



Family Hub at Church Road Children's Centre – Timetable (January to April 2025)

Centre opening times: Monday to Friday 9am-5pm

Morning

Afternoon

Monday	1-2-year Health Development Checks	9.15 – 12.00	Portage Parenting	1.00 – 2.30
	Benefit and Employment Support	9.30 – 11.00	Early Learning Together Baby Massage 0-6 months	1.30 – 2.30
	English for Speakers of Other Languages (term time only)	10.00 – 11.30	Family Information and Support Hubs (FISH)	1.30 – 4.30
Tuesday	Community Midwifery	9.00 – 12.00	Community Midwifery	1.00 – 4.30
	Merton Information, Advice and Support Service (term time only)	9.15 – 12.00	Merton Information, Advice and Support Service (term time only)	1.00 – 4.15
			Small Steps Together 0-5 years	1.30 – 3.00
Wednesday	Child Health Clinic 0-5 years	9.30 – 12.00	Breastfeeding Support Clinic	1.00 – 4.00
	Little Moments Together 0-12 months	10.00 – 11.30	Young Parents Playgroup	1.15 – 3.00
			Black Girls Included	4.00 – 6.00
Thursday	Family Information and Support Hubs (FISH)	9.30 – 12.30	Community Midwifery	1.00 – 4.30
	Early Learning Together 12-18 months (term time only)	9.30 – 11.00	Early Learning Together 6-12 months (term time only)	1.30 – 3.00
Friday	Early Learning Together 19-36 months (term time only)	9.30 – 11.00		

For more information, please contact a member of staff or visit our Family Hub Directory:





Family Hub at Church Road Children's Centre – Service Information

Service	Service Description	Contact/Booking Details
1-2-year Health Development Checks	Parents will receive a letter inviting them to attend their child's development check, carried out by a member of the health visiting team. Parents will have the opportunity to discuss any concerns regarding their child's health and development.	By appointment only – book via the health visiting service: 0330 0539 264 Email: CLCHT.hcpadminmerton@nhs.net
Breastfeeding Support Clinic	Provides mothers with support on breastfeeding, delivered by our breastfeeding supporters and health visiting team. Available to all mothers, from birth to as long as breastfeeding journey continues.	By appointment only. Book via your health visitor or by calling the duty health visiting line. Tel: 0330 0539 264 
Benefit and Employment Support	Come and get one-to-one support from our friendly employment advisor around employment, training, or education, including job searches and benefits advice.	Appointment required, book your free place via Eventbrite: 
Child Health Clinic for families with children 0-5 years	Bookable appointments with a health visitor for parents to discuss their child's growth and development, have their baby weighed and seek support and advice about parenting, as well as their own wellbeing.	By appointment only. Book via your health visitor or by calling the duty health visiting line - 0330 0539 264 Email: CLCHT.hcpadminmerton@nhs.net
Community Midwifery	Midwifery antenatal and postnatal care follow up appointments.	By appointment only. Tel: 020 8296 2542
Early Learning Together 0-6 months Baby Massage	All first-time parents living in Merton are invited to sign-up for this 5-week programme where you will be shown massage strokes to help soothe and comfort your baby. You will also learn about how your baby's brain develops in the very early months and how you can support their development.	No referral required. Book your free place on Eventbrite: 
Early Learning Together 6-12 months	This 5-week programme is based on the Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk. Discover how fun ideas for tummy time, movement and sensory play support your baby's brain development.	Referral required. Please speak to a member of children's centre staff, your health visitor, midwife, or another professional who is working with you and your child. They will help you book your free place.
Early Learning Together 12-18 and 19-36 months	Spend quality time with your little one in our structured 7-week programmes, designed for all areas of development. These sessions allow children to learn through play and develop their social skills, speech, language and communication and fine and gross motor skills.	Referral required. Please speak to a member of children's centre staff, your health visitor, midwife, or another professional who is working with you and your child. They will help you book your free place.
English for Speakers of Other Languages	This 10-week programme is for Merton parents/carers with a baby under 1 year, looking to learn English language skills.	Referral required. Please speak to a member of children's centre staff, your health visitor, midwife, or another professional who is working with you and your child. They will help you book your free place.
Family Information and Support Hubs (FISH)	FISH can help you with any aspect of family life. Our Early Help Co-ordinators will offer advice and guidance to help you find and access the supportive information and services that you need.	Monday: Drop-in, no booking required. Thursday: Appointment required, book your free place on Eventbrite: 
Black Girls Included – Take your seat	Black – all those who identify as black, othered, or person of colour. Girls – female or female identifying. Included – recognised, centred listened to, amplified, visible and celebrated. Take your seat means topics including speaking up, education and history through experience, aspiring you to succeed and thriving in hostile environments. This group is aimed at 10–11-year-olds.	For more information contact Maureen (Inner Strength Network) maureen@innerstrengthnetwork.com or text 07903737780. Scan the QR code to book your child's free place on Eventbrite: 
Little Moments Together 0-12 months	Come and have fun meeting other families with babies, share experiences and explore ideas on how to support your child's development in a fun and relaxing environment.	No referral required. Drop-in session, no booking required.
Merton Information Advisory Support Service (MIASS)	Free, confidential and impartial information, advice and support to children and young people (aged 0-25) with special educational needs or disabilities and their parents/carers who live in Merton.	Drop-in session, no booking required. Tel: 020 8543 8854 Email: miass@merton.gov.uk
Portage Parenting	Educational support service for children with significant additional needs and/or disabilities and their families. Helps parents and carers become more skilled in supporting their child's development.	Referral required. Please speak to a member of children's centre staff, your health visitor, midwife, or another professional who is working with you and your child.
Small Steps Together 0-5 years	A welcoming and inclusive get together for children aged 0-5 years with additional needs and their parent/carer. Session includes sensory play opportunities together with outside play, as well as singing and stories.	No referral required. Drop-in session, no booking required.
Young Parents Playgroup	These sessions, run by specialist health visitors, are for parents aged 24 years and under with children up to 3 years old. The sessions aim to support the child's social skills, build their confidence and support their development.	No referral required. Drop-in session, no booking required. Speak to a member of staff for more information. Tel: 0330 0539 264 Email: clcht.mertonyoungparents@nhs.net

