

West Central Timetable

January - April 2026

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

Baby Dimensions*

(Southcote CC)
10-11am
0-6 months
5 January - 9 February
23 February - 23 March

Stay & Play

(Southcote CC)
1-2pm
Under 5s

Tuesday

Let's Talk

(Southcote CC)
10-11am
For ages 2 - 5 yrs
Term-time only

Little Explorers

(Coley Community Centre)
1-2pm
0-2 years
Term-time only

Wednesday

Time for Twos

(Southcote CC)
10-11.30am
2 yr-olds
Term-time only

Bumps and Babes

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

Meet the Health Visiting team

(Southcote CC)
1-2pm
2nd Wednesday of the month in
Bumps & Babes

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
4th Thursday of the month

Health Visiting Team

(Southcote CC)
9.30-12.30am
9 month/2 yr reviews
Invite only

Messy Play

(Southcote CC)
10.15-11.15am
Under 5 yrs

Breastfeeding Support

(Southcote CC)
10.15-11.15am
(During Messy Play)

Virtual sessions *

1-2pm

- Toilet training
- Introduction to family foods

Portage

(Southcote CC)
1.30-2.30pm
Invite only

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 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



more info overleaf

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

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.

Little 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.

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.

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 email: reading.childrencentres@reading.gov.uk

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.

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.

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.

Stay & Play

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

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.

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

Community midwives: 0118 322 8059

Health visiting team: 0118 931 2111

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Reading Children's Centres

