

East Cluster Timetable

15 April - July 2024

These activities are all taking place at Sun Street Children's Centre or Caversham Children's Centre. Have a look at what fun activities you can book on to:



www.brighterfuturesforchildren.org

Monday

Stay & Play

(Sun Street CC)

10-11am

For under 5s

NHS health visiting service

(Sun Street CC)

9-month & 2 yr reviews

6-8 week post-natal checks

Invite only

Well-baby Clinic

(Sun Street CC)

1.30-3.30pm

Drop in

Third Monday of the month

* Booking required

Tuesday

Baby Dimensions

(Caversham CC)

10-11am

Under 1s

Meet the Health Visitor

(Caversham CC)

10.30-11am

2nd Tuesday of the month

Baby Massage *

(Sun Street CC)

16 April - 21 May &

4 June - 23 July

10-10.45am

8 weeks-6months

Sport in Mind

Mother & Baby Yoga

(Sun Street CC)

10-11am

Under 1s

Tiny Talkers

(Sun Street CC)

1-2pm

Referral/invite only

NHS Health Visiting Service

(Caversham CC)

Invite only

Wednesday

Time for Twos *

(Sun Street CC)

17 April-22 May

5 June-16 July

10-11.30am

For ages 2-3 years

Stay & Play

(Sun Street CC)

1-2pm

Under 5s

NHS Health Visiting Service

(Caversham CC)

Invite only

Well-baby Clinic

(Caversham CC)

9.30-11.30am

2nd Wednesday of the month

Visit our page for booking info



Thursday

Portage

(Sun Street CC)

10-11am

Invite only

Bumps & Babes

(Caversham CC)

10-11am

Under 1s

Baby Dimensions

(Sun Street CC)

10-11am

Under 1s

Meet the Health Visitor

(Caversham CC)

10.30-11am

4th Thursday of the month

Mini Maestros *

(Sun Street CC)

18 April-23 May

6 June-11 July

1-2pm

For under 4 year-olds

Friday

Diddi Dance

(Sun Street CC)

10-10.45am

For 18 months-5 years

Self-weigh Baby Scales

(All centres)

Anytime during opening hours (9am-4pm)

For babies 16 weeks+

more info overleaf

Follow us at Reading Children's Centres



More information on our free sessions at East Cluster



Sport in Mind Baby Yoga

Relaxed yoga and movement sessions for mums and their babies under one year old. This is free by mental health charity, Sport in Mind. Please book by emailing info@sportinmind.org.

Tiny Talkers

Learn effective ways to communicate and develop your child's speech and language through literacy in a fun and friendly environment. Referral/invite only

Bumps and Babes

Join our friendly and welcoming group and meet other expectant parents and babies under 1 year.

Stay & Play

Join us for a fun and friendly session offering a range of activities for babies and children aged under five.

Baby Massage

Five weeks of special bonding time with baby where you will learn calming, toe-to-head massage techniques.

Meet the Health Visitor

If you have any health questions about your baby, come and join our session every 2nd Tuesday of the month.

Well-baby Clinic

The Well-baby clinic is a drop in session where you can speak to a health professional for a brief consultation about your child's health and you can also weigh your baby.

Caring for your baby workshop

Support and advice regarding safer sleeping, coping with crying and support for new parents including mental and emotional well-being.

Baby Dimensions

Is your baby 0-6 months? Join our experienced baby development worker. We will use activities to stimulate their senses.

Diddi Dance

Help your toddler enhance their coordination and rhythm. Nurture their natural love of movement in a structured yet relaxed 45-minute class, suitable for toddlers aged 18 months upwards.

NHS Health Visiting Service

Development reviews for babies and children, an opportunity to discuss your child's progress. Invite only. Contact the health visiting team for more details.

Time for Twos

A new session for children aged two to help with the first steps of getting ready for nursery. A great opportunity for your child to meet other children and learn through play.

Mini Maestros

Singing with your child strengthens your bond with them and helps them develop positive relationships when you are bouncing, tickling, swinging, cuddling and laughing together. It encourages listening and sound making, supporting the development of their speech and communication. Join us to nurture this learning and gain the skills to keep this going at home.

Find us at:

**Sun Street
Children's Centre**
Sun Street
Reading
RG1 3JX

**Caversham
Children's Centre**
Amersham Road
Reading
RG4 5NA

Useful contacts

Reading Family Information Service

fis@reading.gov.uk

Community midwives 0118 322 8059

Health visiting team 0118 931 2111

For all sessions that require booking:

You can now book using our new [parent portal](#) or attend your local children's centre for support.

