




# Carshalton Spring programme 2025

## Monday 6th January - Friday 14th February



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Carshalton Family Hub &amp; Children's Centre</b> Tweeddale Road, Carshalton, SM5 1SQ  <b>Tel: 020 8770 5801</b>  <b>Email:</b> <a href="mailto:carshaltonhub@sutton.gov.uk">carshaltonhub@sutton.gov.uk</a></p> <p><b>The Grange</b>            Beddington Park, London Road, Wallington, SM6 7BT</p> <p><b>Please note:</b>            Your booking is guaranteed for 15 minutes after the start time of the session, after 15 minutes spaces will be given to any families that are at the centre but have not booked in advance. <b>BUT DON'T WORRY</b> if you are running late for any reason just give us a call and we will hold your space.</p>	<p><b><u>The Grange</u></b>            Stay &amp; Play            10:00am - 11:30am            0-5 years            (Term time only)  <b>Booking on Eventbrite</b></p> <div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: #d4edda;"> <p>Bookings on Eventbrite will only be available 24 hours in advance. Please remember to cancel your ticket(s) on Eventbrite if you are unable to attend - You can cancel your ticket(s) by finding the original booking confirmation email and clicking the '<a href="#">View and manage</a>' your order online' link.</p> </div>	<p><b><u>Carshalton Family Hub and Children's Centre</u></b>            Mini Explorers            9:30am - 11:00am            New walkers to 30 months  <b>Booking on Eventbrite</b></p> <p><b><u>Carshalton Family Hub and Children's Centre</u></b>            The Slow Cooker Club            12:30pm - 2:30pm  <b>Booking is required. Call centre to book</b></p> <div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: #d4edda;"> <p><b>Family Support Monday to Friday 9:00am-5:00pm</b>            Family support (home visiting and 1-1 advice), parenting support (1-1 and groups), Healthy Start Vitamins (children's vitamin drops), Sutton School uniform Shop, food bank vouchers.</p> </div>	<p><b><u>Carshalton Family Hub and Children's Centre</u></b>            Circle of Security Parenting Programme            9:45am - 11:30am  <b>Booking is required. Call centre to book</b></p> <p><b><u>Carshalton Family Hub and Children's Centre</u></b>            Baby &amp; Me            2:00pm-3:30pm            0-4 months  <b>Call centre to book</b></p>	<p><b><u>Carshalton Family Hub and Children's Centre</u></b>            Bumps &amp; Babies            10:00am - 11:30am            Bumps to pre-walkers  <b>Booking on Eventbrite</b></p> <p><b><u>Carshalton Family Hub and Children's Centre</u></b>            Stay &amp; Play            1:30pm - 3:00pm            0-5 years  <b>Booking on Eventbrite</b></p> <div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: #d4edda;"> <p style="text-align: center;"><b>Please remember to book the Children's Centre sessions using this QR code</b></p> <div style="text-align: center;">  </div> </div>	<p><b><u>The Grange</u></b>            Learning Through Play            9:30am - 11:00am            2-5 years            5 week course  <b>Booking on Eventbrite</b></p> <p><b><u>Carshalton Family Hub and Children's Centre</u></b>            Parent/carer Coffee Sessions            (For parents with a child under 19 years)            9:30am - 11:30am            10th January, 24th January &amp; 14th February            Drop-in No booking needed</p> <p><b><u>Carshalton Family Hub and Children's Centre</u></b>            Bumps and Babies            2:00pm - 3:30pm            Bumps to pre-walkers  <b>Booking on Eventbrite</b></p>

## Sessions

**Baby & Me:** (0-4 mth) 5 week postnatal group for mums. A small group to meet other new parents and get support and advice in a relaxed and informal setting. (Mum's only)

**Bumps & Babies:** (Birth to Pre-walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.

**Learning through Play** (2-5 years) 5 week course for parents and children. Play is one of the main ways in which children learn and develop. It helps to build self-worth by giving a child a sense of his or her own abilities and to feel good about themselves.

**Mini Explorers:** (new walkers-30mths) Lots of fun activities. All activities will support your child's development in a safe and welcoming environment.

**Parent/carer Coffee Sessions:** (For Parents with a child under 19 years) warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

**Stay & Play:** (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

**The Slow Cooker Club:** (Parents with a child under 19yrs) 4 week cooking programme each week we will provide a cooking class on how to cook a low cost healthy meal in a slow cooker.

## Parenting Support Offer

**Circle of Security:** 6 week parenting programme for parents with children under 5 (creche provided), offering reflection and discussion as we work through the Circle of Security Programme. - Call any Children's Centre to book

**Solihull Parenting:** Online courses in many different languages. To access these free online courses for parents, parents-be, relations & foster carers, please visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and enter the 'access code' TREE

## Parenting Support Offer

**EPEC: Being a Parent course:** 9 week course Being a Parent Programme is suitable for any parent/carer with a child 2-11 years of age. The course aims to improve child development and outcomes, parenting, family resilience and improve family relationships.

**EPEC: Being a Parent - Together Course:** Together is a version of the Being a Parent programme, that has been adapted for couples and main carers who co-parent their children, aged 2-11 years, and who want to attend a parenting course together.

**Time out for parents- Autism:** 4 week course cover the important subjects of self-esteem, basic principles of behaviour management, the wider family and home/school issues. It will enhance parents existing knowledge of Autism.

**Time out for parents- The Teenage Years:** 6 week course Time Out for Parents-The Teenage Years programme is aimed at parents/carers of children aged 11-17 years, wanting general guidance in supporting their child's social, behavioural and emotional needs.

**Time out for parents- Managing Anger in the Family:** 4 week course. Time Out for Parents-Managing Anger in the Family is aimed at parents/carers of children aged from 5 to 16 years, wanting guidance in meeting their child's social, behavioural and emotional needs particularly in relation to anger management.

**Adapt to Learn: Small Change, Big Difference:** 4 week course The aim is to empower parents, supporting them to help their children by developing an in-depth understanding of autism. Taking a positive approach, we will explore, share and discuss practical strategies to help develop communication skills, pre-empt and manage behaviour and gain confidence and resilience.

**For more information on Parenting Support please contact:**

Clare Kennedy- Parenting Administrator


Phone- 07873 702 777

Email – [parenting@sutton.gov.uk](mailto:parenting@sutton.gov.uk)

# Central Sutton Spring Programme 2025

## Monday 6th January - Friday 14th February



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Thomas Wall Children's Centre</b> 69 Western Road, Sutton, SM1 2TF Tel: 020 8770 5875 Email: <a href="mailto:thomaswallcc@sutton.gov.uk">thomaswallcc@sutton.gov.uk</a></p> <p><b>Sutton Family Hub</b> Sutton Central Library, St Nicholas Way, Sutton, SM1 1EA</p>	<p><u>Thomas Wall Children's Centre</u> Mini Explorers 10:00am - 11:30am New walkers to 30 months <b>Booking on Eventbrite</b></p> <p><b>Please note:</b> Your booking is guaranteed for 15 minutes after the start time of the session, after 15 minutes spaces will be given to any families that are at the centre but have not booked in advance. <b>BUT DON'T WORRY</b> if you are running late for any reason just give us a call and we will hold your space.</p>	<p><u>Thomas Wall Children's Centre</u> Bumps &amp; Babies 9:30am - 11:00am Bumps to pre-walkers <b>Booking on Eventbrite</b></p> <div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: #f9e79f;"> <p style="text-align: center;"><b>Family Support Monday to Friday 9:00am-5:00pm</b> Family support (home visiting and 1-1 advice), parenting support (1-1 and groups), Healthy Start Vitamins (children's vitamin drops), Sutton School uniform Shop, food bank vouchers.</p> </div>	<p><u>Thomas Wall Children's Centre</u> Communicators 2:00pm - 3:00pm 2-5 years <b>Call centre for online booking link</b></p> <p><u>Sutton Family Hub Baby &amp; Us</u> 6:00pm - 7:30pm 0-4 months 3 week course for both parents <b>Call centre to book</b></p> <div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: #f9e79f;"> <p style="text-align: center;">You can arrange to meet an <b>Independent Domestic Abuse Advisor (IDVA)</b> at a convenient time in any of our Children's Centres. Call <b>020 8092 7569</b> to book an appointment.</p> </div>	<p><u>Thomas Wall Children's Centre</u> Stay &amp; Play 10:00am - 11:30am 0-5 years <b>Booking on Eventbrite</b></p> <p><u>Sutton Family Hub</u> Bumps &amp; Babies 2:00pm - 3:30pm Bumps to pre-walkers <b>Booking on Eventbrite</b></p> <div style="border: 2px solid black; border-radius: 20px; padding: 10px; background-color: #f9e79f;"> <p style="text-align: center;"><b>Please remember to book the Children's Centre sessions using this QR code</b></p> <div style="text-align: center;">  </div> </div>	<p><u>Sutton Family Hub</u> Parent/carer Coffee Sessions (For parents with a child under 19 years) 9:30am - 11:30am 17th January, 31st January Drop-in No booking needed</p> <p><u>Thomas Wall Children's Centre</u> Baby Massage 10.00am-11.30am Birth to 16 weeks <b>Call centre for online booking link</b></p> <p><u>Thomas Wall Children's Centre</u> Young Parents Stay &amp; Play for parents aged 25 years and under 2:00pm - 3:30pm 0-5 years <b>Booking on Eventbrite</b></p>

### Sessions

**Baby & Us:** (0-4 mth) 5 week postnatal group for couples. A small group to meet other new parents and get support and advice in a relaxed and informal setting.

**Bumps & Babies:** (Birth to Pre-walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.

**Baby Massage:** (birth-pre-movers) 5 week course to learn and practise baby massage skills. Massaging your baby can soothe and comfort them, promoting relaxation and sleep.

**Communicators:** (2-5 years) 5 week parenting workshop all about communication. We provide tools and play ideas to help you develop your child's understanding & communication skills.

**Mini Explorers:** (new walkers-30mths) Lots of fun activities. All activities will support your child's development in a safe and welcoming environment.

**Parent/carer Coffee Sessions:** (For Parents with a child under 19 years) warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

**Stay & Play:** (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

**Young Parents Stay & Play:** (0-5 years) A fun and relaxed space for parents under the age of 25 to socialise with other young parents with babies and children of similar ages.

### Parenting Support Offer

**Circle of Security:** 6 week parenting programme for parents with children under 5 (creche provided), offering reflection and discussion as we work through the Circle of Security Programme. Call any Children's Centre to book

**Solihull Parenting:** Online courses in many different languages. To access these free online courses for parents, parents-be, relations & foster carers, please visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and enter the 'access code' TREE

### Parenting Support Offer

**EPEC: Being a Parent course:** 9 week course Being a Parent Programme is suitable for any parent/carer with a child 2-11 years of age. The course aims to improve child development and outcomes, parenting, family resilience and improve family relationships.

**EPEC: Being a Parent - Together Course:** Together is a version of the Being a Parent programme, that has been adapted for couples and main carers who co-parent their children, aged 2-11 years, and who want to attend a parenting course together.

**Time out for parents- Autism:** 4 week course cover the important subjects of self-esteem, basic principles of behaviour management, the wider family and home/school issues. It will enhance parents existing knowledge of Autism.

**Time out for parents- The Teenage Years:** 6 week course Time Out for Parents-The Teenage Years programme is aimed at parents/carers of children aged 11-17 years, wanting general guidance in supporting their child's social, behavioural and emotional needs.

**Time out for parents- Managing Anger in the Family:** 4 week course. Time Out for Parents-Managing Anger in the Family is aimed at parents/carers of children aged from 5 to 16 years, wanting guidance in meeting their child's social, behavioural and emotional needs particularly in relation to anger management.

**Adapt to Learn: Small Change, Big Difference:** 4 week course The aim is to empower parents, supporting them to help their children by developing an in-depth understanding of autism. Taking a positive approach, we will explore, share and discuss practical strategies to help develop communication skills, pre-empt and manage behaviour and gain confidence and resilience.


**For more information on Parenting Support please contact:**  
Clare Kennedy- Parenting Administrator  
Phone- 07873 702 777  
Email – [parenting@sutton.gov.uk](mailto:parenting@sutton.gov.uk)



# Cheam and South Sutton Spring Programme 2025

## Monday 6th January - Friday 14th February



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Green Oak Children's Centre</b> 671 London Road, Cheam, SM3 9DL Tel: 020 8770 5787 Email: <a href="mailto:greenoakcc@sutton.gov.uk">greenoakcc@sutton.gov.uk</a></p> <p><b>Cheam Library</b> Church Rd, Cheam, SM3 8QH</p> <p><b>Worcester Park Library</b> Stone Place, Windsor Road, Worcester Park, KT4 8ES</p> <p><b>Shanklin Community Centre</b> 25 Rookley Close, Sutton, SM2 6TT</p>	<p><b><u><a href="#">Shanklin Community Centre</a></u></b> Stay &amp; Play 10:00am - 11:30am 0-5 years <b>Booking on Eventbrite</b></p> <p><b><u><a href="#">Green Oak Children's Centre</a></u></b> Terrific 2's Stay &amp; Play <b>Invite Only</b></p> <p><b><u><a href="#">Shanklin Community Centre</a></u></b> Parent/carer Coffee Sessions (For parents with a child under 19 years) 1:00pm - 2:15pm 13th January, 27th January &amp; 10th February Drop-in No booking needed</p> <p><b><u><a href="#">Green Oak Children's Centre</a></u></b> Mini Explorers 2:00pm - 3:30pm New walkers to 30 months <b>Booking on Eventbrite</b></p>	<p><b><u><a href="#">Worcester Park Library</a></u></b> Mini Movers 10:00am - 11:00am 2-5 years <b>Booking on Eventbrite</b></p> <p><b><u><a href="#">Green Oak Children's Centre</a></u></b> Infant Feeding Coffee Group 1:30pm - 3:30pm Newborn to pre-movers <b>Drop-in no booking needed</b></p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>Please remember to book the Children's Centre sessions using this QR code</b></p>  </div>	<p><b><u><a href="#">Cheam Library</a></u></b> Baby Massage 10:00am - 11:30am Birth to 16 weeks <b>Call centre for online booking link</b></p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Bookings on Eventbrite will only be available 24 hours in advance. Please remember to cancel your ticket(s) on Eventbrite if you are unable to attend - You can cancel your ticket(s) by finding the original booking confirmation email and clicking the <a href="#">'View and manage your order online'</a> link.</p> </div>	<p><b><u><a href="#">Cheam Library</a></u></b> Baby &amp; Me 10:00am - 11:30am 0-4 months <b>Call centre to book</b></p> <p><b><u><a href="#">Green Oak Children's Centre</a></u></b> Bumps &amp; Babies 2:00pm - 3:30pm Bumps to pre-walkers <b>Booking on Eventbrite</b></p> <p><b>Please note:</b> <b>Your booking is guaranteed for 15 minutes after the start time of the session, after 15 minutes spaces will be given to any families that are at the centre but have not booked in advance. BUT DON'T WORRY if you are running late for any reason just give us a call and we will hold your space.</b></p>	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><b>Family Support Monday to Friday</b> <b>9:00am-5:00pm</b> Family support (home visiting and 1-1 advice), parenting support (1-1 and groups), Healthy Start Vitamins (children's vitamin drops), Sutton School uniform Shop, food bank vouchers.</p> </div> <p><b><u><a href="#">Green Oak Children's Centre</a></u></b> Stay and Play 2:00pm - 3:30pm 0-5 years <b>Booking on Eventbrite</b></p>

## Sessions

**Baby & Me:** (0-4 mth) 5 week postnatal group for mums. A small group to meet other new parents and get support and advice in a relaxed and informal setting. (Mum's only)

**Bumps & Babies:** (Birth to Pre-walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.

**Baby Massage:** (birth-pre-movers) 5 week course to learn and practise baby massage skills. Massaging your baby can soothe and comfort them, promoting relaxation and sleep.

**Infant Feeding Coffee Group:** No need to book! Drop in for support with feeding your Baby.

**Mini Explorers:** (new walkers-30mths) Lots of fun activities. All activities will support your child's development in a safe and welcoming environment.

**Mini Movers:** (2-5 years) A session full of interactive action songs to get you and your little one moving.

**Parent/carer Coffee Sessions:** (For Parents with a child under 19 years) warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

**Stay & Play:** (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

## Parenting Support Offer

**Circle of Security:** 6 week parenting programme for parents with children under 5 (creche provided), offering reflection and discussion as we work through the Circle of Security Programme. Call any Children's Centre to book

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## Parenting Support Offer

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**EPEC: Being a Parent - Together Course:** Together is a version of the Being a Parent programme, that has been adapted for couples and main carers who co-parent their children, aged 2-11 years, and who want to attend a parenting course together.

**Time out for parents- Autism:** 4 week course cover the important subjects of self-esteem, basic principles of behaviour management, the wider family and home/school issues. It will enhance parents existing knowledge of Autism.

**Time out for parents- The Teenage Years:** 6 week course Time Out for Parents-The Teenage Years programme is aimed at parents/carers of children aged 11-17 years, wanting general guidance in supporting their child's social, behavioural and emotional needs.

**Time out for parents- Managing Anger in the Family:** 4 week course. Time Out for Parents-Managing Anger in the Family is aimed at parents/carers of children aged from 5 to 16 years, wanting guidance in meeting their child's social, behavioural and emotional needs particularly in relation to anger management.

**Adapt to Learn: Small Change, Big Difference:** 4 week course The aim is to empower parents, supporting them to help their children by developing an in-depth understanding of autism. Taking a positive approach, we will explore, share and discuss practical strategies to help develop communication skills, pre-empt and manage behaviour and gain confidence and resilience.

**For more information on Parenting Support please contact:**

Clare Kennedy- Parenting Administrator


Phone- 07873 702 777

Email – [parenting@sutton.gov.uk](mailto:parenting@sutton.gov.uk)

# Wallington Spring Programme 2025

## Monday 6th January - Friday 14th February



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Wallington Children's Centre</b> Brabazon Avenue, Wallington, SM6 9ET Tel: 020 8770 5910 Email: wallingtonhub@sutton.gov.uk</p> <p><b>Stanley Park Children's Centre</b> Stanley Park Road, Carshalton, SM5 3JL</p> <p><b>Wallington Family Hub @ Phoenix Leisure Centre</b> Mollison Drive, Wallington, SM6 9NZ</p> <p><b>Vanguard Way Community Centre</b> 39 Vanguard Way, Wallington, SM6 9JL</p>	<p>Bookings on Eventbrite will only be available 24 hours in advance. Please remember to cancel your ticket(s) on Eventbrite if you are unable to attend - You can cancel your ticket(s) by finding the original booking confirmation email and clicking the <a href="#">'View and manage your order online'</a> link.</p> <p><b>Wallington Children's Centre</b> Stay &amp; Play 2:00pm - 3:30pm 0-5 years <b>Booking on Eventbrite</b></p>	<p><b>Stanley Park Children's Centre</b> Baby Massage 10:00am - 11:30am Birth to 16 weeks <b>Call centre for online booking link</b></p> <p><b>Wallington Children's Centre</b> Terrific 2's Stay &amp; Play <b>Invite Only</b></p> <p><b>Family Support Monday to Friday 9:00am-5:00pm</b> Family support (home visiting and 1-1 advice), parenting support (1-1 and groups), Healthy Start Vitamins (children's vitamin drops), Sutton School uniform Shop, food bank vouchers.</p>	<p><b>Wallington Family Hub @ Phoenix Leisure Centre</b> Communicators 10.00am - 11.00am 2-5 years <b>Call centre for online booking link</b></p> <p><b>Stanley Park Children's Centre</b> Parent/carer Coffee Sessions (For parents with a child under 19 years) 9:30am - 11:00am 8th January, 22nd January &amp; 5th February Drop-in No booking needed</p> <p style="text-align: center;"><b>Please remember to book the Children's Centre sessions using this QR code</b></p> 	<p><b>Stanley Park Children's Centre</b> Stay &amp; Play 10:00am - 11:30am 0-5 years <b>Booking on Eventbrite</b></p> <p><b>Wallington Family Hub @ Phoenix Leisure Centre</b> Bumps &amp; Babies 10:00am - 11:30am Bumps to pre-walkers</p> <p><b>Wallington Family Hub @ Phoenix Leisure Centre</b> Young Parents and their Mini Explorers for parents under 25 years 1:00pm - 2:30pm Bumps to 30 months <b>Booking on Eventbrite</b></p>	<p><b>Wallington Children's Centre</b> Mini Explorers 9:30am - 11:00am New walkers to 30 months <b>Booking on Eventbrite</b></p> <p><b>Wallington Family Hub @ Phoenix Leisure Centre</b> Infant Feeding Coffee Group 10:00am - 12:00pm Newborn to pre-movers <b>No booking needed</b></p> <p><b>Vanguard Way Community Centre</b> The Slow Cooker Club 12.30pm - 2.30pm <b>Booking is required. Call centre to book</b></p> <p><b>Wallington Children's Centre</b> Male Carers Stay &amp; Play 10:30am - 12:00pm <i>2nd Saturday of the month</i> <b>Booking on Eventbrite</b></p>

## Sessions

**Bumps & Babies:** (Birth to Pre-walkers) A relaxed and fun session for you, your baby and expectant parents. Includes some singing which babies and bumps alike will love.

**Baby Massage:** (birth-pre-movers) 5 week course to learn and practise baby massage skills. Massaging your baby can soothe and comfort them, promoting relaxation and sleep.

**Communicators:** (2-5 years) 5 week parenting workshop all about communication. We provide tools and play ideas to help you develop your child's understanding & communication skills.

**Infant Feeding Coffee Group:** No need to book! Drop in for support with feeding your Baby.

**Male Carers Stay & Play:** (0-5 years) Calling all male carers, dads, step dads, uncles, grandads. Come and join in with fun activities in a relaxed space.

**Mini Explorers:** (new walkers-30mth) Lots of fun activities. All activities will support your child's development in a safe and welcoming environment.

**Parent/carer Coffee Sessions:** (For Parents with a child under 19 years) warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

**Stay & Play:** (0-5 years) Lots of fun activities for all children in a safe and welcoming environment.

**The Slow Cooker Club:** (Parents with a child under 19yrs) 4 week cooking programme each week we will provide a cooking class on how to cook a low cost healthy meal in a slow cooker

**Young Parents and their Mini Explorers:** (Birth to 30mths) A relaxed and fun session parents under the age of 25 your baby and expectant parents.

## Parenting Support Offer

**EPEC: Being a Parent course:** 9 week course Being a Parent Programme is suitable for any parent/carer with a child 2-11 years of age. The course aims to improve child development and outcomes, parenting, family resilience and improve family relationships.

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**Adapt to Learn: Small Change, Big Difference:** 4 week course The aim is to empower parents, supporting them to help their children by developing an in-depth understanding of autism. Taking a positive approach, we will explore, share and discuss practical strategies to help develop communication skills, pre-empt and manage behaviour and gain confidence and resilience.

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