

P.E.S.T.S. TIMETABLE - September- December 2021

All Play/Activity/Support Sessions are in person, some workshops will be online

Friday 10 th September	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE (Book here)
Tuesday 14 th September	10:30am- 12:15pm	SING, SIGN & PLAY Support your child's communication through fun with Rosie, Speech and Language Therapist & ELLA, Music Therapist	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION with Afternoon Coffee & Chat
Friday 17 th September	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Saturday 18 th September	12pm-3pm	 <p>P.E.S.T.S 40th ANNIVERSARY CELEBRATION Family Fun Day celebration</p>		All parent carers and their families welcome. For more information, or to book, go to BOOKINGS . Transport is also available for those who need it. There may be a short form to complete.
Tuesday 21 st September	10:30am- 12:15pm	MUSIC THERAPY & MAKATON STORY TIME SESSIONS WITH ELLA.	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION

To book any of the above activities or workshops, go to [bookings](#) or text 07914 311298.

To learn more information on any of the above, visit www.pestscharity.org.uk

Parents of Ealing Self-help Training Scheme, Windmill Children's Centre, 135 Windmill Lane, Greenford, UB6 9DZ Tel: 020 8571 9954 Web: www.pestscharity.org.uk

<https://www.facebook.com/PESTS-Parents-of-Ealing-Self-Help-Training-Scheme-1524305477880389/>

Registered Charity 1042054

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Weds 22 nd September	10:30am-12:00pm ONLINE	SIBLING WORKSHOP Siblings often experience social and emotional isolation, and have to cope with difficult situations. Come online and find information on how to support and understanding siblings. BOOK HERE			
Friday 24 th September	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE	
Tuesday 28 th September	10:30am- 12:15pm	SING, SIGN & PLAY Support your child's communication through fun with Rosie, Speech & Language Therapist & ELLA, Music Therapist		1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION with Afternoon Coffee & Chat
Friday 1 st October	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE	
Tuesday 5 th October	10:30am- 12:15pm	MUSIC THERAPY & MAKATON STORY TIME SESSIONS WITH ELLA.	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION	
Thursday 7 th October	10:30am-12:30pm ONLINE	SOCIAL STORIES WORKSHOP A workshop for parents to learn what and how to create social stories and how they help children to understand the world around them led by Speech and Language Therapist			
Friday 8 th October	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE	

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




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Tuesday 12 TH October	10:30am- 12:15pm	SING, SIGN & PLAY Support your child's communication with Rosie, Speech & Language Therapist & Ella, Music Therapist <div style="display: flex; justify-content: space-around; margin-top: 5px;">    </div>	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION
Friday 15 th October	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION INTENSIVE INTERACTION WORKSHOP TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Tuesday 18 th October	10:30am- 12:15pm	MUSIC THERAPY & MAKATON STORY TIME SESSIONS WITH ELLA.	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION with Afternoon Coffee & Chat
Friday 22nd October	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Saturday 23rd October	3pm-5:30pm	HEATHROW GYM FAMILY OUTING 3PM-5.30PM Come along for some soft play fun with the family. Refreshments will be provided. Book Here		

No Play and Support sessions - Half Term 25th October - 29th October

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Tuesday 2 nd November	10:30am- 12:15pm	SING, SIGN & PLAY Support your child's communication through fun with Rosie, Speech and Language Therapist & ELLA, Music Therapist. CELEBRATING DIWALI 	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION with Afternoon Coffee & Chat
Friday 5 TH November	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION  TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Tuesday 9 th November	10:30am- 12:15pm	MUSIC THERAPY & MAKATON STORY TIME SESSIONS WITH ELLA.	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION
Friday 12 TH November	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Monday 15 th November	7pm-9:30pm	PARENT CARER MEAL Come and enjoy some fun and laughter in a friendly, warm atmosphere with other like-minded parents and carers (Details of venue to follow)		
Tuesday 16 th November	10:30am- 12:15pm	SING, SIGN & PLAY Support your child's communication through fun with Rosie, Speech and Language Therapist & ELLA, Music Therapist. 	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION with Afternoon Coffee & Chat

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Friday 19 TH November	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION LEGAL ADVICE WORKSHOP TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Tuesday 23rd November	10:30am- 12:15pm	MUSIC THERAPY & MAKATON STORY TIME SESSIONS WITH ELLA.	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION
Friday 26 TH November	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Monday 29 th November	10:30am-11:30am ONLINE	MESSY PLAY WORKSHOP Messy play helps children explore their developing senses and can support sensory needs and fussing eating. Come along and get some ideas.		
Tuesday 30 th November	10:30am- 12:15pm	SING, SIGN & PLAY Support your child's communication through fun with Rosie, Speech and Language Therapist & ELLA, Music Therapist.	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION
Friday 3 rd December	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION INTENSIVE INTERACTION WORKSHOP TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Tuesday 7 th December	10:30am- 12:15pm	MUSIC THERAPY & MAKATON STORY TIME SESSIONS WITH ELLA.	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION

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Friday 10 th December	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Tuesday 14 th December	10:30am- 12:15pm	MUSIC THERAPY & MAKATON STORY TIME SESSIONS WITH ELLA.	1:00pm-2:15pm	PLAY ACTIVITY/ SUPPORT SESSION
Friday 17 th December	10:30am-12:15pm	PLAY ACTIVITY/ SUPPORT SESSION TOY LIBRARY CLUB	1:00pm-2:15pm	 EARLY YEARS FAMILY YOGA WITH BECKIE
Saturday 18 th December	AM Session & PM Session	CHRISTMAS PANTOMINE AND PARTY. Lots of fun for the whole family (More details to follow)		

No Play and Support sessions - Christmas holidays 20th December to 3rd January

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