

# Sevenoaks Children's Centres

## October to December Programme 2022

Term starts Monday 31st October to Friday 16th December 2022

### Swanley Children's Centre

Northview, Swanley, SE27 7BT

Monday—Thursday 8.30am—4.30pm

Friday 8.30am—4pm

### West Kingsdown Children's Centre

Fawkham Road, West Kingsdown,  
TN15 6JP

Monday 8.30am—4.30pm

### New Ash Green Children's Centre

Meadow Lane, New Ash Green,  
DA3 8JH

Tuesday, Wednesday 8.30am—4.30pm

### Spring House Children's Centre

Hospital Road, Sevenoaks, TN13 3PT

Monday—Thursday 8.30am—4.30pm

Friday 8.30am—4pm

### Edenbridge Children's Centres

High Street, Edenbridge, TN8 5AB

Monday—Thursday 8.30am—4.30pm

Friday 8.30am—4pm

### Contact Us:



03000 423451



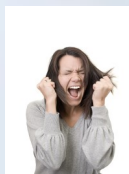
sevenoaksdistrictcc@  
kent.gov.uk

# Our Golden Rules in Groups



**Mobile Phones** - Please do not use mobile phones for calls and texts during our groups, we want you and your children to have fun playing together! If you do need to use your phone please ensure someone is supervising your child and step outside. Phones can be used to take photographs but please ensure the photo is only of your children not others in the room.

**Language** - we want to create a fun and happy environment. Please avoid using swear words in groups, to other customers, children and staff. Abuse to staff will not be tolerated. If you feel you have been spoken to inappropriately by another customer or member of staff please speak to a member of the staff team.



**Feedback** - We welcome your feedback on our groups, services, things you would like to see or any issues you have with our services. You can do this by talking to a member of the team, via email or Facebook messenger.

## Supervision of children

Please ensure children are appropriately supervised at all times by either yourself, a friend or ask for help from a member of the team. Please help us at tidy up time and encourage your children to join in. We always finish with songs so please help us and join in where possible.



## Help us to keep you safe

Please report any concerns you have about buildings or equipment to a member of staff. Advise us if you have any severe allergies that we need to know about.

We have designated places for you to keep your bags. If you need to get your bag and it is within the reach of children, please ensure there are no medications or dangerous items they could get hold of.

# Courses



## Keeping Up With The Children English

**Venue:** Swanley Children's Centre, Northview, BR8 7BT

**Date:** Tuesdays 1st November – 22nd November - 4 weeks

**Time:** 12.30pm – 2.30pm

**To book a place please email:** [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk)

**Venue:** Springhouse Children's Centre, Hospital Road TN13 3PT

**Date:** Wednesdays 2nd November – 23rd November - 4 weeks

**Time:** 12.30pm – 2.30pm

**To book a place please email:** [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk)

## Need help with nursery?

Some 2yr olds can be entitled to up to 15hrs Free childcare per week! You need to be on certain benefits or have a SEN statement, EHCP or DLA. To find out more please contact your local Children's Centre or type Kent Free Childcare into your browser or ask a member of our team.

## Swanley

Call us: 03000 423451

Email us: [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk)

M

**Rhyme Time**  
Swanley Library  
10am to 10:30am and  
11am to 11:30am

**Breast Feeding Support**  
9am - 4pm  
(Referral Only)

TU

**Stay and Play**  
9.30am-11.00am

**Stay and Play**  
1:30pm to 3pm

W

**Rhyme Time**  
Swanley Library  
10am-10.30 am

**Child Health Clinic and  
Breastfeeding Support**  
9:30am - 12.30pm

TH

**Pathway Play**  
9:30am to 10:30am  
(Referral Only)

**Baby Group**  
1.30pm-2.30pm

Ask the team any  
questions, we are here  
to help.

F



## West Kingsdown

Call us: 03000 423451

Email us: [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk)

M

**Stay and Play**  
In partnership with St. Edmunds  
C of E Primary School  
9.15am—10.45am

**Baby Group**  
2pm to 3pm

TU

W

TH

F



## New Ash Green

Call us: 03000 423451

Email us: [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk)

M

TU

**Child Health Clinic**  
9:30am to 12.30pm  
(1st Tue of the month)

**Rhyme Time**  
New Ash Green Library  
2:30pm to 3pm

W

**Stay and Play**  
9.30am-11.00am

TH

F

**Rhyme Time**  
Hartley Library  
10am to 10:30am



## Spring House

Call us: 03000 423451

Email us: [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk)

M

TU

**Pathway Play**  
1pm to 2pm  
(Referral Only)

W

**Baby Group**  
10am to 11am

TH

**Child Health Clinic and  
Breastfeeding Support**  
9.30am to 12:30pm

F

**Stay and Play**  
9.30am-11.00am



**Healthy Start Vitamins**

Please Contact your  
Local Children's  
Centre to enquire on  
Healthy start  
vitamins





## Edenbridge

Call us: 03000 423451

Email us: [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk)

M

**Baby Group**  
1.30-2.30pm

TU

**Rhyme Time**  
Eden Centre Library  
10am to 10:30am and  
11am to 11:30am

W

TH

**Stay and Play**  
9.30am—11.00am

**Pathway Play**  
1:30pm to 2:30pm  
(Referral Only)

F

**Child Health Clinic**  
9.30am-12.30pm



## Virtual Delivery

**Chatter Time:** Our very own virtual course designed to help and give tips to parents/carers on how to support speech and language development for your child. Keep an eye out on Facebook for new dates or ask a member of the team. E-mail: [Virtualgroups@kent.gov.uk](mailto:Virtualgroups@kent.gov.uk) 03000 418 008

**Family Toolbox:** Four different sessions to support with everyday parenting challenges. You can sign up for one, two, three sessions or all four.

You are your Child's Teacher - 31st October at 10am

Parenting Survival Guide - 15th November 1:30pm

Tantrums Vs Meltdowns - 7th December at 1pm

Let's Talk Behaviour - date TBC



**Introducing Solids:** Workshops to guide you through your weaning journey e-mail [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk) for more information and details of how to book.



Sevenoaks Children's Centres

Follow us on Facebook for up to date information from public health, partner services and fun activities.

You can now register with us on the KCC website!  
[www.kent.gov.uk](http://www.kent.gov.uk)



## A little bit about our groups

### Non-bookable services

Just turn up as and when you wish, but please note if sessions get too busy it will be on first come first served basis.

**Stay and Play:** Families can enjoy a story and then have some fun with activities related to the story. This could be messy play, role-playing and arts and crafts (0-4 years).

**Rhyme Time:** Join us to sing songs and play with instruments at a local library, Swanley, Eden Centre (Edenbridge), New Ash Green and Hartley (0-4 years).

**Baby Group:** For babies from newborn until walking, involves sensory play, heuristic play and singing, plus a chance for parents to meet and babies to socialise with other babies.

**Child Health Clinic & Breastfeeding Support:** A drop in clinic for you to come along, have your baby weighed and speak to a member of the Health Visiting Team. Breast Feeding information, advice and support is also available. Call **0300 123 4497**

### Bookable Services—Referral Only

Please book in advance and where possible attend all dates of the session. Please call us or email to book and please let us know if you can no longer attend.

E-mail: [sevenoaksdistrictcc@kent.gov.uk](mailto:sevenoaksdistrictcc@kent.gov.uk) or call: **03000 423451**

**Baby Massage:** 4 Week Course: Learn some basic baby massage strokes and techniques, supports building a bond with your baby whilst being good for your baby's physical development. Can help with colic discomfort and supports babies awareness of their own body. From 8 weeks to pre-crawling. Referrals accepted from Health Visiting Team and Integrated Children's Services.

**Pathway Play:** A chance for children with additional needs to explore sensory activities and toys or if they would prefer, they can access the dark den area for some peace and quiet. A time for parents to meet and support each other. Referrals accepted from LIFT, Health Visiting and Integrated Children's Services.

**ASC Get Together:** This group is for parents of children with an ASC diagnosis or on the pathway for a diagnosis. The group is delivered virtually on Thursdays 10:30am to 11:30am and 7pm to 8pm, term time only. This is a great forum to chat to other families in similar circumstances. Parents support each other and can provide useful tips and strategies. Referrals accepted from LIFT, Health Visiting and Integrated Children's Services.