



LONDON BOROUGH OF
MERTON



0-5 ACTIVITIES



IMPORTANCE OF 0-5 ACTIVITIES

During the first five years, a child's brain is at its most flexible, making this a critical period for learning and growth.

Play is one of the most essential activities babies and children can do to help strengthen and expand networks of connections in their developing brains.

Play promotes both physical and mental development in children and sets them up with improved physical and cognitive abilities as well as incredibly important life skills. Play also prepares the under-fives for school .



ACTIVITIES



[Family support
and parenting](#)

Merton children's Centres offer a range of programmes and meet-ups to provide support for families around language and communication, learning, behaviour and emotional wellbeing, including for families with children with SEND. Programmes and meet up's also give parents a chance to meet other parents and discuss any issues with a children centre practitioner.



[Merton Libraries
Events](#)

Merton libraries have events for children under 5, including SEND activities, story time, rhyme time and stay & plays. These sessions support parent-infant relationships. All events can be booked via the library website.



[Home-Start Merton](#)

Home-Start Merton enables families experiencing stress or difficulties to meet the needs of their children from conception to five years old. Home-Start also offers weekly groups for parents and children who are supported by Home-Start Merton. These groups encourage socialisation, peer support and activities. 0208 646 6044



ACTIVITIES



[Young parents drop-in](#)

A drop-in play session for parents aged under 21 years old with a child under the age of 5 years. Lots of opportunities for babies and children to play and meet other children and for parents and carers to meet new people and make friends. Staff can provide information and advice on child's learning and development.

St Mark's Family Centre

[St Mark's Family Centre](#)

St Mark's family centre run parent and toddler groups. The Group provides a range of fun activities, promotes early social development, stimulation for children, and friendship for parents/carers.

020 8640 9595 / info@stmarkscentre.co.uk



[Emmanuel Wimbledon](#)

Emmanuel Wimbledon offers a variety of activities for children 0-5, including Junior Jivers (2-4yrs - Friday's 10-11am) , Mum and Tots (0-3yrs – Wednesdays 10-11:15am), Dads and Tots (0-3yrs - Saturdays once a month), Rabbits and Robins (18 months – 3yrs – Sundays 10:30 – 11:45am) and Sunday school (3-7yrs – Sundays 10:30 – 11:45am). 020 8879 7400 /hello@emmanuelwimbledon.org.uk



[St Luke's Church](#)

St Luke's Playgroup is for parents and their babies or toddlers. The playgroup offers friendship, fun, play, a time of singing together and refreshments. Fridays at 10am. 020 3874 6743 / stlukessg@btinternet.com



ACTIVITIES



[St Matthew's Church](#)

ST MARY'S CHURCH

[St Mary's church](#)



[Oasis Church](#)

St Matthew's church toddler group provides a relaxed opportunity for parents and carers to bring their pre-school children for shared activities, play and refreshments. 9:30 – 11am, Tuesdays in term time. Each session costs £3 for the first child, £2 for siblings. 07950847440 / hall.stmatthews@gmail.com

St Mary's church runs a playgroup where all carers are welcome to bring their under-fives to play. Each week they have a themed craft activity and the fun ends with the children singing nursery rhymes and playing musical instruments together. Meanwhile, the adults enjoy a chat, coffee, tea, biscuits and fruit. The cost is £2 per family per session. No booking necessary – just drop in. (Mondays & Fridays term time 9:30 – 11am). St Mary's church also runs praise & stay sessions which is a short service of bible stories and action songs, followed by toys and tea. (Wednesdays term time 9:30am – 11am). 020 8946 2605 / catherine@stmaryswimbleton.org

Oasis Church in Collier's Wood runs a parent/carer & toddler group for all children under 5 years old. Parents can sign up via the online calendar link or by email. The session costs £1 per child. Monday's 10-11:30am. 020 8288 8866 / Louisa@oasischurch.org.uk



ACTIVITIES



St Lawrence Church

St Lawrence Church in Morden run a Toddler group which is held in the Parish Hall. The toddler group is a drop-in session with free play, a craft table, bible stories and singing. Session's cost 50p per child which includes a drink and biscuit. Tuesdays term time (09:30am – 11am) 0208 648 3920



Pollards Hill Baptist Church

Pollards Hill Baptist Church runs Tots N Tinies which is a friendly group for parents/carers with children under 5. It provides a space for children to play and parents/carers to meet other parent/carers. Sessions cost £1 per family. Tuesdays term time (1pm – 2:30pm) 02098 675 6799 / admin@phbc.org.uk

St John the Divine

St John the Divine, Merton

St John the Divine runs an under 5's playgroup which is held in the church Hall. The Group provides a range of fun activities, promotes early social development, stimulation for children, and friendship for parents/carers. Sessions cost £2 per child. Thursday term time (10am – 12pm) 020 8542 2313 / 020 8616 5794



ACTIVITIES



[NEMCA](#)

North East Mitcham Community Association (NEMCA) run Coffee & Crayon, a stay and play toddler group which includes toys, crafts and songs. Session costs £3.50 members, £4.50 non-members. Monday's term time (9:30-noon). NEMCA also offer Irish dancing and children's ballet for ages 3yrs+. 020 8685 9452 / nemca@btconnect.com



[Polish Family Association](#)

The Polish Family Association run a baby and toddler group which is held at Collier's Wood Community Centre. Although primarily catering to the needs of the Polish and Eastern European communities, the playgroup is open to all parents. Fridays (10am – noon) 02036498260 / info@polishfamily.org.uk



[Colliers Wood Community Centre](#)

The Colliers Wood community centre hosts many activities for children under 5. A baby and toddler group run by the Polish Family Association (Friday's 1am – noon, 02036498260 / info@polishfamily.org.uk) , Funtime baby and toddler group (Thursday's 9:30am – 11:30am, 02085436470 / info@collierswoodcommunityassociation.co.uk), Little tiger's karate classes (Sunday's 10am – 1pm, 07412634026 / 07956331892) and Woodcraft Folk – a programme that includes drama, arts and crafts (Wednesdays, 07975756189)



ACTIVITIES



[SMCA](#)

South Mitcham Community Centre host many activities for children under 5. Two Seedling Toddler groups (Tuesdays 1pm – 2:15pm and Thursdays 9:30am – 11:30am term time, Sessions cost £2), Ballet classes for ages 2.5+ (Fridays 4pm – 4:30pm, sessions cost £5) and half term activities for children 4-14yrs, including, Dance, Drama and Arts. 020 8648 3740 / richard@smca.co.uk



[Salvation Army](#)

Baby Song run by the Salvation Army is a drop-in session where parents and carers can bond with their little ones (0-3yrs), by gently singing and playing together in a guided group. Sessions cost £2. Wednesdays term-time, 10-11.30am. familyministries@salvationarmy.org.uk



[Monkey Music](#)

Monkey Music pre-school music classes are held every week in 5 venues in Wimbledon, Raynes Park and Merton Park. Age-specific music classes cater for babies, toddlers and preschool children with a tried and tested curriculum of catchy songs, quality instruments and props. Full term of sessions costs £81. 020 8543 4525 / wimbledon.merton@monkeymusic.co.uk



ACTIVITIES



[Hartbeeps](#)

Hartbeeps runs classes from different locations within Merton. The classes on offer are Baby Bells - highly interactive classes for sitting babies (1 month - 8 months), Baby Beeps - highly interactive classes for sitting babies and toddlers (8 months - 18 months) and Happy House - highly interactive classes for toddlers and pre-schoolers (18 months - 4 years). £10.50 per session (when booking a term), £13.50 per drop in session. kimmy@hartbeeps.com



[Lantern Arts Centre](#)

The Lantern Arts Centre offers activities for children 0-5yrs.

Once Upon a Story offers stories, songs and rhymes (Mondays term time, 10am – 10:35am. Sessions cost £6). amy.phillips@lanternarts.org

Play Zone offers play time, refreshments and singing (Fridays term time, 10am – 11:45am. Session cost £2).

The Children's Theatre Club allows children to gain confidence, have fun, and make friends as well as sing, act and dance. Children can attend from 3yrs. (Wednesdays or Thursdays 4:15pm – 5:30pm. 6 week sessions cost £100). ctc@lanternarts.org



[Teddy Tennis](#)

Teddy Tennis offers a nursery and reception programme which focuses on engaging children in a fun and educational way, concentrating on the most essential fundamental skills. Including, balance, co-ordination, catching, throwing and basic racket control. Courses cost £168. 02034753666 / swlondon@teddytennis.com



ACTIVITIES



[Better Leisure Centres](#)

Canons Leisure Centre, Morden Leisure Centre and Wimbledon Leisure Centre and Spa are all managed by Better. All 3 leisure centres offer many activities for children under 5 years old. Including, swimming lessons, tennis lessons and Gymnastics.



[Dolphin Swim Academy](#)

Dolphin Swim Academy specialise in parent baby swimming lessons for infants aged between 2 to 36 months. Lessons are available at Mitcham / Colliers Wood (Parent Baby 8 weeks – 3 years and 3 years + : Complete Beginners - 10metres), Wimbledon College (3years + : Complete Beginners - Pre-Club Competition Level) and Perseid School / Morden (3 years + : Complete Beginners - 10metres) 020 8640 4488 / info@dolphinswimacademy.co.uk



[Children's Martial Arts Classes](#)

Holistic Fitness Studio in Wimbledon offers Lil'Dragons lessons which are specialist martial arts classes for children aged 4-7 years old. Lessons support children to develop co-ordination, confidence and cooperation all while having fun. Lessons cost £50 monthly. Wednesdays (5:15pm – 6pm), Fridays (5:15pm – 6pm), or Saturdays (9am – 9:45am). 0208 946 5255 / steve@holistic-fitness.net



ACTIVITIES



[Polka Theatre](#)

The Polka Dot Theatre in Wimbledon runs many workshops for children 0-5yrs, including Baby Explores, Mini Explores, Creative Explores, Acting, morning stories, sensory stories, Jingle Bell Rock, Let's Play & Tidy and Hum, Jig & Jiggle. All workshops have a cost and run on different days/times. Workshops can be booked online. 020 8543 4888



[Rainbows](#)

Rainbows welcomes all girls from 4 to 7 years old for play, learning and tons of fun in a colourful, safe space. There are many different units within Merton including, Wimbledon, Morden and Raynes Park. Parents can register their daughters via the Girlguiding website. After Rainbows, girls can move up to brownies, the section for 7-10 year olds.



[Squirrel Scouts](#)

Squirrels welcome boys and girls from 4 to 6 years old to take their first steps in being part of Scouts. Squirrel sessions are packed with outdoor activities, fun, games and badges. There is a section at Merton park scout group which meet Thursday 5-6pm. Parents can register their children via the scout website. After Squirrels, children can move to beavers, the section for 6-8 year olds.



MERTON LOCAL DIRECTORIES

Merton Local Directories are great resources to keep up to date with activities and services available for children, young people and adults in Merton.

[Merton Local Directories](#)

Welcome to Merton Local Directories

Support, services, advice and things to do



Family Services Directory

Support and information for expectant parents and families with children and young people aged 0-19.

[Activities and leisure](#)
[Childcare and education](#)
[Community groups and places](#)
[Family support and parenting](#)
[Health and wellbeing](#)
[Information, advice and support](#)

[See more](#)



SEND Local Offer

Support for children and young people with special educational needs and disabilities aged 0-25.

[Activities and leisure](#)
[Education and childcare](#)
[Employment and training](#)
[Health](#)
[Preparing for adulthood](#)
[Social care](#)

[See more](#)



Young Merton

Support for care leavers moving into adulthood and independent living aged 16-25.

[Education and learning](#)
[Have a say. Get involved](#)
[Keeping safe and healthy](#)
[Local offer for care leavers](#)
[Things to do](#)
[Work, money and living](#)

[See more](#)



Adult Support Services Directory

Support for adults on employment, education, health, housing, financial advice and things to do in the community.

[Activities and leisure](#)
[Health and wellbeing](#)
[Housing matters](#)
[How to access help](#)
[Keeping safe](#)
[Money matters](#)

[See more](#)



Family Hubs Directory

Connecting families and young people with access to help, when and where they need it.

[Family Voice](#)
[Home life, finances and staying safe](#)
[Keeping your family healthy](#)
[Play, youth and family learning](#)
[SEND support \(Special educational needs and disabilities\)](#)
[Start for Life](#)

[See more](#)






ACTIVITY FINDER



Merton's Activity Finder is a great resource to keep up to date with all sporting activities available for children, young people and adults in Merton.

There are hundreds of free or low-cost activities in Merton to choose from.

[Activity finder](#)

 <p>Free</p>	2.9km away Premier League Kicks - Free Football Session 📍 Plough Lane Stadium, Plough Ln, London SW17 0NR, UK 📅 Thu 30th Nov at 16:30pm
 <p>£2.20</p>	3.5km away Indoor Soft Play 📍 David Weir Leisure Centre, Middleton Road, Carshalton, Greater London, SM5 1... 📅 Fri 24th Nov at 16:30pm
 <p>£2.20</p>	3.5km away Indoor Soft Play 📍 David Weir Leisure Centre, Middleton Road, Carshalton, Greater London, SM5 1... 📅 Fri 24th Nov at 17:30pm



FURTHER SUPPORT

Families can receive further information on activities available throughout the borough for under-fives, through the Family Information Support Hubs (FISH).

FISH provides parents/carers with information, support and guidance on all aspects of family life.

FISH sessions take place Monday – Friday with FREE face-to-face or telephone appointments available. Appointments can be booked via **Eventbrite** either by a parent/carer or a practitioner on their behalf.

Or parents/carers can come along to one of the FISH drop-in sessions (no appointment needed):

Family Hub at Church Rd Children Centre – Mondays, 1.30pm-4.30pm
Family Hub at Acacia Children Centre – Wednesdays, 9.00am-12.00pm



MERTON FAMILY HUB FACEBOOK

Merton Family Hub's Facebook page is also a great place to keep up to date with information and services available.

[Merton Family Hub Facebook](#)

Follow us!

