

Parent Champions Network (Kingston) - Parent Champions Cafe @ Kingsnympton Youth and Community Centre

09
Apr

⌚ 10am to 2pm

📍 Kingsnympton Youth & Community Centre, Kingsnympton Park . [View map](#)

All services during Together Thursdays sessions are Free; this includes classes, activities, refreshments and lunch.

PARENTS Exclusive 10am to 12pm delivered by PCCN:

- PARENTS only: Parent Group coffee, cake and chat 10am to 12pm for families with children from age 10 to age 18. Parents/Adults only session.
- PARENTS only: TaiChi Qigong Shibashi class 10-11am and Mindfulness class 11am to 12pm for families with children from age 10 to age 18.

Please refer to the PDF timetable and leaflet for more and detailed information. Parents/Adults only session unless attending the TaiChi class with a child aged 10+.

Registration required only once on first attendance. Non means tested, there to also support families with no or on low income.

10am to 12pm: Delivered by St Paul's Kingston - Coffee, cake and cuppa chat, and Pilates class for Kingsnympton residents. Free refreshments, opportunity to socialise, obtain advice on cost of living support, wellbeing activities and much more.

ESOL classes 10-1pm delivered by Kingston Adult Education

Pilates class 12-1pm for Kingsnympton residents and wider Kingston community.

GENERAL COMMUNITY OFFER open to ALL 12pm to 2pm delivered by Migrant Advocacy Service (MAS) in collaboration with Parent Carer Champions Network (PCCN):

- 12 -1pm Specialist and informative guest talks from experts, including that from Mind, Safer Kingston Partnership, Young Minds, Papyrus, Better Bones, Menopause Matters and Achieving for Children.
- 1pm to 2pm Free Community Lunch and Surplus Food Larder. Registration required only once on first attendance. Non means tested, there to support families and individuals with no or on low income.

Please note that any children attending with their parents or carers between 12-2pm will need to be supervised by the adult parent/carer.

Regretfully we are unable to provide creche or childcare during these sessions.

These sessions will not run during school holidays.

Organiser and contact details

Organiser

Parent Champions Network

Email address

parentchampionsnetwork@achievingforchildren.org.uk

Phone

07761 448 348

Costs

Costs

Free

Event repeats

Repeats

This event repeats on the following dates:

- 9Apr
- 16Apr
- 23Apr
- 30Apr
- 7May
- 14May
- 21May
- 28May

Additional useful information to download

File attachments

- Kingston - Together Thursdays (Adobe Portable Document Format, 333 KB)
- Together Thursdays Timetable (Adobe Portable Document Format, 129 KB)

Accessibility

Accessible building

Yes

Accessible toilets

Yes

Parking facilities

N/A

Dietary needs catered for

N/A

Staff have specialist training

N/A

We can remind you about this event

Please create an account or login to set up reminders for this event.

Location map