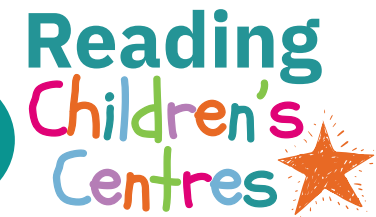


# West Central Timetable

## January - April 2025



[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

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

**Virtual sessions**  
10-11am

- Toilet training
- Weaning
- Sleep

**Stay & Play**  
(Southcote CC)  
1-2pm  
*Under 5s*  
10-31 March



### Tuesday

**Time for Twos \***  
(Southcote CC)  
10-11.30am  
*For ages 2 - 3 yrs*  
Term-time only

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

### Wednesday

**Tiny Talkers**  
(Coley Community Centre)  
9.45-10.45am  
*18 months+*  
Group 1: 8 Jan - 12 Feb  
Group 2: 26 Feb-2 April  
*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*  
10 Jan -28 March

### Friday

**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 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](mailto: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 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.

## 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.

## 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

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. 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.

## Messy Play

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



## 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

