

Old Malden Family Hub

Autumn Term 3 September to 23 October 2026

Monday

Midwives Clinic

**Health Visitor
Appointments**
By appointment only

**Early Help
Appointments**
1 pm to 3pm

Tuesday

Midwives Clinic

Health Visitor Reviews
By appointment only
Antenatal Infant Feeding
9.30am to 11.30am
29 September

Henry Starting Solids
9.30am to 11.30am
13th October

Stay and Play
0-2 years
10am to 11.30am

**After School Stay and
Play**
Reception to Year 4
3.20pm to 4.50pm

Youth Club Session
Year 5 to Year 7
5.15pm to 7.15pm

Wednesday

Midwives Clinic

Health Visitor Reviews
By appointment only

Early Help Appointments
9.30am to 11.30am

Stay and Play
0-5 years
9.15am to 10.30am and
11am to 12.15pm

**Pre and Post Diagnosis
Workshops**
9.30am to 11.30am
PDA/EBSA - 16 September

Baby Massage
1.30pm to 2.30pm
Starts 9 September

Thursday

Midwives Clinic

**Early Help
Appointments**
1pm to 3pm

Playful Parenting
10am to 12pm
1 October and 8
October

**Parenting Support
Appointments**
12.30pm to 2.30pm
3rd Thursday of the
month

Friday

Midwives Clinic

Fabulous Fridays
**Parent Carer
Champions Network**
Parents' Cafe
Starts 11 September
Drop in for:
Adult Yoga
9.30am to 10.30am
Free for all abilities

Coffee, Cake and Chat
Around all things family life
and parenting
10.30am to 12.30pm

Fortnightly surgeries and
advice on:
housing, benefits,
immigration &
employment.

Monday

Midwives Clinic

Jammers for all ages
10am to 10.45am

Baby Massage
11am to 12pm
Starts 21 September

Tuesday

Perinatal Appointments

**Triple P Parenting
Seminars**
10am to 12pm
29 September, 6, 13, 20
October

**Infant Feeding Support
Drop In**
1pm to 3pm

Well Baby Clinic
1pm to 3pm

Stay and Play
0-18 months
Drop In Session
1pm to 2.30pm

Wednesday

Midwives Clinic

Stay and Play
0-5 years
9.30am to 11.30am

Child Health Reviews
1pm to 4pm

Thursday

**Pre & Post Diagnosis
Team:**

**Intro to Pre and Post
SEN Services**
8 October 9.30am to
11.30am

**Intro to Autism and
ADHD and
Understanding
Behaviour**
15 October 9.30am to
2pm

Friday

Midwives Clinic

Mummy and Me Ballet
9.45am to 10.30am

Sand and Water Play
0-5 years
10am to 11.15am
Starts 11 September

Crafty Tales
0-18 months
11.30am to 12pm

**Bookstart Story and
Rhyme Sessions**
2pm to 2.45pm
Starts 11 September

Monday

Midwives Postnatal Clinic

10am to 1pm

Stay and Play

0-5 years

10am to 11.30am

Starts 21 September

Monday Mums

10am to 12pm

Let's Nurture

1pm to 2.15pm

Starts 21 September

Postnatal Pilates

2pm to 2.45pm

Starts 21 September

Tuesday

Midwives Clinic

2nd and 4th Tuesday
of each month

BCG Clinic

Let's Play

9am to 10.30am

Starts 6 October

Baby Massage

1.30pm to 2.30pm

Starts 6 October

For 5 weeks (not 27
October)

Wednesday

Midwives Clinic

Parenting Puzzle with
creche

10am to 12pm

10 weeks

30th September to 9th
December

Well Baby Clinic

1.30pm to 2.45pm

Stay and Play

Under 18 Months

Drop In Session

1.30pm to 3pm

Starts 23 September

Thursday

Midwives Clinic

Perinatal
Appointments

Stay and Play

0-5 years

10am to 11.30am

Starts 24 September

**Henry Right From The
Start**

9.30am to 12pm

3rd September to 22nd
October

Best Start In Life Launch

17 September

Friday

Midwives Clinic

Postnatal Midwife
Appointments

10am to 1pm

**Infant Feeding Support
Drop In**

9.30am to 11.30am

Junior Jammers

10am to 10.45am

Baby Jammers

11am to 11.30am

Monday

Midwives Clinic

Stay & Play

0-2 years
10am to 11.30am

Sling Clinic

Appointments
1pm to 2.30pm
14 September, 12
October

Tuesday

Midwives Clinic

Well Baby Clinic

9.30am to 11.30am

Home-Start Play and
Support Session

10am to 11.30am

Child Health Reviews
1pm to 3.30pm

Baby Massage

1pm to 2pm
Starts 15 September

Wednesday

Midwives Clinic

Child Health Reviews

9.30am to 12.30pm

Crafty Tales

0-12 Months
9.30am to 10am

Infant Feeding Support
Drop In

1pm to 2.30pm

After School Stay and
Play

Reception to Year 6
3.30pm to 5pm

Thursday

Midwives Clinic

Child Health Reviews

9am to 12pm

Stay and Play

0-5 years
9.15am to 10.30am and
11am to 12.15pm

HENRY Starting Solids

9.30am to 11.30am
17 September

Friday

Midwives Clinic

ESOL course with creche

9.30am to 11am
Starts 25 September

Baby Essentials First Aid

12.30pm to 1.30pm
23 October

Autumn Term 3 September to 23 October 2026

Monday

Rhymetime
New Malden Library
10.15am to 10.45am

Tuesday

Kings Oak Primary
School
Stay and Play Drop-in
0-5 years
9.30am to 10.40am

Rhymetime Surbiton
Library 0-5 years
10.15am to 10.45am
Under 12 months
11am to 11.30am

Online Toilet Training
Workshop
1pm to 2pm
27 October

Online Family
Information Service
Childcare Workshops
1pm to 2pm
8 September
6 October

Wednesday

Online Intro to Solids
1pm to 2.30pm
7 October

Thursday

Rhymetime
Old Malden Library
10.15am to 10.45am
Starts 10 September

Friday

Dickerage Sports and
Community Centre
Stay and Play
0-5 years
10am to 11.30am
Starts 11 September
No booking required

Online Intro to Solids
1pm to 2.30pm
4 September

Advice and Information with Family Hub Lead Coordinator

Advice, information, support and signposting regarding all aspects of parenting and family life. At Growbaby on alternate Wednesdays. Growbaby @ The Hub, 38 Surbiton Road, Kingston, KT1 2JR.

After School Stay and Play

For children in school years Reception to Year 4 with parents or carers. Includes arts & crafts, games, messy play, cookery and much more. £2.50 per session. **Booking essential via our booking platform.**

Antenatal Infant Feeding Workshop

Our face to face infant feeding workshops are held once per term and aim to help you get off to the best start with feeding, as well as answer any questions you may have. **Booking essential via our booking platform.**

Baby and Child First Aid

Basic family first aid skills including CPR, choking, meningitis, anaphylaxis, shock, burns, seizures, broken bones and more. £20 per person. 2 hour course. Babies under 2 months may attend with parents/carers. £15 per person. **Booking essential via our booking platform.**

Baby Essentials First Aid

A one-hour baby essentials first aid course for infants under 12 months. Includes: recovery position, CPR, febrile seizures and choking. £15 per person. Babies under 12 months welcome to attend with parents and carers. **Booking essential via our booking platform.**

Baby Massage Course

5 week course promoting bonding, attachment, muscle and brain development. £25 per course. Please register your interest via our google form

BCG Clinic

Immunisation clinic for pre-booked appointments only.

Bookstart Reading and Songtime

Perfect for babies, toddlers, and their grown-ups! We'll share a lovely story together and enjoy singing cheerful nursery rhymes that little ones love. This friendly, relaxed session encourages early reading, language development, and bonding through books and music. As part of the Bookstart initiative, every family who attends will receive a Bookstart pack to take home, filled with resources to help you continue the fun and nurture a love of reading from the very beginning. Free session. **Booking essential via our booking platform.**

Child Health Reviews

Child health & developmental reviews. By invitation or appointment only. Speak to your health visitor or call the number in your red book for further information.

Crafty Tales

Music, Storytelling and BSL signing sessions for children 0-12 months and 1-2s, Meet Boo-Boo the pop-up puppet, enjoy bubbles, parachute fun, hands-on instruments, and twirly lights with stardust to finish. Learn why it doesn't matter if you can't sing in tune, how party lights support early reading skills, why wiggling your fingers promotes early speech, why signing boosts your child's brain development, and so much more!

Booking essential via our booking platform.

Early Help Appointments

Facing challenges in family life? Our Family Support Worker is here to help- whether you need a quick chat or ongoing guidance. We offer face-to-face/online support tailored to your unique needs, helping you navigate family life with confidence.

By appointment only. Email to book:

familyhubkingston@achievingforchildren.org.uk

Fabulous Fridays

A space exclusively for parents where everything is complimentary including the welcoming smiles. Start the day with a wellbeing activity, then enjoy light refreshments, speak with like-minded people or obtain professional advice.

Family Learning ESOL

A course for learners with English as a second language delivered by Kingston Adult Education.

<https://www.kingston.gov.uk/schools-and-learning/kingston-adult-education>

Getting to Know Your Baby

A 4-week postnatal group. Covers attachment, sleep, bonding & attachment, play & baby massage. Please speak to your health visitor to book.

HENRY Healthy Families Programme

Topics within the programme include whole-family nutrition, physical activity, screen time, looking after ourselves, exploring feelings and managing challenging behaviour. A parent toolkit or workshop resource pack is included in the offer. Further information about the HENRY approach can be found on the HENRY website www.henry.org.uk. Scan QR Code or visit HENRY to express interest.

HENRY Starting Solids Workshop

Advice, information and support when your baby is ready to move on from milk alone. Babies welcome to attend. Book via our expression interest form

Home-Start Play and Support Session

A safe, nurturing and creative session for families to play, explore and experiment. Invitation only.

Housing Surgery Drop In

Advice to RBK tenants and leaseholders that have issues relating to housing matters

Infant Feeding Support Drop In

Advice and support for feeding and expectant mums who are living in Kingston. **Drop in session, no need to book.**

Jammers sessions -Baby, Junior, all ages

Spark your child's imagination in this jumping, giggling, learning & wiggling magical, musical singing group. Sessions run at Tolworth and Chessington Children's Centres. **Advance booking required**
www.juniorjammers.co.uk

Let's Explore

Social, sensory and discovery play and early learning for children aged 1-2 years. **Drop in session at TCC, no booking required.**

Let's Nurture

A small group play session for children under 5 years who need a calm environment. Please speak to a member of staff if you have concerns about your child's social and communication development.

Let's Play

Small group play sessions for families who would benefit from additional support. Please speak to a member of staff to ask about an invitation.

Make and Bake

Joint parent and child baking sessions. Make healthy snacks and treats together. Suitable for children 2-8 years. £5.00 per family per session. **Booking essential via our booking platform.**

Midwife Clinic

By appointment only.

Monday Mums

A drop in support group for mums with babies under 1 year. Contact your health visitor for further details.

Mummy and Me Ballet

Explore music and dance, fun props and games. Age 16 months to 2.5 years. £7 per child. Contact emma@eha.co.uk for further information and to book.

Online FIS Childcare Options Workshops

Online session providing advice, support and information on: childcare options, how to find suitable childcare, understanding your childcare entitlements from 9 months to school age, other financial support for childcare costs including tax free childcare and 30 hours free childcare from 9 months. **Complete expression of interest form to book.**

Online Intro to Solids

Advice, information & support when your baby is ready to move on from milk alone. Session includes child development. Delivered by health visiting & children's centre staff. Sessions available online and in person. **Complete expression of interest form to book.**

Online Sleep Workshop

Join this online workshop with certified sleep practitioner Sam for practical tips, tools and strategies for 3-5 year olds. **Booking essential via our google form.**

Our Sessions 2026

Online Starting Reception Workshop

Online workshop to support your child before starting school. Includes: preparation of the practical things, preparing them emotionally, socially and physically, helping your child be ready to learn, developing their independence skills - sleep and routines, healthy snacks and lunchboxes, and oral health. **Booking essential via our google form.**

Online Supporting Speech and Language Workshop

Are you worried about your child's speech and language development? Or do you just want to know more about how to support them at home? This 1 hour workshop covers developmental milestones, how to promote speech, language and communication in your day-to-day routines and will provide strategies to further support children. Suitable for parents with children aged 18 months-3 years, or those who want to learn more. **Booking essential via our google form.**

Online Toilet Training Workshop

All you need to know about how and when to prepare your child for toilet training. **Booking essential via our google form.**

Parenting Courses and Workshops

We offer a variety of parenting courses and workshops. Please contact Karen Williams, Parenting Lead for further information. parenting.team@achievingforchildren.org.uk

Parenting Support Appointments

Our Parenting Lead is here to offer helpful guidance on a range of topics— from positive parenting approaches to creating routines and managing behaviour. Whether you're looking for tips or ongoing support, we're here to help you strengthen family life. parenting.team@achievingforchildren.org.uk

Pre and Post SEND Diagnosis Workshops

Are you looking for support with toileting, behaviour, sleep, eating, accessing services in the borough, parent & carer wellbeing? The SEND Support team can help with this series of parent/carers workshops. Children under the age of welcome to attend. Contact sendsupport@yourhealthcare.org for more info

Real Nappies for London. Events

Reusable nappy meet and pop-up shop. Learn about reusable nappies, ask questions, and understand the Real Nappies for London voucher incentive scheme. [Real Nappies for London](#)

Rhymetime

Songs stories and rhymes for under 5s. To attend sessions in libraries please see Links and Booking Information. **Booking essential via our booking platform.**

Sand and Water Play

Join us for a variety of sand and water play activities both indoors and outdoors.

Supporting motor skills, encouraging speech & language, sparking creativity and introducing STEM concepts. Suitable for children aged 0-5 years. **Booking essential via our booking platform.**

See Links and Booking Information for qr codes and clickable links

Our Sessions 2026

Sensory Stars SEN Group

Supporting Growth Through Play and Interaction. This group is designed for children aged 4-8 years, including those both pre and post-diagnosis of additional needs. A supportive space for children to engage in sensory and free play activities, encouraging interaction, socialisation, and developmental growth in a fun, inclusive environment.
3.30pm-3.45pm for snacks.
3.45pm-4.45pm for sensory activities and play.

This session is free of charge.

Booking essential via our booking platform.

Sleep Talk

An in-person workshop to offer advice in supporting normal sleep development in babies under 12 months. Babies welcome to attend with parents.

Booking essential via our booking platform.

Sling Clinic

For enquiries and to book contact
sheenslings@gmail.com

Small World Explorers

A session to encourage children to use their imagination, creating both everyday and fantasy worlds using a variety of tools and resources to inspire their play. **Booking essential via our booking platform.**

Stay and Play 0-5 Years

Our stay & play sessions include a variety of indoor and outdoor activities for you and your child to have fun and learn together, and promote early development and school readiness.. Sessions include toys, activities and singing. **Booking essential for sessions in centres via our booking platform. No booking required for outreach sessions.**

Stay and Play 0-12 months, 0-18 months & 0-2 years

Designed to support new parents. Meet others, share experiences and have lots of age-appropriate play. Social, sensory and discovery play.

For Kingston and Old Malden, booking essential via our booking platform.

For Chessington and Tolworth, no booking is required.

Well Baby Clinic

Health visitors clinic. Drop-in sessions. Please bring your red book.

Youth Club Session

For children in school years 5 to 7.

A safe place where you can play games, chill with friends, learn cooking skills, listen to music and more. Drop-in session. For more information contact:

youth.service@achievingforchildren.org.uk



Autumn Term 1 2026
3 September to 23 October 2026



Links and Booking Information



[Activity Booking Platform](#)



[Facebook](#)



[Instagram](#)



[AfC Info](#)



[Online Registration Form](#)



[Baby Massage Expression of Interest](#)



[HENRY referral form](#)



[Intro to Solids - online and HENRY in-person](#)



[Jammers sessions](#)



[Let's Nurture Expression of Interest](#)



[Online FIS Workshop](#)



[Online Sleep Workshop 3-5 years](#)



[Online Starting Reception](#)



[Online Supporting Speech and Language Workshop](#)



[Online Toilet Training Workshop](#)

Surbiton library bookings can be made in branch, by calling 020 8547 5006
Bookings or via email at surbiton.library@kingston.gov.uk can be made from 12pm on the Tuesday before each session.
Due to limited space, advanced booking is advised.

[Library Rhymetime](#)



[HV Essential Child Health Info](#)