

West Central Timetable

15 April - July 2024



www.brighterfuturesforchildren.org

These activities are all taking place at Southcote Children's Centre or Coley Community Centre. Here are the activities you can book on to:

Monday

NHS Health Ante-natal sessions

(Southcote CC)
9.30-11am
13 May, 10 June & 8 July

Let's Get Physical

(Southcote CC)
10-11am
Under 5s
1st and 3rd Monday of the month from 15 April

Messy Play

(Southcote CC)
1-2pm
Under 5s

Tuesday

Time for Twos *

(Southcote CC)
10-11.30am
For ages 2-3 yrs
16 April - 21 May
or 4 June - 9 July

Tiny Talkers

(Coley Community Centre)
1-2pm
16 April - 14 May
or 4 June - 9 July
18 months - 5 years

Wednesday

Let's Get Physical

(Coley Community Centre)
9.45-10.45am
Under 5s only

Bumps and Babes

(Southcote CC)
1-2pm
Bumps - 1yr olds

Meet the Health Visitor

(Southcote CC)
1-2pm
2nd Wednesday of the month

NHS Health Visiting Service

(Southcote CC)
1.30-3.30pm
9 month/2 yr reviews
Invite only

Virtual sessions *

1-2pm

- Intro to family foods
- toilet training

Thursday

Well-baby Clinic

(Southcote CC)
9.30-11.30am
Fourth Thursday of the month

NHS Health Visiting Service

(Southcote CC)
9.30-11.30am
9 month/2 yr reviews
Invite only

Outdoor Adventures

Weather permitting
(Prospect Park - look out for our flag)
10-11am
Under 5s

Stay and Play

(Southcote CC)
1-2.30pm
Under 5s

Friday

Rhyme and Song

(Southcote CC)
11-11.30am
Under 5s

Baby Dimensions *

(Southcote CC)
1-2.15pm
0-6 months

Self-weigh Baby Scales

(All centres)
Anytime during opening hours
For babies 16 weeks+

Visit our page for more info



*Booking required

For all sessions that require booking:

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

more info overleaf

More information on our FREE sessions at West Central Cluster



Messy Play

Come along and have some messy play fun! Parents can also up-skill themselves with maths-based activities.

Meet the Health Visitor

If you have any health questions about your baby for the health visitor, come and join our friendly session every third Thursday of the month.

Outdoor Adventures

Come and explore outside spaces to increase physical and mental wellbeing and discover and investigate your natural environment. This session is weather

NHS Health Visiting Service

Development reviews with the health visiting team for nine-month and 2-year-olds to discuss your child's progress and ask any questions.

Well-baby Clinic

A drop in session where you can speak to a health professional for a brief consultation about your child's health and weigh your baby.

Let's Get Physical

For under 5s to develop their physical skills with lots of opportunity to jump, climb and be active with friends.

NHS nine-month & 2 yr reviews

Development reviews for nine-month and 2-year-olds with the health visiting team. Follow the main entrance to the Community Hub which leads to the children's centre.

Bumps and Babes

A friendly and welcoming group and a great opportunity to meet other expectant parents and babies under 12 months.

Stay and Play

For under fives. Each week we will have new and exciting activities to play, learn and have fun from messy play, singing & arts and crafts.

Rhyme and Song

Who doesn't love a sing song? Come and enjoy nursery rhymes and songs in a friendly group. It's a fun way to encourage speech and language skills.

Tiny Talkers

Learn effective ways to communicate and develop your child's speech and language in a fun and friendly environment in five weeks.

Time for Twos

This session is designed to help with the first steps of getting ready for nursery and a chance to meet other children and learn through play.

Baby Dimensions

Do you have a baby aged 0-6 months? Join us for a pre-booked session with an experienced baby development worker where we will use activities to stimulate your baby's senses.

Stay & Play

A fun and friendly session with a range of activities for babies and children under five.

Find us at:

Coley Community Centre 140 Wensley Road, Reading, RG1 6DW

Southcote Children's Centre 85 Coronation Square, Reading, RG30 3QP

Useful contacts

Reading Family Information Service (FIS): fis@reading.gov.uk

Community midwives: 0118 322 8059

Health visiting team: 0118 931 2111

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