



# Ealing Children's Centres



All sessions on this timetable are free of charge and are available to all families with children aged 0-5 who are registered with Ealing Children's Centres.



### Our sessions use Zoom

Zoom is a free app that can be downloaded on Windows, Android, iPhone or you can use the internet to access the sessions. All for free.

## Join our Sessions

You must agree to our **Zoom Code of Conduct** to participate in any virtual sessions

Find a session you want to join on the next page, and then contact accordingly by matching the session colour to the colour below.



**Grange / Log Cabin CC** Contact [lkane@ealing.gov.uk](mailto:lkane@ealing.gov.uk) or [kwakye@ealing.gov.uk](mailto:kwakye@ealing.gov.uk)

**Jubilee CC** Contact **0208 997 2338** or email [AbdiF@ealing.gov.uk](mailto:AbdiF@ealing.gov.uk)

**Grange CC** Contact [mmason@ealing.gov.uk](mailto:mmason@ealing.gov.uk)

**South Acton CC** Contact [sallycarlton@southactoncc.com](mailto:sallycarlton@southactoncc.com)

**Dormers Wells CC** Contact [sidowf@ealing.gov.uk](mailto:sidowf@ealing.gov.uk) or [bradleyc@ealing.gov.uk](mailto:bradleyc@ealing.gov.uk)

**Hathaway CC** Contact [poormang@ealing.gov.uk](mailto:poormang@ealing.gov.uk)

**Perivale CC** Contact [chaudhrys@ealing.gov.uk](mailto:chaudhrys@ealing.gov.uk)

**Grove House CC** Contact [jo.dabir-alai@grovehousecc.com](mailto:jo.dabir-alai@grovehousecc.com)

**John Perryn CC** Contact [vandegrn@ealing.gov.uk](mailto:vandegrn@ealing.gov.uk) or [hillsl@ealing.gov.uk](mailto:hillsl@ealing.gov.uk)

**Limetree CC** Contact **020 8845 3807** or email [AlexanderS@ealing.gov.uk](mailto:AlexanderS@ealing.gov.uk)

# Timetable – Autumn 2020

## Monday

**Cheryl's Zoom Music & Movement**

3 months – 5 years  
09:30 and 10:30 AM

**Hathaway CC Zoom Body Conditioning**

0 months – 5 years  
11:30 AM

**Dormers Wells CC Zoom Stay and Play**

0 months – 5 years  
10:00 – 10:30 AM

**South Acton CC Story & Sing with Sally**

Babies - 5 years  
10:30 – 11:00 AM

**Welcome to South Acton CC!**

30-minute sessions, 12:30 – 4:00 PM

**Perivale CC Zoom Singing and Story**

2:00 – 2:30 PM

**Limetree CC Zoom dance sessions**

18 months - 5 years  
Tues 12:30 – 1:30 PM  
Fri 1:00 – 2:00 PM

**John Perryn CC Zoom Baby Massage with Lindsey**

10:00 AM – 2:00 PM

## Tuesday



**Jubilee CC Zoom Stay and Play with Emma**

0 months - 5 years  
11.00 – 11:45 AM

**Jubilee CC Zoom Storytime with Emma**

0 months - 5 years  
1.00 – 1:30 PM

**South Acton CC Zoomers and Grovers**

Babies – 5 years  
10:30 - 11.00 AM

**South Acton CC Zoom Stay Home and Play**

Babies – 5 years  
4:00 - 4.30 PM

**Perivale CC Zoom Singing and Story**

11:00 – 11:30 AM

**John Perryn CC Zoom Baby Massage with Lindsey**

10:00 AM – 2:00 PM

## Wednesday

**Grange / Log Cabin CC Zoom Stay and Play**

0 months - 5 years  
10.30 – 11:00 AM



**Zoom JUMA Music**

Baby session:  
10:00 AM

Toddler session:  
11:00 AM

**South Acton CC Sing and Sign Zoom**

Babies – 5 years  
10:30 – 11:00 AM

**South Acton CC Baby Hour**

Newborns – Walker  
3:30 – 3:30 PM

**John Perryn CC Zoom Story & Singing time with Nicole**

0 months - 5 years  
10:30 – 11:00am

**Grove House Story and Rhyme online**

0 months - 5 years  
1:00 – 1:30 PM

## Thursday

**Grange / Log Cabin Zoom Baby Club**

0-14 months  
10.30 – 11:00 AM



**South Acton CC 1-1 Zoom calls and 1-1 Baby Massage**

0 months – 5 years  
9:00AM – 4:00 PM



**John Perryn CC Zoom Cuppa and Chat**

Parent session  
1:00 – 1:40 PM

## Friday

**Jubilee CC Zoom Stay and Play with Emma**

0 months - 5 years  
11.00 – 11:45 AM



**John Perryn CC Zoom Baby Hour**

10:30 – 11:10 AM

**South Acton CC 1-1 Zoom calls and 1-1 Baby Massage**

0 months – 5 years  
9:00AM – 4:00 PM





## More Information

### Health clinic information

Due to the coronavirus we are sorry to inform you that child health clinics are being suspended. If you have any concerns and would like to talk to a Health Visitor, please ring the **Duty Line** (open 7 days a week) on:

**07393 004542** or the **Admin Hub** on **02081 025888**

### Speech and Language Therapy Advice Line

It will be running **Monday - Friday** from **1:00 – 4:00 PM** for families or professionals supporting children aged 0-18.

**Contact number 020 8825 8818**

### Infant Feeding Clinic

**10.00 AM – 4:00 PM**  
**Monday - Friday**  
Appointments only  
Text **07718 114 882**

### Infant Feeding and Breastfeeding Support Group

**1.00 PM – 3.00 PM**  
**07776 670 910**  
Appointments only

### Legal Advice

Free confidential advice on areas of law, benefits, debt, housing, immigration.

**Tel: 020 8579 8429**

Or e-mail

**info@ealingrec.org.uk**

To arrange an appointment

### EASE Community Lockdown Service

Telephone Info & Advice including support to claim benefits, foodbank referrals and some drop-offs.

Call Emma Foster on **07773341832** **Monday – Friday 9:30-4:30** or email at **fsw@empowering-action.org.uk**

### Family Information Website

Click the link below to access the website. The website includes a range of resources and ideas to keep young ones busy!

[www.ealingfamiliesdirectory.org.uk](http://www.ealingfamiliesdirectory.org.uk)

### Joining Sessions

Thank you for joining our Zoom sessions and supporting your local Children Centre's. We love to see all of you online! 😊

## Zoom Code of Conduct

By attending any online session run by Ealing Children Centre's, you agree to and understand that the following applies:

I have the choice to keep my camera on or off. If I keep it on, I will ensure my child is dressed appropriately and that the camera only shows myself and my child(ren) and I will keep anything identifiable out of the background. (If possible, please use a zoom background). I agree not to have my phone on during the session (except if it is being used to access the zoom meeting) and I will not take any screen shots of the facilitator or other participants. Additionally, will not post any pictures of my family accessing the sessions on Social Media.