



Perivale Children's Centre
Federal Road, Perivale, UB6 7AP
Tel: 020 8825 5380
Email: perivalecc@ealing.gov.uk

Perivale Children's Centre is open 9am - 4pm for drop in,
information and registration.

Places are limited and spaces for each session become available 1
week before the session starts.

Perivale Timetable

To view the Children's Centre Timetable please visit Ealing new
online services directory:
<http://www.ealingfamiliesdirectory.org.uk> Or use QR
Code



To book session please visit:
[https://book.ms/b/northgreenfordperivalechildre
nscentres@ealing.gov.uk](https://book.ms/b/northgreenfordperivalechildrenscentres@ealing.gov.uk)



Monday

CLCH 6-8 Week Clinic
9:30– 12:30pm
(Appointment only)

Women's Wellness Zone
Monthly between
1-4pm
(Appointment only)

Bumps to Babies
1.30-2.45pm
0-1years
(online booking)
[Book now](#)

Introducing your baby to Solid food?
12-1pm – 20th April
Come along to the group for free advice and information on what appropriate family food to offer to your child.
Every 3rd Monday of each month
No need to book – attend a session for Advice and support

Tuesday

Stay and Play
10-11.30am
0-5 years
(Online booking)
[Book now](#)

Northwick Park Antenatal & Postnatal Clinic
9-4pm
(Appointment only)

Wednesday

CLCH Development Checks
9-4pm
Please contact the **Admin Hub** on **020 8102 5888** if you have any concerns or to book an appointment or email: CLCHT.ealingadminhub@nhs.net

Stay & Play
10.00-11.30am
0- 5 years
(Online booking)
[Book now](#)

Fun & Learn
1.30-2.30pm
15th April-13th May
Please call the Centre to book a place on 020 8825 5380
(Booking only)

Thursday

CLCH Walk in Weigh in clinic
9:30– 11.15am
0-5years
If you would like to check your baby's weight, please attend our drop in session

Perivale Library Music and Movement
10.15-11am
0-pre-walkers
[Book now](#)

Infant Massage
1.30pm-2.30pm
Newborn-7 months
4 weeks course.
Please call the Centre to book a place on 020 8825 5380
(Booking Only)

CLCH Development Checks
9-4pm
Please contact the **Admin Hub** on **020 8102 5888** if you have any concerns or to book an appointment or email: CLCHT.ealingadminhub@nhs.net

Friday

CLCH 6-8 Week Clinic
9:30– 12:30pm
6- 8 weeks

Stay & Play
10-11.30am
0- 5 years
(Online booking)
[Book now](#)

Healthy Start Vitamins
Monday – Thursday
9- 3.00pm

If you receive Healthy Start vouchers, vitamins can be collected from Perivale Children Centre. Please telephone in advance to arrange a collection time and check availability.
www.healthystart.nhs.uk

Perivale Learning Zone

What's included:

- Carer advice and goal setting
- Signposting to Work Ealing and other local services
- Job listings, training courses, volunteering opportunities
- One to one support where needed

Fun & Learn

Fun & learn is planned play session for parents/carers and their children under 5 who have attention and social interaction difficulties (i.e. Eye contact, playing with peers, understanding what is happening around them, focusing on activities). Suitable for children with Speech & Language concerns & children with Down syndrome.

Sessions run for 5 x weeks.

Talk & Play

Talk & Play is a play-based group for children aged 1-3years run by Early Years Practitioners in Ealing, supported by Speech & Language Therapists. It provides families with strategies to support their child's talking and communication.

Your child does not need a referral to the Speech & Language Therapy Service to attend this group. Please ring Perivale Children's Centre to book a place. 02088255380

Stay and Play

Activities for parents/ carers and children to enjoy together, including painting, home corner, small world, construction, and mark making.

Attending these sessions helps to prepare your children for nursery and school. Children learn about turn taking and sharing whilst building their confidence as well as learning new skills

Development Checks

Appointment only. Development checks that include height and weight. Advice on feeding and general health.

Please call **020 8102 5888**
Or email
CLCHT.ealingadminhub@nhs.net

Infant Feeding Support

Do you find breast feeding difficult and have nobody to talk to? Call Centre to make an appointment for support & guidance. Please call. 020 8102 5888

Healthy Start

Who qualifies for Healthy Start: A person qualifies for Healthy Start if they are at least 10 weeks pregnant or have a child under four years old and they or their family get:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit with a family income of £16,190 or less per year Pension Credit; or
- Universal Credit with no earned income or total earned income of £408 or less per month for the family.
- A person also qualifies if they are under 18 and pregnant, even if they don't get any of the above benefits

How to apply for Healthy Start & get the application leaflet. Visit the Children's Centre and collect.

Bumps to Babies

For expectant parents/ carers and babies 0 – 12 months. For parents to meet each other in a relaxed and supportive environment. We can offer support and advice with any questions or concerns about your baby.

Did you Know?

You can now self-check to see if you are eligible for 15 hrs per week free childcare for your two year old
Go to:
www.ealingfamiliesdirectory.org.uk
and click on **Two-year old FREE Childcare Eligibility Checker**