Family Hub at Acacia Children's Centre and Adventure Playground

Family Hub Programme - Acacia Children's Centre

Day	Morning		Afternoon	
Monday	Community Midwifery	9.00 – 12.00	Community Midwifery	1.00 – 4.30
	Breastfeeding Support Group (term time only)	10.30 – 12.00		
Tuesday	Community Midwifery	9.00 – 12.00	Community Midwifery	1.00 – 4.30
	1-2-year Health Development Checks	9.15 – 12.00		
	Early Learning Together 12-18 months (term time only)	9.30 – 11.00	Early Learning Together 6-12 months (term time only)	2.00 – 3.00
	Family Information Support Hub	9:30 –12:30		
Wednesday	Family Information Support Hub	9.00 – 12.00	Early Learning Together 0-6 months	1.30 – 2.30
	Early Learning Together 19-36 months (term time only)	9.30 – 11.00		
	Child Health Clinic 0-5 years	9.30 – 12.00		
Thursday	1-2-year Health Development Checks	9.15 – 12.00	Community Midwifery	1.00 – 4.30
	Merton Information, Advice and Support Service (term time only)	9.15 – 12.00	Social Communication Group	1.00 – 2.30
	Portage Parenting	10.00 – 11.30	Family Information Support Hub	1.30 – 4.30
Friday	1-2-year Health Development Checks	9.15 – 12.00	Post-Natal Health Visiting Group	1.30 – 3.00
	Open Gardens Play Session 0-5 years	10.00 – 11.30		

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

Family Hub at Acacia 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 Group	Come along for practical, moral, and social support with breastfeeding. Available to all mothers, from birth to as long as breastfeeding journey continues. This session is delivered by our breastfeeding supporters and health visiting team.	No referral required. Drop-in session, no booking required. Tel: 0330 0539 264
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: 020 8296 2542
Early Learning Together 0-6 months	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.	No referral required. Book your free place on Eventbrite:
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.	No referral required. Book your free place on Eventbrite:
Family Information Support Hub (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.	Wednesday: Drop-in, no booking required. Tuesday & Thursday: Appointment required, book your free place via Eventbrite:
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 (SEND) and their parents/carers who live in Merton.	Drop-in session, no booking required. Tel: 020 8543 8854 Email: miass@merton.gov.uk
Open Gardens Play Session	Outdoor play session for families with children under 5 years old. Come along and meet other families, share experiences and explore ideas on how to support your child's development in a fun and relaxing environment.	Drop-in session, no booking required.
Portage Parenting	Educational support service for children with significant additional needs and/or disabilities and their families. Helps parents/carers become more skilled in supporting their child's development.	Referral required. Speak to your health visitor, midwife, a member of children's centre staff or another professional who is working with you and your child.
Post-Natal Health Visiting Group	Open to all families with children aged 0-2 years. A health visitor is present to offer advice, and to support your health and wellbeing as a parent/carer. This session is full of fun activities to stimulate your child's development and promote the early parent/child relationship. Meet other families and enjoy activities like sensory play, songs, rhymes and stories in a relaxed and informal environment.	Referral required. If you are interested in joining this session please speak to your health visitor or children's centre staff.
Social Communication Group	This group provides support for children, aged 2-3 years old, where there are concerns around their social communication, speech and language development or who may have/receive a diagnosis of Autistic Spectrum Disorder.	Referral required. Speak to your child's speech and language therapist, paediatrician, health visitor or another practitioner who is working with you and your child if you think the group may be helpful for you.