8746 1160, mob. 07979 613236 with any enquiries  
Or call Esson from A2Dominion on 020 8825 1448

Please bring  
your  
exercise mat  
to class

Open to  
all women  
aged 16+



- Promote and encourage a practical interest in policing among young people
- Provide training which will encourage positive leadership within communities
- Encourage the spirit of adventure and develop qualities of leadership and good citizenship

## Ealing Volunteer Police Cadets Southall Unit

Are you between 10 and 18 years old?...

Do you fancy a new challenge? Want to give back to your community or meet new people?

Why not join Ealing Volunteer Police Cadets?

Every Tuesday at

Havelock Community Centre  
17 Trubshaw Road,  
Southall  
UB2 4XW

Juniors 1700-1800 hours  
Seniors 1800-2000 hours

Contact: Esson Barnes at Havelock Community Centre 020 8825 1448 [Esson.Barnes@a2dominion.co.uk](mailto:Esson.Barnes@a2dominion.co.uk)

Or call the VPC team on 07919 057256  
ealingcadets@met.police.uk



武術



武術



## HAVELOCK MARTIAL ARTS CLUB

Affiliate of the Amateur Martial Arts Association

IMPROVE YOUR FITNESS  
BUILD YOUR SELF-CONFIDENCE



LEARN KARATE, JUDO, JUJITSU & SELF DEFENCE  
in Havelock Children's Centre

17 TRUBSHAW ROAD, SOUTHALL, MIDDLESEX UB2 4AW

CHILDREN 7PM-8PM EVERY THURSDAY

ADULTS 8PM-9PM EVERY THURSDAY

CHILDREN 6-17 YEARS

For more information please call Mick on 07941 173 733

[www.anglojapanesebujutsu.co.uk](http://www.anglojapanesebujutsu.co.uk)

# Smokefree Ealing

free, confidential advice on quitting smoking



## Does smoking rule your family's home?

Contact us for more information:

☎ 0800 876 6683 or 0208 579 8622

💻 [smokefreeealing.co.uk](http://smokefreeealing.co.uk)



Smokefree Ealing

## EALING MEDIATION SERVICE



*'Helping People Communicate Effectively Without Conflict'*



Are you stressed or anxious? Having problems with neighbours?

Experiencing conflict in your local community? Noise nuisance?

Community mediation can assist you to talk, listen and resolve.

Contact us in confidence:

Tel: 02085759500

E-mail: [admin@ealingmediation.org.uk](mailto:admin@ealingmediation.org.uk)

Web: [www.ealingmediation.org.uk](http://www.ealingmediation.org.uk)

Registered Charity No.1057438

## Family Nurse partnership

 Family Nurse Partnership  
Changing the world one baby at a time

London North West Healthcare  NHS Trust

*Have you heard about us?*

WE ARE THE

### Ealing Family Nurse Partnership

Are you **pregnant** with your **first child**?

Are you **under** the age of **20**?

Are you **less than 28 weeks** pregnant?

Is the answer is **YES!**



**Call us, we CAN help you!**

The Family Nurse Partnership (FNP) is a voluntary home visiting programme to all first time young mums, aged 19 or under.

FNP can involve fathers as well as family members and friends, a specially trained family nurse visits you regularly, from early in pregnancy until the child is two.

You can **CALL** and refer yourself or simply speak to your **GP/Midwife** to join the Family Nurse Partnership (FNP) programme.

Deirdre Race – Family Nurse Supervisor  
Early Years Centre, 25a Laurel Gardens, Hanwell W7 3JG  
Tel: 020 8825 8244 or Email: [ehn-tr.ealingfnp@nhs.net](mailto:ehn-tr.ealingfnp@nhs.net)



 Ealing  
[www.ealing.gov.uk](http://www.ealing.gov.uk)

 NHS  
England

## Child Health Clinics

Child Health Clinics are held at the following:

### Jubilee Gardens Health Centre

Jubilee Gardens, Southall UB1 2TJ

**Tuesdays 9:30-11:50am (Appointments only)**

Please call 020 3313 7848 to book an appointment

### Hanwell Children's Centre

25A Laurel Gardens, Hanwell W7 3JG

**Tuesdays 1:30-3:00pm (Appointments only)**

Please call 020 3313 7848 to book an appointment

### Featherstone Road Clinic

Hartington Rd, Southall UB2 5BQ

**Wednesdays 9:30-11:45am (Appointments only)**

Please call 020 3313 7848 to book an appointment

### Havelock Children's Centre

at the Havelock Community Centre

17 Trubshaw Rd, Southall UB2 4XW

Tel: 020 8571 1219

**Thursdays 9:30 – 11:15am (Walk In Clinic)**



**Please bring your red book**, ph 020 3313 7831/7848 to speak to Jubilee Gardens Duty Health Visitor for info.  
Email:- [LNWH-tr.SWE-EarlyStartEaling@nhs.net](mailto:LNWH-tr.SWE-EarlyStartEaling@nhs.net)

# Child Health Clinic



## at Havelock Children's Centre

Havelock Community Centre, 17 Trubshaw Rd, Southall UB2 4XW



**Thursdays**  
**9:30 - 11:15am**  
**Walk In Clinic**

For families residing in UB1 and UB2  
with children aged 0-5

**Please bring your RED book to  
the Clinic**  
**Contact Health Visiting Team on**  
**020 3313 7831**  
**if you have any enquiries outside**  
**of clinic hours**

Services include:

- Baby weighing
- Advice and support from Health Visitors about your child's health and development
- Information and referrals to specialist health services and professionals in Ealing, for example, Weaning group; Speech and Language; Occupational therapy; Breastfeeding
- Healthy Start Vitamins- get your voucher signed

**Early  
Start  
Ealing**

For pregnant mums and  
expectant dads

Did you know you can  
meet a health visitor from  
the Early Start Ealing  
team when you are 28-32  
weeks pregnant?

Your health visitor can  
support you with:

- Preparing for a new baby
- Preparing to be parents
- Learning about successful breastfeeding and infant feeding.
- Your health and well-being during pregnancy.
- Information about clinics and other services for you and your baby in the local area.

Acton & Central Ealing  
020 8383 8734  
Northolt & Greenford  
020 3313 7519  
Southall & West Ealing  
020 3313 7827

BOOK AN  
APPOINTMENT  
TODAY!



Early Start Ealing



London North West Healthcare **NHS**  
NHS Trust



## **FREE BREASTFEEDING CLASSES IN EALING CHILDREN'S CENTRES!**

**ANTENATAL CLASSES FOR MUMS AND PARTNERS**

**POSTNATAL CLASSES FOR MUMS AND BABIES**

**For details, text CLASS**

**and your name to 07718 114 882**

- You will learn about *normal newborn behaviour* and why it is impossible to spoil a baby
  - How responsive feeding allows your baby to build milk
  - How to position your baby so you can feed comfortably
  - How to know your baby is getting enough milk
  - Where to get support

  
Caroline Neale Infant Feeding Specialist and Lactation Consultant  
Ealing Children's Centres text 07718 114 882

# Breastfeeding Peer Support in South Southall



Raj and Raspal are trained Breastfeeding Peer supporters:

- Make an appointment for a one to one session with Raj if you have any concerns or questions about breastfeeding your baby. No question is too small!
- Drop in to see Raj or Raspal at Greenfields or Havelock Children's Centres at one of our play groups or clinic sessions; meet a mix of other mums, some of whom are just starting breastfeeding, and share experiences with them

## Greenfields Nursery School & Children's Centre

Recreation Rd, Southall UB2 5PF  
Ph 020 8813 8079

## Havelock Children's Centre

17 Trubshaw Rd, Southall UB2 4XW  
Ph 020 8571 1219

# Introducing Family Food to your Baby

Drop In group at Greenfields Nursery School & Children's Centre  
Recreation Rd, Southall UB2 5PF

*Get free advice and information on what appropriate family food to offer your child aged 4 -10 months old*



Spring 2018 dates:  
13 February, & 10 April



**1:30 - 2:30pm**

Please arrive promptly at 1:30, and bring your child's red book.

If you require an interpreter please call in advance

For more information please call the Health Visiting Team on 020 3313 7831

# SAFE 0-18

## Family problems?

SAFE 0-18 can help with:

- Family relationship breakdown
- Domestic violence
- Child behaviour issues
- Problems at your child's school
- Drug and alcohol use
- Mental health concerns

And much more...

Call your local  
SAFE 0-18 team:

Acton, Ealing

**020 8825 7819**

Greenford,  
Northolt, Perivale

**020 8842 0220**

Hanwell, Southall

**020 8825 9800**



Children & Families



**SUPPORTIVE  
ACTION FOR  
FAMILIES IN  
EALING 0-18**

## free 1-2-1 counselling

at Greenfields Nursery School & CC  
PENNYAPPEAL Counsellor  
speaks English and S. Asian languages

Mondays 9am – 5pm



[pennyappeal.org](http://pennyappeal.org)  
small change big difference

### TIME TO TALK ABOUT DOMESTIC ABUSE?

IF YOU HAVE BEEN AFFECTED BY ANY KIND OF DOMESTIC, FAMILY OR SEXUAL VIOLENCE, YOU MAY BE ELIGIBLE FOR FREE COUNSELLING.

Our counselling service is available to women in the West London area over the age of 18 who have been affected by any kind of domestic, family or sexual violence.

- FREE AND CONFIDENTIAL SERVICE
- ALL FEMALE COUNSELLORS
- NON-JUDGEMENTAL SPACE FOR YOU TO PROCESS YOUR THOUGHTS AND FEELINGS

To find out more please call **07480 970097** or email [counselling@pennyappeal.org](mailto:counselling@pennyappeal.org)

[WWW.PENNYAPPEAL.ORG/COUNSELLINGREFERRAL](http://WWW.PENNYAPPEAL.ORG/COUNSELLINGREFERRAL)

## free Stress Control Course



**Ealing IAPT**  
Improving Access to Psychological Therapies

West London Mental Health **NHS**  
NHS Trust

### Free Stress Control Course

difficulty in coping?  
low or anxious?

We run a 6 week course on ways to better control your stress.

Call us on **0203 313 5660** to book a place on the next available course.



## Moving Forward Groups

Support groups for women

- Focus on personal growth and building your self-esteem
- Challenge old & unhelpful ways of relating to yourself
- Learn to think of yourself in a more positive way

*“ I am on an on-going journey which is made far easier by the space the group provides for sharing my story and my emotions with other women who truly understand, listen to and support me ”*

*(Ascent service user)*

**For more information on current groups  
and to arrange a referral contact:**

-  020 7610 4678
-  [groups@wgn.org.uk](mailto:groups@wgn.org.uk)
-  [www.wgn.org.uk](http://www.wgn.org.uk)



Women and Girls Network  
Registered Charity Number 1150354 |  
Company Number 8286856  
© Women and Girls Network 2015

# FGM support

**FORWARD** CAN SUPPORT  
GIRLS AND WOMEN AFFECTED BY  
**FEMALE GENITAL MUTILATION**  
(FEMALE CIRCUMCISION)

One to one and group support

Help accessing specialist clinics and counselling

Awareness raising sessions in your community

Advice and Information about FGM

If you are affected by  
FGM, feel someone  
might be at risk, or  
simply want to learn  
more...

Get in touch!

020 8960 4000  
support@forwarduk.org.uk

**FORWARD**  
*Supporting girls & dignity*



# Paiwand Counsellor

at Greenfields Nursery School  
& Children's Centre

Recreation Rd

Southall, UB2 5PF

*Counsellor speaks English & Arabic*

## Thursdays

# from 9:30-11:30am

for pre-booked appointments only

To book an appointment at Greenfields  
OR for more information please call  
Paiwand: 07476 351734 OR 020 8905 8770



www.eachcounselling.org.uk

# Are you looking for education, training and employment opportunities?

Do you ...

Want to build confidence?

Want to explore your interests?

Feel ready for that next step?

Need support to access education?

Want help to find a job?

**STRIDE can help you. Stride is a project of EACH Counselling & Support.**

*Meet one-to-one with a coach, attend a workshop or a course.*

STRIDE can help if you:

- are age 18
- are a resident of Brent, Ealing, or Harrow
- have been affected by mental health issues, substance misuse or domestic violence

**Come and talk to Ajit Chadha or Kushba Bibi, from Project Stride at:**  
**Greenfields Nursery School & Children's Centre**  
**or Havelock Children's Centre**

**Please Call Kushba on T: 020 8961 8623, M:079 6836 5836**  
**or email [stride@eachcounselling.org.uk](mailto:stride@eachcounselling.org.uk)**  
**for further information,**  
**or to make an appointment for a one-to-one session**

## Peer Support Employment Groups

Peer support employment groups



We know that finding work when you have a mental health problem can be a challenge.

We are here to support people living in West London who are:

- Living with a common mental health problem, for example, depression or anxiety
- Over 25
- Eligible to work in the UK
- Looking to find work.

Our groups offers peer support and employment advice in a supportive environment.

**What we can offer**

- Practical back to work support.
- A chance to meet people in the same situation.

**How to get involved**

Email [charlotte.gurney@hfmind.org.uk](mailto:charlotte.gurney@hfmind.org.uk) or call 07718 125 924

Funded by



For more information, please contact:

**Charlotte Gurney**

[Charlotte.Gurney@hfmind.org.uk](mailto:Charlotte.Gurney@hfmind.org.uk)

07718 125 924

Hammersmith and Fulham Mind  
309 Lillie Road, Fulham  
London SW6 7LL

*Charlotte runs 1-2-1 contacts and group workshops at  
Greenfields Nursery School & Children's Centre  
Recreation Rd, Southall UB2 5PF*

# JOB CLUB



Looking for work or training? Benefits advice?  
Come and speak with Surria Ali at a Job Club

**at Greenfields Nursery School  
& Children's Centre**

**Recreation Rd, Southall UB2 5PF**

**Fridays 9:30 -11:30am**

**Drop In**

email Surria on [AliSu@ealing.gov.uk](mailto:AliSu@ealing.gov.uk)  
or call mob.07826 534241 to book an  
appointment





Greenfields Nursery School  
& Children's Centre



# *free* Paiwand Advocacy Service

at Greenfields Nursery School & Children's Centre

*The Paiwand Advocacy service helps refugees and asylum seekers from all countries to exercise their rights and have their opinions taken into consideration.*

The service can help by providing information; communicating with service providers on your behalf, or supporting you in doing so; assisting with writing letters and filling in forms; and many other things.

The range of issues with which we can assist include:

Seeking Employment, Welfare Benefits, Housing, Accessing Health Services,  
Immigration Advice (Harrow Office), Mental Health Services, Debt and Finance  
Accessing Education or Training

**Tuesdays 10:00am - 4:30pm**

**at Greenfields Nursery School & Children's Centre, Recreation Road, Southall, UB2 5PF**

To book an appointment please contact advocacy services  
on **0208 905 8770 Mobile: 07538 573 820**  
E-mail: [advocacy@paiwand.com](mailto:advocacy@paiwand.com)

# FREE LEGAL ADVICE appointments

at GREENFIELDS NURSERY SCHOOL & CHILDREN'S CENTRE

Recreation Road, Southall, UB2 5PF



**FREE** legal advice from **specialists** in:

- Housing\*
- Community Care\*
- Family Law\*
- Immigration

All advice provided will be confidential

All consultations sessions approx. 15 mins

*\*Legal Aid available subject to eligibility*

**Family Law & Immigration:**

**Every Monday**

**3pm – 5pm**

Pre booked appointments only

**Housing & Community Care:**

**Every Friday**

**3pm – 5pm**

Pre booked appointments only

To book an appointment please  
contact MTG Solicitors

Mobile: 07506626262 or

Email: [info@mtgsolicitors.com](mailto:info@mtgsolicitors.com)

Working to Help the Local Community



# Free Legal Advice- by phone

## EALING EQUALITY COUNCIL

PROMOTING EQUALITY AND HUMAN RIGHTS FOR ALL

**Free advice :** Family, Housing,  
Debt, Immigration, Hate Crime

Call 0208 231 2575 to make an  
appointment / get advice from EEC

**EMAIL:** [enquiries@ealingrec.org.uk](mailto:enquiries@ealingrec.org.uk)

Company Limited by Guarantee, registered in England.  
Reg. no. 2531302. Charity reg. no. 1116413



If you can not be helped over the telephone, an appointment to meet at Greenfields can be arranged by Ealing Equality Council 's advocate/ advisor; or you may be signposted to attend at another EEC outreach venue

**coram** **clc**  
Children's Legal Centre

**Free legal advice on all  
immigration related issues**

**Are you unsure about your rights in the UK?  
Do you and your family need help with  
immigration /asylum problems?**

**A lawyer can answer questions about you and  
your child's immigration status and rights to  
access support and accommodation, health  
care and education.**

**FREE and confidential advice by phone,  
call 0207 636 8505  
Tues-Thurs 10am - 4pm  
Migrant Children's Project  
- Advice Line**



Registered charity No. 281222

# Family Support Surgery with Raj at Havelock Children's Centre

## Support and guidance include:

- Transition to nursery or primary school
- School & nursery applications
- 2 Yr old funded childcare
- Healthy eating; keeping fit
- Domestic Violence; drug and substance abuse
- Parenting
- Speech and Language
- Emotional support
- Health issues
- Return to work, education or training
- Signposting to services and advocacy groups
- Breastfeeding peer support

**Tuesdays**  
**9:15 am – 11:30 am**  
**term time only**

**Havelock Children's Centre**  
**17 Trubshaw Rd**  
**Southall UB2 4XW**

**or call 020 8571 1219**  
**for an appointment**



## Children with Additional Needs (aged 0-5):

- Applications and form filling
- referrals to parenting and support groups
- Strategies to support teaching and learning
- Fun & Learn specialist play group

# Play and Story Groups in South Southall Locality

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>11:00am -12</b>  <b>Babies Sensory Play session</b> <u>Babies 0 to 18 months</u> with parent/carer  <u>Havelock CC</u>            <u>TTO</u></p> <p><b>1:00-3:00pm</b>  <b>Stay and Play</b> for children Under 5 and parents/carers at <u>Havelock CC</u>            <u>TTO</u></p>	<p><b>9:30-11:30am</b>  <b>Stay and Play</b> for children Under 5 and parents/carers  <u>Havelock CC</u>            <u>TTO</u></p>	<p><b>9:30-11:30am</b>  <b>Stay and Play</b> for children Under 5 and parents/carers  <u>Havelock CC</u>            <u>TTO</u></p>	<p><b>10am-12</b>  <b>“Little Angels” Parent Toddler Group</b> at <u>St John’s Church</u>            Church Rd            Southall UB2 4DH            0208 574 0722    (<u>TTO</u>)</p> <p><b>2:15-3:00pm</b>  <b>“Babies Story and Action rhymes Session”</b> for Babies 0-18 month &amp; parents/carer at <u>Southall Library</u>,            The Dominion Centre,            112 The Green,            Southall UB2 4BQ (TT O)</p>	<p><b>9:30-11:30am</b>  <b>Stay and Play</b> for children Under 5 and parents/carers  <u>Havelock CC</u>            <u>TTO</u></p> <p><b>9:00-10:30am Stay and Play</b> for children aged 0-4 &amp; parents/ carer</p> <p><b>10:30-12:00pm*</b>  <b>Stay &amp; Play for babies aged 0-18 months</b> and parents / carers  <u>Greenfields Nursery &amp;CC</u> (<u>TTO</u>) (*Session limited to a max. 10 families-first come basis- due to small venue) (<u>TTO</u>)</p> <p><b>1:00-2:30pm</b>  <b>“Fun and learn”</b>- specialist play session for <b>children Under 5 who have “additional needs,”</b> with parents/ carer. Contact Raj or Neelam to book a place 020 8813 8079            Limited to 6 families (TTO)</p>



Key:

AYR = all year round

TTO = term time only

**\*Stay and Play sessions at Havelock CC are limited to 22 families – Health & Safety/capacity of room- No Bookings- First come basis**

# Stay and Play Sessions at Havelock Children's Centre



with Raj, Raspal & Mangalika

Havelock Community Centre

17 Trubshaw Rd, Southall UB2 4XW ph. 020 8571 1219

**Mondays 1:00 – 3:00pm**

**Tuesdays, Wednesdays and Fridays 9:30 -11:30am**

sessions run term time

**\*Stay and Play" sessions at Havelock are limited to 22 families - Health & Safety/capacity of room-  
No Bookings- First come basis**



**Free & planned play**  
**Arts and craft; Ball skills; Messy**  
**play; Dance and movement**  
**Stories and rhymes**  
***Please bring a piece of fruit or vege***  
***to share at snack time***

# Babies Sensory Play session



Babies will use all their five senses in fun exploration into the world around them.

Encourages engaging play and exploration; safe tastes; hands on exploring and tactile investigation.

Helps develop babies' understanding and language.

All activities can be done at home with little to no effort or cost.

**Drop In session  
for parents and babies  
aged 0-18 months  
led by Raj**

**every Monday  
11:00am - 12:00pm**

**(sessions held term time only)**

**Havelock Children's Centre**

**17 Trubshaw Rd, Southall UB2 4XW**



# Babies Story and Action Rhymes

with Raj



**For Babies aged 0 to 18 months**

with parents/carers

**Thursdays 2pm - 3pm**  
**at Southall Library**

The Dominion Centre ,112 The Green, Southall UB2 4BQ

*(sessions held term time only)*

*Share stories traditional and cultural;  
learn action songs and rhymes;  
use simple story props and puppets  
to engage with your baby*





# Friday Stay & Play (Term time only)

at Greenfields Nursery School & Children's Centre

**Bring your baby or toddler  
(age 0 -4) to a small group play session**

**Inclusive, stimulating and fun activities  
Planned and free play opportunities, Shared stories,  
rhymes and songs  
An interactive group session**

**Greenfields Nursery School & Children's Centre  
Recreation Rd, Southall UB2 5PF  
(1) 9:00 to 10:25am: children aged 0-4  
(2) 10:30 to 12:00 : babies 0-18 months**

**Limited to 10 children and parents or carers per session.  
NO Bookings, first come basis.**



# Fun & Learn: Target Play Group

**Spring Term 2018:**

**Friday 5 January – 23 March**

**(term time only- no session on 9 & 16 February)**

**A planned play session targeting  
children aged Under 5 who have Additional Needs  
with their parents or carer  
-includes children with: social & communications needs;  
speech & language concerns; Downs Syndrome**

**Fridays- from 1:00 - 2:30 pm  
Greenfields Nursery School  
& Children's Centre  
Recreation Rd, Southall UB2 5PF**

**Free and Planned Play; Rhymes & Songs; Table top and adult-led activities;  
Attention builders; Support for parents**

**Places for "Fun and Learn" are strictly limited to 6 children with their parents.**

**Please contact Raj or Neelam to book a place : ph. 020 8813 8079**

**or email: [Raj.Basra@greenfieldschildren.com](mailto:Raj.Basra@greenfieldschildren.com)**



# Havelock Children's Centre : Spring Term Activities 2018

at the Havelock Community Centre, 17 Trubshaw Rd, Southall, UB2 4XW ph 020 8571 1219

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<p>11am-12 <b>Babies Sensory Play</b> Babies 0-18 months Drop In</p> <p>1-3pm <b>Stay and Play</b> for children Under 5 &amp; parents * Walk In</p> <p>Key :- TTO – Term Time Only AYR – All Year Round</p>	<p>9:15am -11:30 <b>Family Support Clinic-</b> with Family Liaison Officer Raj Basra Book/drop In (TTO)</p> <p>9:30-11:30am <b>Stay and Play</b> for children Under 5 &amp; parents * Walk In</p> <p>5-8pm <b>Police Cadets Programme</b> (TTO) Contact Esson 020 8825 1448</p>	<p>9:30-11:30am <b>Stay and Play</b> for children under 5 &amp; parents * Walk In</p> <p>12:00-1:00pm <b>Women's Exercise Class with Tameran- £1 (TTO)</b> Contact Esson on 020 8825 1448</p>	<p>9:30-11:15am <b>Child Health Clinic &amp; Baby Weighing (AYR)</b> <u>Drop In only,</u> <b>HV: 020 3313 7831</b></p> <p>9:30-3:30 <b>GRTAS IAG – appointments</b> with Miranda ph. 07930 400767</p> <p>4pm – 6pm <b>Maths and English Tuition</b> Call 07788 243 899</p> <p>7-9pm <b>Martial Arts Club</b> 07941173733</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Nursery Readiness Course</b> By invitation Thurs 22 Feb – 22 Mar 1:00-2:30pm</p> </div>	<p>9:15am – 10.15am <b>English Conversation Club for adults (TTO)</b></p> <p>9:30-11:30 <b>Stay &amp; Play</b> for children Under 5 &amp; parents * Walk In (TTO)</p>	<p><b>PAGE E:</b> alternate Saturday afternoons - for Children aged 11+ with disabilities Contact : Krishna Birdy- Project co-ordinator for dates and further information Ph. 07930 748 280 or email <a href="mailto:krishna@pacezone.org.uk">krishna@pacezone.org.uk</a></p>
<p><b>*Stay and Play sessions at Havelock are limited to 22 families – health &amp; Safety/capacity of room- No Bookings- First come basis</b></p>					

# Greenfields Nursery School & Children's Centre: Spring Term Activities 2018

Recreation Rd, Southall, Middlesex UB2 5PF ph 020 8813 8079

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 – 5:00pm  <b>Penny Appeal Counselling</b>                      ph 07480 970097 -referrals                      (AYR)</p> <p>9:00-12:00 – L3  <b>T/L Support –TA Training</b>                      Call Ealing Council on                      020 8825 5577</p> <p>12:45 – 2:00pm  <b>English Conversation Club</b> for                      adults (TTO)</p> <p>1:30 – 5:00pm  <b>NHS Development Checks</b>                      Appointments only (AYR)</p> <p>3:00 – 5:00pm  <b>mtg solicitors free advice</b>                      Family Law &amp; Immigration                      Appointments only                      ph. <b>07506626262</b> (AYR)</p>	<p>9:00am-12:00 – L2  <b>T/L Support –TA Training</b>                      Call Ealing Council on                      020 8825 5577 (TTO)</p> <p>10:00 - 4:30pm  <b>Paiwand Community Advocacy                      surgery</b>                      Ph 020 8905 8770 or                      07538 573 820 for an                      appointment (AYR)</p> <p>1:30 - 2:30pm  <b>NHS Solid Foods for Babies</b>  <u>13 Feb and 10 April</u>                      Diet for babies 4 to 9 months</p>	<p>10:30am -12:00pm  <b>Beginners ICT class and                      Internet Drop In</b>                      with Mani (TTO)</p> <p>12:30 - 3:30pm  <b>Sewing, knitting and                      crochet club</b>                      Drop In; share skills, learn                      from each other (TTO)</p>	<p>9.30 – 11.30am  <b>Paiwand Counsellor</b>                      pre-booked appointments                      only, call 02089058770                      (AYR)</p> <p>12:30-3:30pm  <b>English/ESOL Oct. start                      date</b> (TTO)                      Contact Ealing Council                      020 8825 5577 for further                      information</p>	<p><b>Greenfields Stay and Play</b>                      Planned and Free Play                      9– 10:25am : children 0 -4                      and parents/carer                      10:30am -12pm babies                      0-18 months &amp; parents                      Limited to 10 families                      per session (TTO)</p> <p>9:30-11:30am  <b>Job Club with Surria</b> call                      07826 534241 (AYR)</p> <p>1:00 – 2:30pm  <b>Fun and Learn: Target play                      group, for children under 5                      with Additional Needs and                      their parents</b> (TTO)                      Call Neelam or Raj                      020 8813 8079 to book</p> <p>3:00 – 5:00pm  <b>Mtg solicitors free advice</b>                      Housing &amp; Community Care                      Appointments only                      ph. <b>07506626262</b> (AYR)</p>
	<div style="border: 1px solid black; padding: 5px;"> <p><b>Parents' Time</b>  <b>(1)Reading with your Child-</b>                      Tues 16 Jan 12:45-2:00pm                      Or Fri 19 Jan 8:45-10:00am</p> <p><b>(2)Dealing with Challenging                      Behaviour</b>                      Tues 20 Feb 12:45-2:00pm                      Or Wed 21 Feb 8:45-10:00am</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Keeping Up with the Children                      Workshops:</b>                      Tues 6 Feb 12:45- 3:15pm                      Or Wed 7 Feb 9:00-11:30am  <b>Course:</b> Wed 28 Feb -23 May                      9:00-11:30am</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p><b>First Aid Courses</b>  <b>(1) 2 Day Paediatric First Aid</b>                      Fri 26 Jan &amp; 2 Feb 9:30-4:30pm  <b>(2) 1 Day Emergency First Aid                      at Work</b> Tues 13 Feb 9:30-4:30</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Baby Massage Course</b>                      Fri 23 Feb -23 March                      10:00-11:30am</p> </div>
<p>Key :-                      TTO – Term Time Only                      AYR – All Year Round</p>				