

East Cluster Timetable

January - April 2026

These activities are all taking place at Sun Street Children's Centre, Caversham Children's Centre or Greyfriars Church. Have a look at what fun activities you can book on to:

Monday

Let's Talk

(Sun Street CC)
10-11am
2-5 yr olds

NHS health visiting service

(Sun Street CC)
9-month & 2 yr reviews
6-8 week post-natal checks
Invite only

Well-baby Clinic

(Greyfriars)
10am-12noon
Weekly drop in

Well-baby Clinic & Breastfeeding support

(Sun Street CC)
1.30-3.30pm
Drop-in
Every 3rd Monday of the month

Tuesday

Sport in Mind

Mother & Baby Yoga
(Sun Street CC)
10-11am
Under 1s

Toe to head Baby Massage *

(Caversham CC)
10-10.45am
8 wks-6months old
6-20 Jan; 27 Jan-10 Feb;
24 Feb-10 March

Big Explorers

(Sun Street CC)
1-2pm
2-5 yr olds

NHS health visiting service

(Caversham CC)
Invite only

* Booking required

Wednesday

Well-baby Clinic

(Caversham CC)
9.30-11.30am
2nd Wednesday of the month

Breastfeeding Support

(Caversham CC)
9.30-11.30am
During Well-baby clinic

Time for Twos *

(Sun Street CC)
10-11.30am
For ages 2-3 years

Sing & Play

(Sun Street CC)
1-2pm
0-2 yrs

NHS health visiting service

(Caversham CC)
Invite only

Thursday

Portage

(Sun Street CC)
10-11am
Invite only

Little Explorers

(Sun Street CC)
1-2pm
0-2 yr olds

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



more info overleaf 

Friday

Baby Dimensions

(Sun Street CC)
10-11am
Birth - 18 months

Breastfeeding Support

(Caversham CC)
10-11am
1st and 3rd Friday of the month

Self-weigh Baby Scales

(All centres)
Anytime during opening hours
(9am-4pm)
For babies 16 weeks+

Visit our page for booking info 



For all sessions that require booking:

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

Email Reading children's centres at: reading.childrencentres@reading.gov.uk

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. Contact the health visiting team for more details.

If you have any health questions about your baby, come and join our session every 2nd Tuesday of the month.

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.

Toe-to-head Baby Massage

Five weeks of special bonding time with baby where you will learn calming, toe-to-head massage techniques.

Well-baby Clinic

The well-baby clinic is a drop in session where you can speak to a health professional for a brief consultation about your child's health and you can also weigh your baby.

Let's Talk

Discover effective ways to strengthen your child's speech and language development through fun activities in a friendly environment. Learn helpful tips to use at home in everyday moments. For more information please email: reading.childrencentres@reading.gov.uk

Little Explorers/Big Explorers

A fun session to give your child opportunities to play and engage to help develop physical, communication, and social development. Little explorers is for ages 0-2 years and our big explorers is for ages 2-5 years.

Baby Dimensions

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

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.

Sing & Play

Come and enjoy nursery rhymes and songs in a friendly group. It's a fun way to encourage speech and language skills while having fun!



Find us at:

Sun Street Children's Centre
Sun Street, Reading, RG1 3JX

Caversham Children's Centre
Amersham Road, Reading, RG4 5NA

Greyfriars Church
Friar Street, Reading, RG1 1EH

Useful contacts

Reading Family Information Service

fis@reading.gov.uk

0118 937 3777 option 2

Community midwives 0118 322 8059

Health visiting team 0118 931 2111

Call the East Cluster on 0118 937 2551