### Timetabled Activities from Monday 1 June to Friday 17 July 2015

**Office Address:** Berkeley Primary School, Cranford Lane, Heston TW5 9HQ  
Tel: 020 8583 5812    Email: hestoncc@hounslow.gov.uk

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<th>MONDAY AM</th>
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| **Under 2’s Stay & Play**  
Time: 9.30 -11:00 | Two Year Olds Health Reviews  
With Nita Sharma  
By appointment  
Any enquiries please contact 020 8630 1723 or 1724 | **Stay & Play**  
0 – 4 yrs  
Time: 9:30-11:15 | Antenatal Clinic  
Time: 9:00-4:00  
With Community Midwifery Team  
APPOINTMENT ONLY | Let’s Get Ready  
Referral Only  
Time: 9:30 – 11:00 |
| Please bring a piece of fruit to share at snack time | Advice & Support With Lynne & Vicky  
Please call to book an appointment | Please bring a piece of fruit to share at snack time  
Parents forum Wednesday 3rd June in the stay and play | Two Year Olds Health Reviews  
With Nita Sharma  
By appointment  
Any enquiries please contact 020 8630 1723 or 1724 | |

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| **Stay & Play**  
Time: 1:30 – 3:00  
at St Leonard’s Church Hall  
Please bring a piece of fruit to share at snack time | **Healthy Life Styles**  
Starting 9 June – 1 July  
Time: 1:30-2:30  
**Being Active**  
**Fussy Eaters/Meal Time**  
**Sleep**  
**Play and Development**  
**Booking Only** | **Baby Clinic**  
with the Heston Health Visitors Team  
Appointments only  
To be booked through 0208 630 1723 or 0208 630 1724 | **Non Walking Babies**  
With baby signing  
Time: 1:30-2:45 | **Read and Rhyme**  
For Children 2yrs and over  
Time: 12:45 – 2:00  
PLEASE BE ON TIME  
Advice & Support With Lynne & Vicky  
Please call to book an appointment |

**Activities for parents & carers with children aged 0-5 years.**

To view all Hounslow Children’s Centre timetables online, please visit: [www.fsd.hounslow.gov.uk](http://www.fsd.hounslow.gov.uk)

If you would like any advice or support from the children’s centre staff please pop in to one of our sessions or call us on the telephone number above. The timetable may be subject to changes. See notices in the centre for updates or the FSD website.
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<td><strong>Lisa Sports</strong></td>
<td><strong>Juma Music</strong></td>
<td><strong>COMMUNITY OUTREACH</strong></td>
<td><strong>Read and Rhyme</strong> For Children 2yrs and over</td>
<td><strong>Stay &amp; Play</strong></td>
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<td><strong>NHS Baby Clinic</strong> with the Heston Health Visitors Team At Heston Children’s Centre</td>
<td><strong>Under 2’s Stay &amp; Play</strong> Time: 1:30 -3:00</td>
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