



# Family Hub at Acacia Children's Centre and Adventure Playground



For more information, please contact a member of staff and/or visit our Family Hub Directory:

## Family Hub Programme at Acacia Children's Centre

### Morning

### Afternoon

Monday	Breastfeeding Support Group	10.30 – 12.00	Early Learning Together 0-6 months	2.00 – 3.00
	Community Midwifery	9.00 – 12.00	Community Midwifery	1.00 – 4.30
Tuesday	1-2-years Health Development Checks	9.15 – 12.00	Community Midwifery	1.00 – 4.30
	Early Learning Together 6-12 months (term time only)	10.00 – 11.00	Breastfeeding Support Group	1.00 – 4.00
	Family Information Support Hub	9.00 – 12.00		
	Community Midwifery	9.00 – 12.00		
Wednesday	Early Learning Together 12-18 months (term time only)	9.30 – 11.00	Early Learning Together 19-36 months (term time only)	1.30 – 3.00
	Child Health Clinic 0-5 years	9.30 – 12.00		
	Family Information Support Hub	9.00 – 12.00		
Thursday	1 – 2-year-old Health Development Checks	9.15 – 12.00	6-8 weeks Health Development Checks	12.25 – 4.00
	Merton Information, Advice and Support Service (term time only)	9.15 – 12.00	Community Midwifery	1.00 – 4.30
	Portage Parenting	10.00 – 11.30	Family Information Support Hub	1.30 – 3.30
Social Communication Group			1.00 – 2.30	
Friday	1-2-years Health Development Checks	9.15 – 12.00	6-8 weeks Health Development Checks	12.25 – 4.00
	Open Gardens Play Session 0-5 years	10.00 – 11.30	Post-Natal Health Visiting Group	1.30 – 3.00



# Family Hub at Church Road Children's Centre and Phipps Bridge Youth Centre



For more information, please contact a member of staff and/or visit our Family Hub Directory:

## Church Road Children's Centre Programme

### Morning

### Afternoon

Monday	1 – 2-years Health Development Checks	9.15 – 12.00	Portage Parenting	1.00 – 2.30
	English for Speakers of Other Languages – for families with children 0-12 months (term time only)	10.00 – 11.30	Early Learning Together 0-6 months	1.30 – 2.30
Family Information Support Hub			1.30 – 4.30	
Tuesday	Merton Information, Advice and Support Service (term time only)	9.15 – 12.00	Merton Information, Advice and Support Service (term time only)	1.00 – 4.15
	Community Midwifery	9.00 – 12.00	Community Midwifery	1.00 – 4.30
			Baby Incredible Years Parenting Programme	1.30 – 3.00
	Early Learning Together 6-12 months	10.00 – 11.00		
Special Educational Needs 0-5s Get Together (August only)	10.00 – 11.30			
Wednesday	Precious Moments Together drop-in session for 0-12 months	10.00 – 11.30	Young Parents Playgroup	1.15 – 3.00
	Child Health Clinic 0-5 years	9.30 – 12.00	Breastfeeding Support Group	1.00 – 4.00
Thursday	Early Learning Together 12-18 months (term time only)	9.30 – 11.00	Early Learning Together 19-36 months (term time only)	1.30 – 3.00
	Family Information Support Hub	9.30 – 12.30	Early Learning Together 0-6 months	1.30 – 3.00
	6-8 weeks Health Development Checks	9.15 – 12.00	Community Midwifery	1.00 – 4.30
Friday	Look out for one-off sessions taking place (individual details to be shared separately).			



# Family Hub at Acacia Children's Centre – Service Information

Service	Service Description	Contact/Booking Details
0-12 months Precious Moments Together	Open to all families with babies aged 0-12 months, this session is full of fun activities to stimulate the minds of babies under 1 year of age. Meet other families and enjoy stimulating activities like sensory play, songs, rhymes, and heuristic play in an informal and relaxing environment.	No referral required. Drop-in session, no booking required.
6-8 weeks Health Development Checks	The 6–8-week review appointment is an important opportunity to speak with a health visitor to discuss your baby's development and progress, as well as your health and wellbeing. The date and time of the appointment will be given to you at your new birth visit and you should bring your baby's red book with you.	By appointment only Tel: 0330 0539 264 Email: <a href="mailto:CLCHT.hcpadminmerton@nhs.net">CLCHT.hcpadminmerton@nhs.net</a>
1-2-years Health Development Checks	Parents will receive a letter inviting them to attend a check, carried out by a health visitor. The checks are to support parents and their child, and to make sure their development is on track. Parents will have the opportunity to discuss any concerns they may have with a health visitor.	By appointment only – book via the health visiting service: 0330 0539 264 Email: <a href="mailto:CLCHT.hcpadminmerton@nhs.net">CLCHT.hcpadminmerton@nhs.net</a>
Breastfeeding Support	Provides mothers with information on breastfeeding, delivered by our breastfeeding supporters and health visiting team.	By appointment only. Book via your health visitor or by calling the duty health visiting line - 0330 0539 264
Child Health Clinic for families with children 0-5 years	Bookable appointments with a health visitor to discuss children's growth and development, have their baby weighed and seek support and advice about parenting, as well as their own wellbeing.	By appointment only. Book via your health visitor or by calling the duty health visiting line - 0330 0539 264 Email: <a href="mailto:CLCHT.hcpadminmerton@nhs.net">CLCHT.hcpadminmerton@nhs.net</a>
Community Midwifery	Midwifery antenatal and postnatal appointments.	By appointment only: 020 8296 2542
Early Learning Together 0-6 months	All first-time parents living in Merton are invited to sign-up for this programme where you will be shown massage strokes to help soothe and comfort your baby. You will also learn about how your baby's brain develops in the very early months and how you can support their development.	No referral required Book your free place on Eventbrite: 
Early Learning Together 6-12 months	Based on the Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk - discover how fun ideas for tummy time, movement and sensory play support your baby's brain development.	No referral required Book your free place on Eventbrite: 
Early Learning Together 12-18 and 19-36 months	Spend quality time with your little one in our structured programmes, designed for all areas of development. These sessions allow children to learn through play and are great for developing your child's social skills, speech, language and communication and fine and gross motor skills.	No referral required Book your free place on Eventbrite: 
Family Information Support Hub (FISH)	FISH can help you with any aspect of family life. Our Early Help Co-ordinators will offer advice and guidance to help you find and access the supportive information and services that you need.	<ul style="list-style-type: none"> <li>• Wednesday: Drop-in (no appointment required)</li> <li>• Tuesday &amp; Thursday: Appointment required, book your free place via Eventbrite:</li> </ul> 
Merton Information Advisory Support Service (MIASS)	Free, confidential and impartial information, advice and support to children and young people (aged 0-25) with special educational needs or disabilities (SEND) and their parents/carers who live in Merton.	Drop-in session, no appointment required Tel: 020 8543 8854 Email: <a href="mailto:miass@merton.gov.uk">miass@merton.gov.uk</a>
Open Gardens Play Session	Outdoor play session for children under 5 years old.	Drop-in session, no booking required
Portage Parenting	Educational support service for children with significant additional needs and/or disabilities and their families. Helps parents/carers become more skilled in supporting their child's development.	Referral required. Speak to your health visitor, midwife, a member of children's centre staff or another professional who is working with you and your child.
Post-Natal Health Visiting Group	Open to all families with children aged 0-2 years. A health visitor is present to offer advice, and to support your health and wellbeing as a parent/carer. This session is full of fun activities to stimulate your child's development and promote the early parent/child relationship. Meet other families and enjoy activities like sensory play, songs, rhymes and stories in a relaxed and informal environment.	Referral required If you are interested in joining this session please speak to your health visitor or children's centre staff.
Social Communication Group	This group provides support for children, aged 2- 3 years old, where there are concerns around their social communication, speech and language development or who may have/receive a diagnosis of Autistic Spectrum Disorder.	Referral required. Speak to your child's speech and language therapist, paediatrician, health visitor or another practitioner who is working with you and your child if you think the group may be helpful for you.
Young Parents Service	These sessions, run by specialist health visitors, are for parents aged 24 years and under with children up to 3 years old. The sessions aim to support the child's social skills, build their confidence and support their development.	No referral required. Drop-in session, no booking required. Please speak to a member of staff for more information. Tel: 0330 0539 264 Email: <a href="mailto:clch.mertonyoungparents@nhs.net">clch.mertonyoungparents@nhs.net</a>





# Family Hub at Church Road Children's Centre – Service Information

Service	Service Description	Contact/Booking Details
0-12 months Precious Moments Together	For parents/carers and their babies. Sessions focus on healthy development and shared activities.	No referral required Drop-in session, no booking required.
6-8 weeks Health Development Checks	The 6-8 week review appointment is an important opportunity to speak with a health visitor to discuss your baby's development and progress, as well as your health and wellbeing. The date and time of the appointment will be given to you at your new birth visit and you should bring your baby's red book with you.	By appointment only Tel: 0330 0539 264 Email: <a href="mailto:CLCHT.hcpadminmerton@nhs.net">CLCHT.hcpadminmerton@nhs.net</a>
1-2-years Health Development Checks	Parents will receive a letter inviting them to attend these checks, carried out by a health visitor. The checks are to support parents and their child, and to make sure their development is on track. Parents will have the opportunity to discuss any concerns they may have with the health visitor.	By appointment only – appointments must be made via the health visiting service. Tel: 0330 0539 264 Email: <a href="mailto:CLCHT.hcpadminmerton@nhs.net">CLCHT.hcpadminmerton@nhs.net</a>
Baby Incredible Years Parenting Programme	For parents/carers and their babies. Provides information about how babies grow and develop and how parents/carers can support their baby in the early months of their life.	Referral required. Please speak to your health visitor, a member of children's centre staff or another professional who is working with you and your child.
Breastfeeding Support	Provides mothers with information on breastfeeding, delivered by our breastfeeding supporters and health visiting team.	By appointment only. Book via your health visitor or by calling the duty health visiting line. Tel: 0330 0539 264
Child Health Clinic for families with children 0-5 years	Bookable appointments with a health visitor for parents and carers to discuss their child's growth and development, have their baby weighed and seek support and advice about parenting as well as their own wellbeing.	By appointment only Tel: 0330 0539 264 Email: <a href="mailto:CLCHT.hcpadminmerton@nhs.net">CLCHT.hcpadminmerton@nhs.net</a>
Community Midwifery	Midwifery antenatal and postnatal appointments.	By appointment only Tel: 020 8296 2542
Early Learning Together 0-6 months	All first-time parents living in Merton are invited to sign-up for this programme where you will be shown massage strokes to help soothe and comfort your baby. You will also learn about how your baby's brain develops in the very early months and how you can support their development.	No referral required Book your free place on Eventbrite: 
Early Learning Together 6-12 months	Based on the Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk - discover how fun ideas for tummy time, movement and sensory play support your baby's brain development.	No referral required Book your free place on Eventbrite: 
Early Learning Together 12-18 and 19-36 months	Spend quality time with your little one in our structured programmes, designed for all areas of development. These sessions allow children to learn through play and are great for developing your child's social skills, speech, language and communication, fine and gross motor skills.	No referral required Book your free place on Eventbrite: 
English for Speakers of Other Languages for families with children 0-12 months	For parents with a baby aged under 1 year to learn English language and communication skills.	No referral required Book your free place on Eventbrite: 
Family Information Support Hub (FISH)	FISH can help you with any aspect of family life. Our Early Help Co-ordinators will offer advice and guidance to help you find and access the supportive information and services that you need.	<ul style="list-style-type: none"> <li>Monday: Drop-in (no appointment required)</li> <li>Thursday: Appointment required, book your free place on Eventbrite: </li> </ul>
Merton Information Advisory Support Service (MIASS)	Free, confidential and impartial information, advice and support to children and young people (aged 0-25) with special educational needs or disabilities (SEND) and their parents/carers who live in Merton.	Drop-in session (no appointment required) Tel: 020 8543 8854 Email: <a href="mailto:miass@merton.gov.uk">miass@merton.gov.uk</a>
Portage Parenting	Educational support service for children with significant additional needs and/or disabilities and their families. Helps parents and carers become more skilled in supporting their child's development.	Referral required. Please speak to your health visitor, midwife, a member of children's centre staff or another professional who is working with you and your child.
Special Educational Needs 0-5s Get Together (August only)	A welcoming and inclusive get together for children aged 0-5 years with additional needs and their parent/carer. Session includes sensory play opportunities together with outside play, as well as singing and stories.	No referral required Drop-in session, no booking required.
Young Parents Service	These sessions, run by specialist health visitors, are for parents aged 24 years and under with children up to 3 years old. The sessions aim to support the child's social skills, build their confidence and support their development.	No referral required Drop-in session, no booking required. Please speak to a member of staff for more information. Tel: 0330 0539 264 Email: <a href="mailto:clchtmertonyoungparents@nhs.net">clchtmertonyoungparents@nhs.net</a>