

Timetable and Service Information

January to March 2022



Services for families with children from pregnancy to age 5 who are registered with Merton's children's centres

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.

Book a session with an advisor here: <https://bit.ly/3iqR6Lm>

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 your child ready for going to nursery.

Social Communication Group (2 years 2 months to start of Reception year at school)

For parents of children with communication and language delay. This group helps you support your child to develop their listening, attention, understanding and speaking skills and help their 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 helps you understand your baby's early brain development and teaches you massage strokes you can use to soothe and comfort your baby. The programme is running in children's centres and online (virtually). You will need access to a computer/tablet/laptop/phone to take part in the online programme. Book your place at: <https://bit.ly/3ir8oYI>

If you think any of the five courses below will be of benefit to you and your family please speak to a children's centre worker, your health worker or lead practitioner.

Early Learning Together (ELT) Toddler Programme (8-18 months and 19-36 months)

This programme supports parents to understand their child's development. It gives ideas for activities and games to enjoy together that support healthy development.

Early Learning Together (ELT) Preschool Programme

This programme is for children who are eligible for free early education for 2, 3 or 4-year-olds who have not been in a childcare setting before, and their parents. Your child will find out what it's like to go to nursery or preschool, helping you and them to manage separation.

Incredible Years Baby Programme

This programme is for parents. It gives information on how babies grow and develop and how they can be supported in the early months of their life, including communicating with them, safety and where to get advice.

ESOL Stepping Stones English

This programme is for Merton parents with a baby aged under 1 year who are looking to start learning English language and communication skills.

Attentive Parenting

A group based parenting course for parents with children aged 2 to 5. It focuses on how parents can promote their children's emotional regulation, social skills, problem-solving abilities, reading and school readiness

Referral programmes for parents

Incredible Years (IY) Autism and Language Delay Programme (2 years to end of Reception year)

For parents of children on the autistic spectrum (or currently being diagnosed) or with language delay. Helping you to support your child's emotional regulation, social and language skills, school readiness and relationships.

Incredible Years Toddler Programme and Nursery and Reception Programmes (1 yr to end of Reception)

The Incredible Years Toddler Programme and Nursery and Reception Programmes provides support for parents and carers to understand your child's development and how you can best support them.

Triple P: 0-12 (3-12 years)

This course is for parents and carers who have concerns about their child's behaviour or wish to prevent behavioural problems from developing.

A range of support programmes for parents of children aged 0 to 16 are available. If you think you may need support with parenting or you would benefit from any of the programmes above, please speak to a member of children's centre staff, your health visitor, school or any other professional working with you and your child.

Children's Centre Services Timetable

January to March 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Abbey	Social Communication Group				
Acacia	Incredible Years (Baby) Midwifery	ELT 8-18 mths ELT Baby	ELT 19-36 mths ELT Baby FISH	Midwifery Portage Group Social Communication Group	
The Avenue		ELT 8-18 mths ELT 19-36 mths		ELT Baby	Incredible Years (Baby)
The Bridge					ELT Baby
Church Road	ELT Baby ELT 8-18 mths FISH	ELT Baby Incredible Years Baby Midwifery	Breastfeeding support Young Parents Group MIASS (by appointment)	ELT 19-36 mths Midwifery	BCG Immunisations (by appointment)
Ivy Gardens	ELT 19-36 mths ELT Baby			ELT Baby ELT 8-18 mths	

Timetable for more centres and contact details overleaf →

Abbey	Merton Abbey Primary School, High Path SW19 2JY
Acacia	230 Grove Road, Mitcham Eastfields CR4 1SD
The Avenue	Joseph Hood Primary School, Whatley Avenue SW20 9NS
The Bridge	Raynes Park Library, Approach Road SW20 8BA
Church Road	243 Church Road, Mitcham CR4 3BH
Ivy Gardens	Ivy Gardens, Mitcham CR4 1BR

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 Timetable

January to March 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Lavender Steers Mead	ESOL Midwifery	Midwifery	Midwifery	Perinatal Care	Midwifery
Lower Morden		Midwifery		Child Health	
Newminster	Portage Group Breastfeeding Support	ELT Baby ELT 19-36 mths	Midwifery ELT Baby ELT 8-18 mths	Incredible Years (Baby) Midwifery	MIASS (by appointment)
Bond Road	Attentive Parenting (starts February)		Attentive Parenting (starts February)		
Online (virtual) Programmes	ELT Baby FISH	FISH	ELT Baby FISH	FISH	

← Timetable for more centres on previous page

Lavender Steers Mead	Veals Mead, Mitcham CR4 3HL
Lower Morden	Aragon Primary School, Morden SM4 4QU
Newminster	Newminster Road, Morden SM4 6HJ
Bond Road Family Centre	Bond Road, Mitcham CR4 3HG

Health Services

Drop-in health 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