

## What is a Children's Centre?

Redbridge Sure Start Children's Centres aim to give your child the best start in life. If you are expecting a baby or are a parent or carer with a child under 5, we can provide family support, early education, child and family health services and help with going back to or finding work.

### More information

#### Active Healthy Kids

Build child's physical development and fitness.

#### ESOL

English for speakers of other languages.

Indigo Project - Little Stars short breaks

Stimulating environment for children with additional needs.

Baby Massage / Baby Yoga

Basics of Family Massage and Baby Yoga.

Messy Play

Activities to enhance and strengthen your child's development.

Creative Play and Learn

A variety of activities to learn how to communicate through play.

Health Visitor Consultation Clinic

Contact Health Visitor for appointment.

Healthy Child Clinic

Offers support about your child's development.

Ante-Natal Classes

For 1<sup>st</sup> time mums and birthing partners.

Rollers to Crawlers

Helps with early play and development skills.

Family Learning

Helps parents talk, play and learn together with their children.

The Incredible Years Parent and Baby Programme

Strengthen parenting skills.

Family Support/ Outreach Surgery

Meet our Outreach Team who can help support you.

Music Time

Have fun with your children whilst engaging in musical activities.

Postnatal Support Group

A relaxed, welcoming group covering a variety of topics.

Registered Childminding Group

Registered Childminders and their minded children to meet Weekly.

Sensory Play

Aimed at developing one or more of the 5 senses.

Crawlers to walkers

Aimed at enhancing and developing your child's skills.

Breast feeding Café

Find extra support and meet other mothers.

Parents Choice

Your opportunity to create your own session.

Computers for beginners

This session is for learners with some experience.

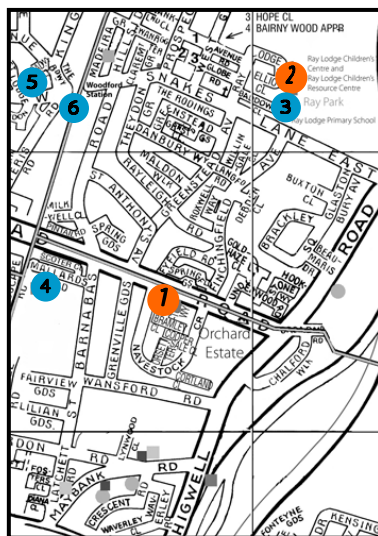
Walkers to Talkers

Designed to help with basic word understanding and learning development.

## Finding the centre

Orchard Children's Centre is located on Orchard Housing Estate, around the corner from the Orchard Community Hall and Housing Office on Broadmead Road. Ray Lodge Children's Centre is located within the grounds of Ray Lodge Children's Resource Centre, next to Ray Lodge Primary School. Nearest buses: Orchard - 549, W14 Ray Lodge - 275,549 and nearest station: Woodford Station (underground). Please note that parking is restricted.

The following map shows other services close to the Centre.



1. **Orchard Children's Centre**  
020 8708 8344
2. **Ray Lodge Children's Centre and Children's Resource Centre**  
020 8504 2619
3. **Ray Lodge Primary School**  
020 8504 7301
4. **Woodbridge Secondary School**  
020 8504 9618
5. **Woodford Green Library**  
020 8708 9055
6. **Woodford Station**

## Contacting the centre

Telephone **020 8708 8344/020 8504 2619**  
Email [children.centres@redbridge.gov.uk](mailto:children.centres@redbridge.gov.uk)  
Address **Orchard Children's Centre, Orchard Estate, Liston Way, Woodford Green, Essex, IG8 7BL**  
Address **Ray Lodge Children's Centre, 91, Ray Lodge Road, Woodford Green, Essex, IG8 7PG**

## Families Information Direct (FiND)

For more information about Children's Centres, registered childcare in your area, money available to you, activities for your children and other support as you bring up your children, contact FiND.

Freephone **0800 587 7500**  
Email [find@redbridge.gov.uk](mailto:find@redbridge.gov.uk)  
Website <http://find.redbridge.gov.uk>



# Orchard and Ray Lodge Children's Centre

## What's on in AUTUMN 2011



# What's on at Orchard and Ray Lodge Children's Centre in Autumn 2011

To book a session please call **020 8708 8344/020 8504 2619** or email [childrens.centres@redbridge.gov.uk](mailto:childrens.centres@redbridge.gov.uk)



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>ORCHARD</b>	<p><b>Active Healthy Kids (B)</b> 10.00 to 11.30 Ages 2-5 years</p> <p><b>ESOL (B)</b> 9.30 to 11.30 <b>Beginning 26<sup>th</sup> Sept</b> Limited Crèche places</p> <p><b>Indigo Project – little stars short Breaks (R)</b> 12.30 to 2.30 Ages 0 – 5 years</p>	<p><b>Creative Play and Learn (B)</b> 10.00 to 11.30 Ages 2 - 5 years</p> <p><b>Health Visitor Consultation Clinic (R)</b> 9.30 to 11.00 Ages 0 - 5 years 1<sup>st</sup> Tuesday in every month</p> <p><b>Healthy Child Clinic (D)</b> 9.30 to 11.00 Ages 0 - 5 years 2<sup>nd</sup> Tuesday of every month. Run by Community Nurse</p> <p><b>Ante-Natal Classes (B)</b> 1.30 to 4.00 Classes run by midwives</p>	<p><b>The Incredible Years Parent and Baby Programme (B)</b> 10.00 to 12.00 Ages 0 - 12 months Limited Crèche places .Children under 12mths will attend with parents.</p> <p><b>Family Support / Outreach Surgery</b> 1.00 to 2.30</p>	<p><b>Registered Childminding Group (D)</b> 9.30 to 11.30 Ages 0 - 5 years</p> <p><b>Sensory Play (D)</b> 1.30 to 3.00 Ages 0 - 5 years</p>	<p><b>Breastfeeding Café (D)</b> 10.30 to 12.00</p> <p><b>Parents Choice (D)</b> 9.30 to 11.00 Ages 0 - 5 years</p> <p><b>Computers for Beginners Children's Centres Parents. (B)</b> 10.00 to 12.00 Limited crèche places <b>Starts 30<sup>th</sup> Sept</b></p> <p><b>Self Weigh (D)</b> 12.00 to 2.00 Ages 0 – 1 year <b>Coming Soon</b></p> <p><b>Walkers to Talkers (B)</b> 1.30 to 3.00 Ages 2 - 5 years</p>
<b>RAY LODGE</b>	<p><b>Baby Massage (R)</b> 10.00 to 11.30 Ages 0 – 9 months <b>Starting 26<sup>th</sup> Sept</b></p> <p><b>Baby Yoga (R)</b> 10.00 to 11.30 Ages 4 - 9 months <b>Starting Nov</b></p> <p><b>Messy Play (D)</b> 1:30-15:00 Ages 2-3 years</p>	<p><b>Rollers to Crawlers (B)</b> 10.00 to 11.30 Ages 6 -12 months</p> <p><b>Family Learning (R)</b> 1.30 to 3.00 Ages 0 - 5 years</p>	<p><b>Music Time (B)</b> 11.30 to 12.00 Ages 0 - 18 months</p> <p>12.15 to 1.00 Ages 18 - 36 months</p> <p><b>Post Natal Groups</b> 1.45-4.00 0 - 6 months <b>Ending on 19<sup>th</sup> Oct, 11</b></p>	<p><b>One Year Checks (R)</b> 9.30 to 3.30</p> <p><b>Crawlers to Walkers (B)</b> 10.00 to 11.30 Ages 1 - 2 years</p>	<p><b>ESOL</b> 9.30 to 11.30 <b>Beginning 31<sup>st</sup> Sept</b> Limited Crèche places</p> <p><b>Family Workshops</b> <b>Coming Soon</b></p>

## Any other information Saturday Groups at Orchard

### Fathers and working Parents Group (D)

**10.00 to 11.30**  
First Saturday every month.  
This group is for fathers and mothers who are unable to attend during the week.

### A Place to be (R)

**10.00 to 11.30**  
10<sup>th</sup> Sept/8<sup>th</sup> Oct 29<sup>th</sup> Nov/17<sup>th</sup> Dec  
This group is for children with ASD/Autism.

### Indigo Project (R)

**12.30 to 2.30**  
Ages 0 to 5 years.  
Discussions workshops and fun activities for children with additional needs and their parents.

B= book a place in the group by

R = by referral

D = drop in

We run a variety of **Redbridge Institute** computer courses. For more information, please call: **020 8550 2398**



**Information printed:** 07 October 2011.

Please note that this information is correct at the time of printing but is subject to change, for example due to staff/room availability and new sessions being added during the time period.