

CHILD HEALTH CLINIC for children birth to 5 years

Held in Sonning Common Village Hall, Wood Lane, Sonning Common (next to Somerfield) Thursdays 1.30pm to 3pm. Just call in to see health visiting team and volunteers. ALSO from 9/09 **Breastfeeding Network helper or supporter** available in clinic 1.30-2.30pm. NO APPOINTMENT NEEDED

Useful Websites

Netmums.com - local network for Mums (and Dads)-worth a look!

Meet a local friend! Information and support

NHS Choices Homepage - Your health, your choices - for Medical information, advice and services

www.oxfordshireservicesdirectory.org.uk - organisations and services for young families within oxfordshire

food.gov.uk - Food standards agency for information on e.g healthy eating during pregnancy and breast feeding, weaning, vitamins, healthy adult weights, etc

Citizens advice bureau

tel.01491 578267 appointments available Sonning Common Health Centre or Henley



29/9/09 Health Visitors Sonning Common

Tel. 0118 9721610 (please let us know if details have changed !)

ACTIVITIES AND CHILDCARE FOR THE UNDER 5's in the SONNING COMMON AREA

FOR BABIES AND PARENTS or CARERS (see also toddler groups)

CRADLE CLUB for babies aged **0-1 years**

Peppard Congregational Church, Blounts Court Road, Sonning Common Mondays 10-12. Meet friends, refreshments. Small charge. Drop-in or tel.0118 9724519

HENLEY Breastfeeding support group - meet other mums and/or seek advice from **Breastfeeding Network Supporters** at 3 B's café, d:two centre, 55-57 Market Place, Henley. Fridays 1030-12. Charge for refreshments only. Siblings welcome.

BOUNCING BABIES 'bumps to 18 months' Meet new friends. Thursdays (all year round) 1030-1230 Peppard War Memorial Hall, Gallowstree Road. £2.50 per session (incl.drink biscuit). Tel Laura 0118 9722905 or 0785 1038358 or just call in

NATIONAL CHILDBIRTH TRUST .membership-

Call Anne Mir 0118 9484180– Henley & District Coffee afternoons for new members

FOR TODDLERS AND PARENTS OR CARERS

SONNING COMMON TODDLER GROUP

Christ the King Hall, Sedgewell Road, Sonning Common

Contact : Jacqui Magee on 0118 9722680

Wednesday 10.00 a.m. to 11.30 a.m. – from approx. 9 months old

PEPPARD BABY AND TODDLER GROUP

Peppard Memorial Hall, Gallowstree Road, Rotherfield Peppard

Contact : Emma Dag 0118 9242821 or Eleanor Brennan 0118 9242799

Tuesday 10.00a.m. to 11.45 a.m. – 9 months to 2 ½ years

THE ARK – GROUP FOR CARERS AND CHILDREN age 1-3years (younger brothers and sisters welcome). Peppard Congregational Church, Blounts Court Road, Sonning Common. Fridays –9.45am to 1130

Contact : Ruth on 0118 9723061 or just call in. £2 per family

SHIPLAKE PARENT AND TODDLER GROUP

Shiplake Church Hall Wednesday 10.00 a.m. to 12 midday (all year round)

Contact : Simone Ziegler on 0118 9721272

'Harpsden Hoppers' HARPSDEN VILLAGE HALL children 18 months to 5 years (younger brothers and sisters welcome)– Fridays.10-12 midday £3 per family (includes drink + snack).Tel. Laura 0118 9722905 (Oxford schools term times and thru' August)

HEALTH WALKS tel. Jill 0118 9722441 or Anne 0118 9723389

website: www.healthwalks.freereserve.co.uk (Tues am suitable for parent and baby)

CHILDCARE

BISHOPSWOOD DAY NURSERY, Horsepond Road, Gallowstree Common
Contact : Barbara Ashley – Tel : 0118 9722196 – 6 weeks to 5 years of age

ALPHABET DAY NURSERY, Sonning Common
Contact : Daniella or Aftab Ahmed – Tel : 0118 9724783 – 3 months to 5 years

CHILDRENS' INFORMATION SERVICE

OXFORDSHIRE : Tel : 08452 262636 - www.oxoncis.org.uk
READING : Tel : 0800 3289148 – www.childrensinfo.org
Information about childcare, childminders, early education, family support, returning to work, resources for disabled children, other services for children and young people, play and children and young people's activities.

PRE-SCHOOLS – (approx. 2 ½ years to 5 years)

SONNING COMMON PRE-SCHOOL PLAYGROUP
Contact :- Tel : 0118 9724760

PEPPARD PRE-SCHOOL
Horsepond Road, Gallowstree Common
Contact : Mrs. Barbara Ashley – Tel : 0118 9721419

KIDMORE END PRE-SCHOOL
Contact : Tara Taylor – Tel : 0118 9470733 Website : www.keps.co.uk

HIGHMOOR NURSERY SCHOOL
Contact : Jackie Gash on 01491 642162

HARPSDEN PRE-SCHOOL (near Henley)
Contact : Sarah Tipple on 01491 571007 / 07810 392401

SHIPLAKE VILLAGE NURSERY
Memorial Hall, Memorial Drive
Contact : Erica Wooler – Tel : 0118 9404738

KINGFISHER KINDERGARTEN Dunsden Village Hall, Dunsden Green.
Contact: 0118 9462770

LIBRARY (internet and photocopier available)

Grove Road, Sonning Common – Tel : 0118 9722448
Opening Times - Monday – 2.00 p.m. to 5.00 p.m.
Tuesday – Closed
Wednesday – 2.00 p.m. to 7.00 p.m.
Thursday and Friday – 9.00a.m. to 1.00p.m. & 2.00 to 5.00p.m.
Saturday – 9.30 a.m. to 12.30 p.m. (storytime Sat am)

TUMBLE TOTS Contact : : 01189 785481|for classes at Rivermead, Reading
Alison on 01494 880063 – for Tumble tots Classes in Henley

THAMES VALLEY GYM CLUB (term time only)

Toddler Play Gym (aged over 1 year) – Tuesday and Thursday – 10.00 to 10.50 a.m. and 11.00 to 11.50 a.m. Peppard Road, Sonning Common - Contact : 0118 9724401

SWIMMING

Sonning Common School Pool, Primary School, Grove Road, Sonning Common
For lessons from 6 months old Contact Julie – Tel : 0118 9722507 or
Baby Swimming 3-14 months to book tel. 01865 794222 or visit
info@babyswimming.co.uk

PLAYGROUNDS Lea Road & Baskerville Road, Sonning Common. Binfield Heath,

CINEMA

REGAL PICTUREHOUSE – Henley. Huggies Big Scream !
New and Old film releases. – especially for parents with babies under one year
Tel: 08707 551245 Fridays open 10.30 a.m. (no car seats or cribs please.)

PILATES

Safe & Effective Pilates in your own Home – or at Thames Valley Gym Club,
Sonning Common. Tel : Julie Huggard on 0779 6955762

Antenatal and Postnatal Pilates Classes Martin's Church, Peppard Road.
Tel. Chris 07789 717017 small groups

MUSIC GROUPS

Sonning Common Village Hall for under 5's. and their carers. Tues 2-3 pm 50p donation. run by Annie, *Rainbow Children's Centre*

Sonning Common Library Rhyme Time. 1st & 3rd Monday of month. 10-1030 for babies, toddlers, mums dads and carers

Henley Library Rhyme Time Tues 9.30-10 babies' and toddlers'

Music Makers Wednesday at Stoke Row Village hall 10.00 a.m. to 1045 a.m.
Contact : Lynne Butler – 01491 628859 or 07708 321376

Teddies Music Group

Informal music session using rhythm, instruments and play held at Rainbow Children's Centre, d:two, Market Place, Henley. Mon & Thurs 1030
Contact Sharon or Fran : 01491 577414 or Sarah Birch on 0118 940 4184

Monkey Music

Six months to 4 years old – Book ahead. Classes in Henley To book your free trial session telephone **01635 860959** or email val.stephenson@monkeymusic.co.uk.

Kindermusik

Birth to 5 years – Classes in Caversham and Henley – Tel Helen Strong: 0118 9477546