

## This December at Grove House Children's Centre

### Children & Families Directory

For an online directory of information, advice and guidance to help you access services in the London Borough of Ealing visit: -  
<http://www.ealingfamiliesdirectory.org.uk>

### Free Nursery Places for Eligible Two Year Olds

If you are on low income, call the Family Information Service on 020 8825 5588 to check to see if you are eligible for 15 hours per week of free childcare for 2 year olds. You will need your NI number or National Asylum Support Service number.

### NHS Development Checks

If your child is aged between 8-12 months or 23-30 months, it is time to book a health and development check. It is your chance to find out about your child's development and speech and language. Find out about nutrition, toilet training, managing behaviour and immunisations. For support to book your child's development check contact Children's Centre Practitioner on 020 8571 0878.

### Christmas Break

We are closed from Thursday 19<sup>th</sup> December and return Monday 6<sup>th</sup> January 2020.



At Grove House, we understand the needs of the local community, the services we offer to children and families aim to meet these needs.

Families and parents can access a range of facilities to support health, opportunities for training, employment and/or further education. We offer a weekly **free of charge** 'stay and play', as well as **free classes for parents** such as baby massage.

Our Children's Centre Practitioner is on hand regularly for advice, support and guidance on a variety of topics and can refer you to relevant agencies for further help and support should you require it.

We are constantly looking for ways to improve our services and your input would be greatly appreciated.

Please contact Narinder on the number below for more information.

### Grove House Children's Centre

77a North Road  
Southall  
Middlesex, UB1 2JG  
Tel: 020 8571 0878

Email: [admin@grovehousecc.com](mailto:admin@grovehousecc.com)

Check our website: [www.grovehousecc.com](http://www.grovehousecc.com) for more information about the Centre or visit [www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk) for information about activities at other centre's in the London Borough of Ealing.

## Grove House Children's Centre Timetable – December 2019

### Monday

#### Talk & Play

1.00pm – 2.00pm  
(Training Room)



### Tuesday

#### Early Bird Referral only

10.00am -  
1.00pm  
(Training Room)



### Wednesday

#### ESOL AM

(last class 11<sup>th</sup> Dec)

9.00am –  
11.00am  
(Training Room)

#### ESOL PM

(last class 11<sup>th</sup> Dec)

12.30pm –  
2.30pm  
(Training Room)



### Thursday

#### Stay & Play

(No sessions,  
back in Jan)

9.00am - 10.15am  
(North Primary School)

#### Early Bird Plus

**Referral only**  
10.00am - 12.30pm  
(Training Room)

#### Speech & Language Therapy

1.00pm - 3.30pm  
(Training Room)



### Friday

#### Incredible Years ASD

10.00am –  
12.00pm  
(Training Room)

#### Incredible Years ASD

1.00pm –  
3.00pm  
(Training Room)



### Saturday

### Sunday

## Grove House activities

### Monday Talk & Play

“Talk and Play” is a five-week play-based group for under 3’s run by Early Years Practitioners in Ealing, supported by Speech and Language Therapists. It provides families with strategies to support their child’s language and communication development.

Your child does not need a referral to Speech and Language Therapy services to attend this group. Please call the office to book a place

### Tuesday Early Bird

Programme for parents and carers of children who are on the autistic spectrum. For referral, please speak to centre staff.

### Thursday



Programme for parents and carers of children who are on the autistic spectrum. For referral, please speak to centre staff.

### Speech & Language Therapy

If your child is under 5 years of age, talk to your health visitor, nursery, early years’ practitioner or School SENCo who will be able to help you fill out a referral form.

Alternatively, you can phone (020 8825 8856) the speech and language therapy department to complete a referral form directly.

### Wednesday ESOL

A free course to help you get more out of life!

Life is much easier if you can understand and speak English when you are:

- Out and About
- Shopping
- At the Doctors
- At School
- Looking for Work

Eligibility Requirements:  
19 years of age or older  
Lived in the UK for over 12 months  
Not Working or Unemployed  
Very low English Language skills

### Wednesday

### Thursday Stay and Play (Birth to 5 years)

Play and learn sessions where parents stay, have fun with their children and become involved with their children’s learning. As your child learns, has fun and makes new friends, you can get advice on such things as health, wellbeing and schooling as well as many other concerns you may have

### Friday

### Incredible Years ASD

This 14–16 session program is offered to parents of young children (aged 2-5) on the Autism spectrum or with language delays in order to promote children’s emotional regulation, social competence, language skills, school readiness, and relationships with others.