

West Central Timetable

April – July 2025

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



www.brighterfuturesforchildren.org

Monday

Messy Play
(Southcote CC)
10-11am
Under 5s

Virtual sessions
10-11am

- Toilet training
- Intro to family foods

Outdoor Adventures
(Southcote CC)
1-2pm
2 years +

Tuesday

Time for Twos *
(Southcote CC)
10-11.30am
For ages 2 - 3 yrs
Term-time only
Group 1: 22 April - 20 May
Group 2: 3 June - 8 July

Let's Get Physical
(Coley Community Centre)
1-2pm
Under 5 years

Wednesday

Tiny Talkers
(Southcote CC)
9.45-10.45am
18 months+
Group 1: 23 April - 21 May
Group 2: 4 June - 9 July
Contact us to request a place

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

Meet the Health Visiting team
(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

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

Baby Dimensions *
(Southcote CC)
10-11.15am
0-6 months

Stay & Play
(Southcote CC)
1-2pm
Under 5s

Friday

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 book using our parent portal or attend your local children's centre for support.
Email: reading.childrencentres@brighterfuturesforchildren.org

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

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 Visiting team

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.

Tiny Talkers

Learn effective ways to communicate and develop your child's speech and language in a fun and friendly environment in five weeks. For more information please email reading.childrencentres@brighterfuturesforchildren.org.

Let's Get Physical

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

Baby Dimensions

Join us for a pre-booked session with an experienced baby development worker where we will use activities to stimulate your baby's senses. Delivered over six sessions.

Bumps and Babies

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

Messy Play

For under 5s, your child will be able to explore different textures and materials in a safe and friendly environment.

Stay & Play

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

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.

Time for Twos

A short course delivered in all Reading children's centres, to help children aged two to get prepared for nursery. A great opportunity for your child to meet other children and learn through play. These sessions have a prompt start and require booking. Term-time only.

Outdoor Adventures

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

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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