

Monday 7 September to Friday 18 December 2026

Monday

Stay and Play £2.50

7 Sept to 14 Dec
10 to 11.30 am

[Book Online Here](#)

Little Explorers

7 Sept to 14 Dec
1.15 to 2.45 pm
Invite Only

Introduction to Autism & ADHD (part 1)

5 October
10 am - 12.30 pm
Contact

sendsupport@yourhealthcare.org

Understanding Your Child's Behaviour (part 2)

19 October
10 am - 12.30 pm
Contact

sendsupport@yourhealthcare.org

Tuesday

Midwife Appointments

8 Sept to 15 Dec
9 am to 1 pm
Book with Kingston
Hospital

Little Discoverers

8 Sept to 15 Dec
9.45 to 11.15 am
Invitation Only

Homestart Play & Support

8 Sept to 20 Oct
3 Nov to 15 Dec
1 to 2.30 pm
Invitation Only

Wednesday

Midwife Appointments

9 Sept to 16 Dec
9 am to 1 pm
Book with Kingston
Hospital

Infant Feeding Support

9 Sept to 16 Dec
9 am to 1 pm
Book with CLCH 033 0058
1679

Bookstart Reading & Song Time FREE

1st Wednesday of the month
7 Oct, 4 Nov, 2 Dec
10 to 10.30 am
[Book Online Here](#)

Paediatric First Aid

30 Sept & 7 Oct
9.30 - 11.30am
Invite Only

Thursday

Midwife Appointments

10 Sept to 17 Dec
9 am to 1 pm
Book with Kingston
Hospital

Well Baby Clinic

10 Sept to 17 Dec
9.30 to 11.30am
Drop in

Crafty Tales £4.50

10 Sept to 22 Oct
5 Nov to 10 Dec
1 to 2 years

10.30 to 11am

0 to 12 months

11.30 am to 12 pm
[Book Online Here](#)

Baby Play

10 Sept to 22 Oct
5 Nov to 17 Dec
12 to 1 pm
Drop In

Friday

1 & 2 Year Health

Reviews

11 Sept to 18 Dec
9 am to 4 pm
Book with CLCH 033 0058
1679

Stay and Play £2.50

11 Sept to 11 Dec
9.30 to 11am
[Book Online Here](#)

Coffee and Connections

Parents of children new to
Nursery and/or Reception
2 October
9 to 10 am
Drop In



Monday 7 September to Friday 18 December 2026

Monday

Sensory Workshop for Richmond Families
Child must be age 5+
 26 October
 10 am to 12.30 pm
 Contact
sendsupport@yourhealthcare.org

Making Sense of Big Feelings Parenting Workshop
 9 Nov
 10 am to 12 pm
 Please email
tom.maybey@achievingforchildren.org.uk

PDA & EBSA Workshop
 PDA (Pathological Demand Avoidance) EBSA (Emotionally Based School Avoidance)
 16 November
 10 am to 12.30 pm
 Contact
sendsupport@yourhealthcare.org

Tuesday

Happy Hour 4 - 8 yrs
£2.50 (Younger siblings welcome)
 8 Sept to 20 Oct
 3 Nov to 15 Dec
 3.30 to 4.45 pm
[Book Online Here](#)

Wednesday

Sleep Workshop
 9 September
 11 am to 12.30 pm
 Contact
sendsupport@yourhealthcare.org

Restrictive Eating: Nourish to Flourish
 23 September
 10 am to 12.30 pm
 Contact
sendsupport@yourhealthcare.org

Baby Massage
 5 week course
 4 Nov to 2 Dec
 10.45 to 11.45 am
[Book Online Here](#)

Therapy Support Sessions
 9 Sept to 21 Oct
 4 Nov to 16 Dec
 1 to 5 pm
 Invitation Only

Thursday

Flip Twist & Tumble Gymnastics £4.50
 (18mths- 3 years)
 10 Sept to 22 Oct
 5 Nov to 10 Dec
 2 to 2.30 pm
[Book Online Here](#)

Introduction to Solids (face to face)
 4th Thursday of the month
 24 Sept, 22 Oct, 26 Nov, 17 Dec
 10 to 11 am
 Drop In

Friday

Playful Parenting
 0 - 5 years
 16 & 23 Oct
 12.30 to 2.30 pm
 Please email
tom.maybey@achievingforchildren.org.uk
 for more information

Monday 7 September to Friday 18 December 2026

Monday

Midwife

Appointments

7 Sept to 14 Dec
9 am to 1 pm
Book with West
Middlesex Hospital

1 & 2 Year Health Reviews

7 Sept to 14 Dec
12.30 to 4.30 pm
Book with CLCH 033
0058 1679

Bookstart Reading & Song Time FREE

7 Sept to 14 Dec
11 to 11.30 am
[Book Online Here](#)

Tuesday

1 & 2 Year Health

Reviews

8 Sept to 15 Dec
9 am to 12 pm
Book with CLCH 033 0058
1679

Midwife Appointments

8 Sept to 15 Dec
1 to 4 pm
Book with West Middlesex
Hospital

Baby Ballet £4.50

8 Sept to 20 Oct
3 Nov to 15 Dec
9.30 to 10.05 am
[Book Online Here](#)

Wednesday

Midwife

Appointments

9 Sept to 16 Dec
9 am to 4 pm
Book with West
Middlesex Hospital

1 & 2 Year Health Reviews

9 Sept to 16 Dec
9.30 am to 4.30 pm
Book with CLCH 033
0058 1679

Little Explorers

9 Sept to 16 Dec
9.30 to 11.15 am
Invitation Only

Thursday

1 & 2 Year Health

Reviews

10 Sept to 17 Dec
9.30 am to 12 pm
Book with CLCH 033
0058 1679

Midwife

Appointments

10 Sept to 17 Dec
9 am to 1 pm
Book with West
Middlesex Hospital

Stay and Play (with Speech and Language) £2.50

10 Sept to 10 Dec
9.30 to 10.45 am
[Book Online Here](#)

Friday

Baby Massage £2.50

(8 weeks +)

11 Sept to 11 Dec
11.15 am to 12.15 pm
[Book Online Here](#)

Holding &

Reassurance

(newborn to 8 weeks)
11 Sept to 11 Dec
12.15 to 12.45 pm
Drop in

Jump Drama Stories

£4.50

11 Sept to 23 Oct
6 Nov to 11 Dec
10 to 10.40 am
[Book Online Here](#)





Family Hubs

Heathfield Children's Centre Cont'd



Monday 7 September to Friday 18 December 2026

Monday

Mini Ninja £4.50

(1 - 3 years)

7 Sept to 19 Oct

2 Nov to 14 Dec

9.30 to 10.30 am

[Book Online Here](#)

Crafty Tales £4.50

(1 to 3 years)

7 Sept to 19 Oct

2 Nov to 14 Dec

2 to 2.30 pm

[Book Online Here](#)

ESOL

(No Creche)

14 Sept to 7 Dec

9.30 am to 12 noon

Contact 020 8734 3405

Tuesday

Crafty Tales £4.50

(0 to 12 months)

8 Sept to 20 Oct

3 Nov to 15 Dec

1 to 1.30 pm

[Book Online Here](#)

Baby Play

8 Sept to 15 Dec

1.45 to 2.30 pm

Drop in

Understanding Your Baby

13 Oct to 8 Dec

(no session 27 Oct)

10 am to 12 noon

Invitation Only

Wednesday

After School Little

Ninja £4.50

(4 - 7 years)

9 Sept to 21 Oct

4 Nov to 9 Dec

3.45 to 4.45 pm

[Book Online Here](#)

Cooking with Relish and Grace £4.50

16 Sept to 21 Oct

10 to 11.30 am

[Book Online Here](#)

Parenting The Nurturing

Programme

23 Sept to 2 Dec

(excluding 28 Oct)

12.30 to 2.30 pm

Please email

[tom.maybey@achievingfor](mailto:tom.maybey@achievingforchildren.org.uk)

[orchildren.org.uk](mailto:tom.maybey@achievingforchildren.org.uk) for

more information

Thursday

Little Discoverers

17 Sept to 9 Dec

11.15 am to 12.30 pm

Invitation Only

Friday

Powder Mill Lane, Whitton, TW2 6EX

020 8734 3405 familyhubrichmond@achievingforchildren.org.uk

Monday 7 September to Friday 18 December 2026

Monday

1 & 2 Year Health Reviews

7 Sept to 14 Dec
9.30 am to 4 pm
Book with CLCH 033
0058 1679

Stay and Play Under 2's £2.50

7 Sept to 14 Dec
10 to 11 am
[Book Online Here](#)

Judy's Rhyme Time £2.50

7 Sept to 14 Dec
11 to 11.30 am
Drop In

Tuesday

1 & 2 Year Health Reviews

8 Sept to 15 Sept
9.30 am to 4 pm
Book with CLCH 033
0058 1679

Crafty Tales £4.50

8 Sept to 20 Oct
3 Nov to 15 Dec
0 to 12 months
9.30 to 10 am

1 to 2 years

10.30 to 11 am
[Book Online Here](#)

Baby Play

8 Sept to 20 Oct
3 Nov to 15 Dec
10 to 11 am
Drop In

Wednesday

Midwife Appointments

9 Sept to 16 Dec
9 am to 4 pm
Book with Kingston
Hospital

Mini Ninja Karate £4.50

(1 - 3 years)
9 Sept to 21 Oct
4 Nov to 9 Dec
10 to 11 am
[Book Online Here](#)

Bookstart Reading & Song Time FREE

9 Sept to 9 Dec
11 to 11.30 am
[Book Online Here](#)

Thursday

Midwife Appointments

10 Sept to 17 Dec
9 am to 5 pm
Book with Kingston
Hospital

Stay and Play £2.50

10 Sept to 10 Dec
10 to 11.30 am
[Book Online Here](#)

Speech and Language in Stay and Play

24 Sept, 22 Oct, 26 Nov

Friday

Midwife Appointments

11 Sept to 18 Dec
9 am to 4 pm
Book with Kingston
Hospital

Baby Play

11 Sept to 23 Oct
6 Nov to 11 Dec
10 to 11 am
Drop In

Best Start In Life Outside

Garden Play FREE

11 Sept to 23 Oct
6 Nov to 11 Dec
9.45 to 10.45 am
Drop In

Ballet with Baby Ballet

£4.50

11 Sept to 23 Oct
6 Nov to 11 Dec
10.45 to 11.20 am
[Book Online Here](#)



Monday 7 September to Friday 18 December 2026

Monday

Footie Tots £4.50 (Ham Youth Centre)

7 Sept to 19 Oct
2 Nov to 14 Dec
1.15 to 2 pm

[Book Online Here](#)

Pre and Post SEND parent/carers support

14 September
12 October
9 November
14 December
12 to 3 pm
Invitation only

Tuesday

Parents in Conflict

1 to 15 December
12.30 to 2.30pm
Please email

tom.maybey@achievingforchildren.org.uk for more information

Digital Parenting Workshop

17 November
12.30 to 2.30pm
Please email

tom.maybey@achievingforchildren.org.uk for more information

Wednesday

Me and My Family

9 Sept to 14 Oct
10 am to 12 noon
Invite Only

After School Stay and Play £2.50

9 Sept to 21 Oct
4 Nov to 9 Dec
3.30 to 4.45 pm

[Book Online Here](#)

Thursday

The Real Junk Food Project

10 Sept to 22 Oct
5 Nov to 17 Dec
2.30 to 4.30 pm
Drop in

Friday

Parent Forum

9 October
11.30 am
Drop in

Teen Life

6 Nov - 11 Dec
12.30 to 3 pm
Please email

tom.maybey@achievingforchildren.org.uk for more information

Monday 7 September to Friday 18 December 2026

Monday

Midwife

Appointments

7 Sept to 14 Dec
9 am to 5 pm
Book with Kingston Hospital

Stay and Play Under 2's £2.50

7 Sept to 14 Dec
10 to 11.15 am
[Book Online Here](#)

Mini Disco £4.50

7 Sept to 19 Oct
2 Nov to 14 Dec
9.30 to 10.15 am
[Book Online Here](#)

Cooking with Relish and Grace £4.50

2 Nov to 14 Dec
11.30 am to 1 pm
[Book Online Here](#)

Tuesday

Midwife

Appointments

8 Sept to 15 Dec
9 am to 4 pm
Book with Kingston Hospital

Stay and Play Session 1 (with Speech and Language) £2.50

8 Sept to 15 Dec
9.30 to 10.45 am
[Book Online Here](#)

BookStart

8 Sept to 15 Dec
10.45 to 11 am
Drop in

Stay and Play Session 2 £2.50

8 Sept to 8 Dec
11.15 am to 12.30 pm
[Book Online Here](#)

Wednesday

Midwife

Appointments

9 Sept to 16 Dec
9 am to 5 pm
Book with Kingston Hospital

Messy Play £2.50

9 Sept to 9 Dec
10 to 11 am
[Book Online Here](#)

Sling Clinic

30 Sept, 21 Oct, 25 Nov,
16 Dec
1 to 2.30 pm

Infant Feeding Support

9 Sept to 16 Dec
2 to 3.30 pm
Drop in

Thursday

1 & 2 Year Health

Reviews

10 Sept to 17 Dec
9 am to 1 pm
Book with CLCH 033 0058 1679

Well Baby Clinic

10 Sept to 17 Dec
9 am to 1 pm
Book with CLCH 033 0058 1679

Mini Ninja Karate £4.50

(1 - 3 years)
10 Sept to 22 Oct
5 Nov to 10 Dec
10 to 11 am
[Book Online Here](#)

Friday

Midwife

Appointments

11 Sept to 18 Dec
9 am to 4 pm
Book with Kingston Hospital

Crafty Tales (0-12 mths)

11 Sept to 23 Oct
6 Nov to 11 Dec
9.30 to 10 am
[Book Online Here](#)

Jump Drama Stories

11 Sept to 23 Oct
6 Nov to 11 Dec
11.45 am to 12.20 pm
[Book Online Here](#)



Monday 7 September to Friday 18 December 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Early Birds

15, 22, 29 September

6, 13, 20 October

9.30 am - 12.30 pm

Invite Only

**Making Sense of Big
Feelings Parenting**

Workshop

6 October

12.30 - 2.30 pm

Please email

tom.maybey@achievingforchildren.org.uk for more
information



Family Hubs

Family Hub Outreach, Online & Sunflower



Monday 7 September to Friday 18 December 2026

Monday

Footie Tots £4.50 (Ham Youth Centre)

7 Sept to 19 Oct
2 Nov to 14 Dec
1.15 to 2 pm

[Book Online Here](#)

Little Explorers at Kew Gardens

(2 years +)

21 September
10.30 am to 12 pm
Express Interest Online

Tuesday

Stay and Play incl BookStart £2.50 (Sunflower Centre)

8 Sept to 15 Dec
9.30 to 11 am

[Book Online Here](#)

Virtual Potty Training

3rd Tuesday of the month
15 Sept, 20 Oct, 17 Nov,
15 Dec

10 to 11 am
Express interest online and
receive Google Invite

Wednesday

Mini Disco £4.50 (Sunflower Centre)

9 Sept to 21 Oct
4 Nov to 16 Dec
10.30 to 11.15 am

[Book Online Here](#)

Crafty Tales £4.50 (0 – 18 months) (Sunflower Centre)

9 Sept to 21 Oct
4 Nov to 16 Dec
2.15 to 2.45 pm

[Book Online Here](#)

Baby Play (Sunflower Centre)

9 Sept to 21 Oct
4 Nov to 16 Dec
2.45 to 3.15 pm
Drop In

Thursday

Virtual Introduction to Solids

2nd Thursday of the
month

10 Sept, 8 Oct, 12 Nov,
10 Dec

1.30 to 2.30 pm

Express interest online
and receive Google Invite

Hampton Court Trip

29 October
Meet at 10 am
Invite only

Friday

Judy's Bookstart Outreach (schools)

Monthly
10 to 11 am
Invite Only





Family Hubs

Family Hub Outreach, Online & Sunflower cont'd



Monday 7 September to Friday 18 December 2026

Monday

Tuesday

Wednesday

Thursday

Friday

**Music in Nature at Kew
Gardens (0 - 1 year)**

16 September
11.45 am to 12.30 pm
Express Interest Online

**Halloween at The Wetlands
Centre**

28 October
10 am meet
Invitation Only

Santa at The Wetlands Centre

9 December
10 am meet
Invitation Only



Baby Massage

Perfect for bonding with your baby, learning techniques to encourage sleep, support digestion and manage colic etc.

Baby Play

An informal group for parents and carers with new babies to meet each other.

Judy's Rhyme Time

Join Judy for a fun interactive signing session!

Holding and Reassurance

This session is suitable for parents with babies, newborn to 8 weeks. The session aims to increase parent's confidence in holding and handling their baby. Holding, handling and reassuring your baby through touch helps to promote strong bonds and attachment. Expectant parents may wish to come along for advice and guidance on how to hold and handle a new baby.

Footie Tots

An introduction to the world of fitness and football for children aged 2 1/2- 5 years. Teaching basic ball skills, scoring lots of goals and having FUN on the way!

Crafty Tales

Discover why parents are simply amazing during our unique Music, Storytelling and BSL signing sessions for 0-12m, 1-2s, and 2-4s. 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!

Bookstart Reading and Songtime

Join us for a joyful Bookstart Reading & Song Time session, perfect for babies, toddlers, and their grown-ups. We'll share a lovely story together and enjoy singing cheerful nursery rhymes. This friendly, relaxed session encourages early reading, language development, and bonding through books and music. Come along, connect with others, and make storytime extra special!

Mini Disco 0 – 5yrs

Come and join in a really fun interactive dance class, taking the children on a journey with their adult. This class combines creative imaginative dance, with contemporary and pop music; it is designed to be an interactive class so both parties are moving together, finishing with a couple of adult fitness tracks at the end, while the children are supervised playing.

Happy Hour

This session is aimed at children aged 4-8 but will accommodate their younger siblings. This will give both children and adults an opportunity to play, chat and meet others. A healthy snack will be provided and an opportunity for children to complete their homework within the session.

Stay and Play 0 to 5 years

Planned sessions run by Children Centre staff to encourage children to learn through play, stories and singing, supported by their carers.

Stay and Play Under 2's

This group is aimed at babies who are discovering new things, up to crawling and new walkers. It is an opportunity to explore and play whilst practicing and developing those new physical skills.

Cooking with Relish and Grace

Allow your children to explore through food during this 6 week course. You and your child will learn how to make simple and healthy meals for you and your family to enjoy. The course will introduce children to a range of healthy foods for them to sample during these hands-on sessions.



Jump Drama Stories

Bring your little ones on a storytelling adventure with Jump Drama Stories!

We jump into stories through drama, music, movement and sensory play.

Every week we explore a different story and work to develop a range of skills such as; confidence, vocabulary, spatial awareness, social skills and positive self image, along with many more.

Flip Twist & Tumble

Lauren and her team of expert gymnasts will guide you through fun games, obstacle courses and age appropriate gymnastic activities. Children will develop balance, coordination, strength, flexibility and body awareness - all while learning to move safely and confidently.

Little Explorers

A creative, fun and stimulating play session for parents and children up to 5 years. Invitation only.

Mini Ninjas & Little Ninjas

For children aged 1-3 and 4-7 and their carers. This course allows parents and carers and their little ones to participate together in learning karate and having fun. Watch your child's confidence soar as they master new karate techniques by your side.

Online Potty Training

Would you like to know how and when to start potty training?

Want to find out more about preparing you and your child for potty training?

Why not join one of our monthly online Potty Training online talks! Please complete the online form to book your place.

Intro to Solids - Online & Face to Face

- Do you have a baby aged 5-6 months?

- Are you unsure about how and when to start weaning your baby?

- Would you like to find out more about weaning and get your questions answered?

- Would you like to know more about caring for your babies teeth?

If so why not book on to one of our monthly baby weaning talks.

Coffee and Connections

Has your child just started at Reception or Nursery? Are they finding the transitions hard?

Do you need help organising your morning routine? Or just fancy a coffee and chat with other mums. Come along to our coffee morning for parents of new starters at school or nursery and chat to other parents and ask questions.

This is a parent only event.

Paediatric First Aid Workshops

The course consists of two 2 hour workshops covering accidents, emergencies and CPR. Please phone your nearest Centre or complete the booking form to be put on the waiting list.

Therapy Support Sessions

This session is run by children's therapy support team for them to host clinics in a community setting, bookings and invites are held direct with this service and cannot be booked via the children's centre.

Home-Start Play and Support Group

A safe, nurturing and creative environment for families to play, explore and gain support

Invitation only - speak to the Children's Centre staff or call 020 8487 8500.

EarlyBird

EarlyBird is a 6 week support programme for parents/carers who have a pre-school age child with Autism (or on the pathway to diagnosis) We can also offer this programme to families in linked boroughs but they must be registered with a GP in Richmond
It is self-referral for this programme.
Please email Beth Hitchens
beth.hitchens@achievingforchildren.org.uk or speak with the Children's Centre to express your interest in this programme.

ESOL Entry Level

English for Speakers of Other Languages. These are free English classes.
If you are interested, please call Heathfield Children's Centre on 020 8734 3405 or email richmondcc@achievingforchildren.org.uk

Well Child Clinic/ 1 & 2 Yr Health Review

Run by our local Health Visiting Team, appointments only. Please call 0330 058 1679 to book your appointment at your nearest Children's Centre.

Kingston/ West Middlesex Hospital Midwives

Led by Midwives from Hospital. Appointment only.

Playful Parenting

This programme is run by 2 members of the Family Hub team and is ideal for families of children aged 0-5 years. During the two workshops we will focus on understanding child development, the brain, attachment and how play supports healthy development and explore the value and benefits of different types of play.

The Nurturing Programme

Parenting through praise and empathy from the Centre for Emotional Health. (Limited Creche Spaces)

Making Sense of Big Feelings

Brain science and practical strategies to de-escalate big emotions in children of all ages. (No creche)

Parents In Conflict

Shift from destructive arguments and disagreements to positive co-parenting teamwork for parents who have separated or are still together. (No Creche)

Digital Parenting Workshop

Manage screen time, set boundaries, and handle online-world conversations. (No creche)



Links and Booking Information



[Online
Registration
Form](#)



[Facebook](#)



[Instagram](#)



[AfCinfo](#)



[Intro to
Solids](#)



[Virtual
Potty
Training](#)



[Paediatric
First Aid
Expression
of Interest](#)



[Kew
Gardens
Outreach](#)



[Booking
Activity
Platform](#)

