

East Cluster Timetable

April - July 2025



www.brighterfuturesforchildren.org

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

Monday

Toe-to-head Baby Massage *

(Caversham CC)

10.15-11am

For 8 wks - 6months

2-30 June

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

Breastfeeding Support

(Sun Street CC)

1.30-3.30pm

Drop in

Third Monday of the month

Sport in Mind

Mother & Baby Exercise

(Reading Museum)

1.30-2pm

Under 1s

Tuesday

Little Explorers

(Sun Street CC)

10-11am

For under 2s

Sport in Mind

Mother & Baby Yoga

(Sun Street CC)

10-11am

Under 1s

Meet the Health Visitor

(Caversham CC)

10.30-11am

2nd Tuesday of the month

Tiny Talkers *

(Sun Street CC)

1-2pm

18 months plus

NHS Health Visiting Service

(Caversham CC)

Invite only

Wednesday

Well-baby Clinic

(Caversham CC)

9.30-11.30am

2nd Wednesday of the month

Time for Twos *

(Sun Street CC)

10-11.30am

For ages 2-3 years

Term time only

Breastfeeding Support

(Caversham CC)

9.30-11.30am

Second Weds of the month

Stay & Play

(Sun Street CC)

1-2pm

Under 5s

NHS Health Visiting Service

(Caversham CC)

Invite only

Thursday

Portage

(Sun Street CC)

10-11am

Invite only

Little Explorers

(Sun Street CC)

1-2pm

For ages 2 up to 5 years

Sport in Mind

Mother & Baby Yoga

(Rivermead Leisure Centre)

1.30-2.30pm

Under 1s

Friday

Baby Dimensions

(Sun Street CC)

10-11am

For under 1s

Self-weigh Baby Scales

(All centres)

Anytime during opening hours (9am-4pm)

For babies 16 weeks+

Breastfeeding Support

(Sun Street CC)

10-11am

First Friday of the month



Visit our page for registration info



*** Booking required**

More info overleaf

For all sessions that require booking:

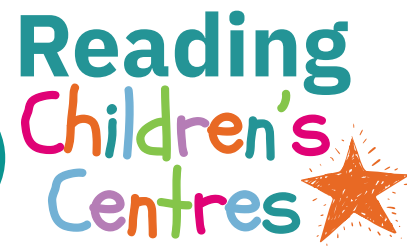
Please email stella.mitchell@brighterfuturesforchildren.org

or attend your local children's centre for support.

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.

NHS Health Visiting Service

Development reviews for babies and children, an opportunity to discuss your child's progress. Invite only.

Baby Dimensions

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

Little Explorers

For children aged up to 2 years old. A fun session to give your child opportunities to play and engage to help develop physical, communication and social development.

Toe-to-head 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 weigh your baby and speak to a health professional for a brief consultation about your child's health.

Breastfeeding Support

Breastfeeding Network Reading offers free, non judgemental, evidence based information to support those living in Reading, at any stage of your breastfeeding journey however old your child is.

Sport in Mind

Mother & Baby Exercise

Gentle movement, light fitness & exercise circuits for mums and babies. These sessions are to support mums with their emotional wellbeing. Please book with info@sportinmind.org.

Stay & Play

Join us for new and exciting activities to play, learn and have fun from messy play, singing and arts and crafts.

Tiny Talkers

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

Time for Twos

A six-week course delivered in all Reading children's centres, to help children aged two with the first steps in getting ready for nursery. These sessions have a prompt start and require booking. Term-time only.

Find us at:

Sun Street Children's Centre

Sun Street, Reading, RG1 3JX

Caversham Children's Centre

Amersham Road, Reading, RG4 5NA

Rivermead Leisure Centre

Richfield Ave, Reading RG1 8EQ

Reading Museum

Blagrove St, Reading RG1 1QH

Useful contacts

Reading Family Information Service

fis@reading.gov.uk

Call the East Cluster on 0118 937 2551

Community midwives 0118 322 8059

Health visiting team 0118 931 2111