A number of Merton’s Children’s Centres Services have been amended because of the COVID-19 outbreak. Online (virtual) sessions and programmes are provided via Zoom. Eligibility criteria apply for some programmes.
Support sessions and groups

Family Information and Support Hubs (FISH)
Get help and support from a specialist advisor for any concerns you may have about housing, finances, relationships, your child’s development or behaviour, access to training or employment and more. Our staff will offer support and guidance, helping you to access relevant information and services to help you. Online (virtual) Hub sessions are available on Mondays and Wednesdays.

Book a session with an advisor here: https://fishonline.eventbrite.co.uk

Portage Support Group (2-3 years)
You and your child can develop targets and skills alongside other children with significant additional needs and their families, learn to socialise in a small group and help get ready for going to nursery.

Early Communication Group (2 years 2 months to start of Reception year at school)
For parents of children with communication and language delay to develop their listening, attention, understanding and speaking skills and learn to better support their child’s communication at home.

Programmes that can be booked directly

Early Learning Together (ELT) Baby Programme (0-7 months)
For all first-time parents and their babies, this programme supports you to understand your baby’s early brain development and teaches massage strokes to soothe and comfort your baby. You will need access to a computer/tablet/laptop/phone to take part in this online programme.

Book your place at https://eltbabyonline.eventbrite.co.uk using the code ELTFAM

Early Learning Together (ELT) Toddler Programme (8-18 months and 19-36 months)
This programme supports you to understand your child’s development. It gives you ideas for activities and games to enjoy with your child that support healthy development. Some programmes are in person at a children’s centre, others are online and require access to a computer / tablet / laptop / phone.

Early Learning Together (ELT) Preschool Programme
Children who are eligible for free early education for 2, 3 or 4-year-olds and their parents experience what it’s like to go to nursery or preschool, helping parents and children to manage separation.

The above two programmes require an invitation from your health visitor, social worker, children centre staff member and / or family support worker.

Referral programmes for parents

Incredible Years (IY) Autism and Language Delay Programme (2 years to end of Reception year)
Helping parents of children on the autistic spectrum (or currently being diagnosed) or with language delay, supporting emotional regulation, social and language skills, school readiness and relationships.

Triple P: 0-12 (0-12 years)
For parents interested in helping their child achieve their potential who have concerns about their child’s behaviour or wish to prevent behavioural problems from developing.

Triple P: Stepping Stones (0-12 years)
For parents of children with a disability to help them a broad range of parenting skills to promote child development and to manage challenging behaviour.

Other programmes for children aged over 5 are available.

If you think you would benefit from any of these programmes, please speak to a member of children’s centre staff, your health visitor, school or any other professional working with you and your child.

Sessions may take place at a children’s centre; some sessions are online.

Details of courses and services can be found at www.merton.gov.uk/fsd
## Children’s Centre Services On-site Timetable

### April to May 2021

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
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<td>Child Health ELT 8-18 mths Breastfeeding support</td>
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<td>Child Health Midwifery Portage Group</td>
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<td>Child Health</td>
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<td>ELT 19-36 mths Child Health</td>
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Timetable for more centres and contact details overleaf

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### Children’s Centre Services
merton.gov.uk/childrenscentres 020 8274 5300 fsd@merton.gov.uk

All sites are closed between 12:00 and 1:00pm, except Lavender Steers Mead. Centres are only open when hosting sessions as detailed on the timetable. All centres are closed on bank holidays.

Please note that the children’s centre sites of Lavender (London Road) and St Mark’s provide childcare services only and so are not detailed on this timetable.
# Children’s Centre Services On-site Timetable

## April to May 2021

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<tbody>
<tr>
<td><strong>Lavender Steers Mead</strong></td>
<td>Child Health Midwifery</td>
<td>Child Health Midwifery ELT Pre-school</td>
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<tr>
<td><strong>Newminster</strong></td>
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<td>Child Health Midwifery ELT 8-18 mths ELT 19-36 mths</td>
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<tr>
<td><strong>Online (virtual) Programmes</strong></td>
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<td>ELT Baby ELT 8-18 mths ELT 19-36 mths Family Information and Support Hub</td>
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⬅️ Timetable for more centres on previous page

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<tr>
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<tr>
<td>Newminster</td>
<td>Newminster Road, Morden SM4 6HJ</td>
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</tbody>
</table>

### Health Services

Drop-in services are currently suspended due to Covid-19

**All Health Services are by appointment only:**

- For Child Health, Breastfeeding support or Weaning appointments you must contact the Health Visiting Service.
- For Midwifery Antenatal or Postnatal appointments, you must contact the Midwifery Service.

Please use the telephone numbers below.

**Health Visiting Service (CLCH)** 03300 539 264

**Midwifery - St George’s (Steers Mead only)** 020 8725 4714

**Midwifery - Epsom and St Helier** 020 8296 2542