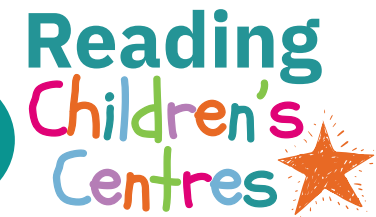


# West Central Timetable

## September - December 2024



[www.brighterfuturesforchildren.org](http://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

9 Sept, 14 Oct

11 Nov, 9 Dec

Invite only

#### Messy Play

(Southcote CC)

10-11am

Under 5s

#### Stay & Play

(Southcote CC)

1-2pm

Under 5s

### Tuesday

#### Time for Twos \*

(Southcote CC)

10-11.30am

For ages 2 yrs+

Term-time only

#### Tiny Talkers

(Coley Community Centre)

1-2pm

10 Sept-15 Oct

or 5 Nov - 10 Dec

Under 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)

1.30-4.30pm

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)

9.30am-12.30pm

9 month/2 yr reviews

Invite only

### Friday

#### Rhyme and Song

(Southcote CC)

11-11.30am

Under 5s

#### Baby Dimensions \*

(Southcote CC)

1-2.15pm

13 Sept-29 Nov

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



Hi, I'm Freddie  
Future! Look out  
for my posters  
with helpful tips.

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



## 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.

## 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.

## 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.

## 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.

## Let's Get Physical

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

## Messy Play

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

## 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.

## Tiny Talkers

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

## 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.

## 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.



## 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](mailto:fis@reading.gov.uk)

Community midwives: 0118 322 8059

Health visiting team: 0118 931 2111



Follow us  
Reading Children's Centres

