



Staines, Ashford &
Egham Branch

Essential local information for Mums and Mums-to-be

Supporting you to become the
parent you want to be

Breastfeeding Support

- **Ashford:** Baby Café - Thursdays 12.30-2.00pm, drop-in café for breastfeeding Mums at the Clarendon Children's Centre, Knapp Road, breastfeeding counsellors are available for advice and information
- **Ashford:** drop-in session at Ashford hospital, Antenatal Clinic area, Mondays, 12.30-2pm. Contact: 01932 722678
- **Chertsey:** drop-in session at St Peters hospital, Parent Education Room, Abbey Wing, Wednesdays, 12.30-2pm. Contact: 01932 722678

Breastfeeding & Maternity wear

In-store

- **Windsor:** H&M; Jojo Maman Bebe
- **Staines:** Mothercare, Peacocks, Red Herring in the basement at Debenhams, Mamas and Papas
- **Weybridge:** Mothercare superstore, Brooklands
- **Woking:** H&M

Online:

- www.nctshop.co.uk
- www.mamafeelsgood.com
- www.bloomingmarvellous.co.uk
- www.vertbaudet.co.uk
- <http://www.mamaway.co.uk>
- <http://www.everydaymaternity.com>
- <http://www.jojomamanbebe.co.uk>

Baby Gear

In-store

- **Camberely:** Babygear, Hayward House, 1-3 Portesbury Road, Camberely, GU15 3SZ

Baby-friendly activities

Parent and baby cinema

- South Hill Park Arts Centre in Bracknell does 'bring your baby' screenings at 2pm every second Friday of whatever they have on.
- Electric scream, Electric cinema, Portabello Road, London

Child-friendly activities

Activity Centres

- **Bagshot:** Jakes Indoor Playworld
- **Bracknell:** The Lookout Discovery Centre
- **Hersham:** Piglets Play Centre

Attractions/Museums

- **Farnham:** Birdworld; Museum of Rural Life, Hampshire
- **London:** Kensington museums; Kew Gardens; Southbank
- **Windsor:** Legoland; watching the changing of the guard, Windsor High Street

Farms

- **Feltham:** Hounslow Urban Farm
- **Epsom:** Horton Park Children's Farm
- **Odds Farm:** High Wycombe (01628) 520188

Outdoor spaces

- **Windsor:** Windsor Great Park for walking, cycling and picking berries!
- **Englefield Green:** Savill Garden (part of Windsor Great Park) for walks, tots swings/climbing frame/sandpit, shop and great cafe
- **Old Windsor:** Runnymede meadows for picnicking & walking
- **Laleham:** Thames riverbank south of Laleham for paddling & feeding ducks
- **Chertsey:** Chertsey Meads playground & riverbank
- **Staines:** Lammas playground, crazy golf, wet and dry play areas for all ages, free tennis courts and a big meadow; Commercial Park model railway runs the last Sunday in every month
- **Knowle Green:** free tennis courts (road leading to the Leisure Centre).
- **Lyne:** Cockroft railway, Hardwick Lane.
- **Virginia Water:** the lake
- **Hampton Court:** Bushy Park, good changing facilities at Pheasantry Welcome Centre - http://www.royalparks.org.uk/parks/bushy_park/

Complementary Therapies

- **Virginia Water:** Packers Osteopaths (during and after pregnancy and cranial osteopath) 01344 845444

Disclaimer: The list has been compiled by members' comments, it does not represent an endorsement from the NCT. If you have any comments to add, please email: paula_downey@yahoo.com

Leisure Centre Activities

(Also see 'Swimming' – below)

- **Egham:** Leisure Centre – Tiny Tot sessions, Mondays 12-2pm and Fridays 2-4pm for 2-5 year olds, including soft play, trampolining and toys. No need to book; £3.50 for members or £4 non members, also toddlers gym (games, singing and basic gymnastics).
- **Ashford:** Spelthorne Gymnastics and Acrobatics www.spelthornegymnastics.com/classes

Online/Forums

- www.nct.org.uk
- www.netmums.com - local noticeboards, general information about pregnancy/birth/babies/toddlers
- www.babycentre.co.uk - information on pregnancy, babies or toddlers, plus newsletters, notice boards and chat forums
- www.bounty.com
- www.kellymom.com/index.html

Parent & Baby Rooms

- **Staines:** Boots - two changing mats and seated area for feeding; Costa Coffee (next to BHS) - baby changing room; Mothercare - ask for a key at the cash desk; Mamas & Papas; Pizza Express; Elmsleigh Shopping Centre (in the corner between M&S and BHS); Debenhams; Waitrose.
- **Westfield Shopping Centre:** very child friendly and accessible for pregnant women, lots of comfortable seats, easy to navigate with prams, free kids club and welcome gifts if you join, good changing facilities.
- **Windsor:** Daniels – changing and feeding room with rocking chairs; Waitrose.
- **Ashford:** Costa Coffee
- **Egham:** Café Nero; the Village (restaurant) – also does free healthy kids meals before 7pm mid week.

Playgroups

NCT

- **Staines:** Bumps & Babes 10-11.30am on Fridays; NCTeenies 9.45-11.30am on Mondays, both at Stainash Congregations Church Hall.

Sure Start

- **Staines:** The Haven Children's Centre, Thorpe Road - Dad's brunch 9.30–11.00 Saturdays; Post natal classes run around every six weeks on minor illnesses, baby massage, resuscitation & weaning; Bucklands - www.bucklandchildrenscentre.com
- **Englefield Green:** Jurgen Centre, Harvest Road - 1st time mum's group, Monday 2.00–3.30pm
- **Chertsey:** children's centre has a lot of good stuff to do to www.chertsey.surrey.sch.uk/schedule.html

Baby music

- **Staines:** The Haven Childrens' Centre, Top of the Tots 0-5yrs
- **Laleham:** Village Hall - Jolly Babies, Monday's 11am
- **Ashford:** Surestart Centre – Jolly Babies, Wednesdays 1pm.

- **Egham/Staines/Ashford:** Rhyme Time - free half hour sessions singing songs to babies and children at local libraries. Egham Thurs 2.15pm and Staines Wednesdays & Fridays 10.30am. Chertsey Library Thurs.

Postnatal Exercise Classes

- **Windsor:** Harmony Studio, Arthur Road - postnatal recovery and baby yoga, Wednesdays 11.30am – 12.30pm with Dot Eaton. £42 for 6 classes, tel: 01753 850313; Windsor Leisure Centre ante / post natal aerobics, Tuesdays 10.30-12.00
- **Datchet:** Simple Changes – take your baby along with you for circuit training, £7.50 per session or £42 for six, £72 for 12.
- **Chertsey:** Riverbourne Health Club - aqua aerobics sessions, pay as you go, 7pm Mon-Thurs, tel: 01932 560 560.
- **Ottershaw:** baby yoga with Satvik, Monday & Tuesday mornings <http://www.satvikyoga.co.uk/>

Pregnancy Exercise Classes

- **Windsor:** Pregnancy Yoga (Wednesdays 5.45pm – 7pm) with Dot Eaton, at the Harmony Studio, Arthur Road, Windsor SL41RU. £42 for 6 classes. Dot's contacts are: dot_eaton@talktalk.net / 01753 850313; pregnancy yoga at Windsor Leisure Centre, Saturdays run by Carole...
- **Staines & Walton:** Run by Beth Shay, Yoga Babes: 12 weeks to 29 weeks is held in St Andrews' Church Hall in Walton, Beth also runs a 29 – 40 week class there plus there is a 29 – 40 week class in Staines. Beth's contact details are: yogababes@hotmail.com / <http://www.yogababes.co.uk/> 07961 528216
- Ottershaw & Virginia Water is run by Satvikananda Saraswati (Ottershaw is on Monday evenings, Virginia Water is on Wednesday evenings). Satvikananda's contact details are: 01932 872587 / satvikananda@theyogaroom.plus.com
- **Bracknell:** Aqua aerobics, Coral Reef at 8.30am on Saturdays.

Presents/Keepsakes

Baby foot & hand casting

- **Timeless Casting,** home visits or go to Caroline's home in Weybridge. Contact Caroline on 07957900646.
- **Silver jewellery with baby's imprints:** Smallprint. <http://www.smallp.co.uk/>
- **Genevieve's Gallery/Paint A Baby:** Englefield Green Painting/hand or footprints (01784) 430516

Swimming

Child & baby-friendly swimming pools

- **Staines:** Spelthorne Leisure Centre, Knowle Green - 25m pool and shallow pool with large, animal shaped floats, indoor play facility with separate area for under 3s, playscheme and after school club. www.everyoneactive.com; Thames Club (Staines): Seriously Fun (01753) 251021
- **Windsor:** Leisure Centre - Main pool with wave machine & slides plus separate fitness pool.

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- **Bracknell:** Coral Reef Pool – Coral pools, fast flowing water, snake river flumes, rapids and Little Corals toddlers pools with large yellow diving bell and drench buckets.
- **Woking:** Woking Park, Kingfield Road T: 01483 771122 / www.woking.gov.uk/leisure/leisurecentrepool/thingspool/pooltimetables
- **Chertsey:** Riverbourne, baby friendly pool with family change room

Baby swimming lessons:

- **Chertsey:** Seriously Fun, Riverbourne Health Club www.seriouslyfun.net/baby_swimming_riverbourne_health_club_chertsey.htm
- **Staines (and other local venues):** Aquatots, Matthew Arnold School, Staines Tel: 020 8688 6488 /

www.aquatots.com. Discount for group booking of 5 places.

- **Shepperton:** Waterbabies www.waterbabies.co.uk

Twins

- Walton and District Twins club. <http://wالتونتوينسclub.org/>

Family Friendly Pubs/Restaurants

- Barleymow, Englefield Green
- The Swan, Staines
- Three Horseshoes, Laleham
- Mango Chutney, Englefield Green

Photography courtesy of Tina Boulton