

						
M O N D A Y	<p>Manic Mondays 9:30am -11:00am A drop in stay and play session for your family 0 - 5 Years £1.60 per family.</p>			<p>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p>	<p>Mini Movers Baby Group 9.45am – 11.15am Stay & Play For parents and babies 0-2 years £1.60 per family TERM TIME ONLY</p>	<p>Crafty Ladies On Monday 12th & 26th Feb 4.00pm – 6.00pm Come along indulge your hobby and make new friends.</p>
T U E S D A Y	<p>Baby Play Tuesdays 9:3am – 11:00am Term Time Only A drop in stay and play session for you and your baby 0-18 months £1.60 per family</p> <p>CAMHS Referral only 8.00 am – 5.00pm</p>	<p>Midwife Clinic Ash Green – Vicarage Site Every Tuesday from 9am Clinic runs by appointment only For more information please contact the midwife team on 01422 251095</p> <p>Big & Little Explorers Upper Portacabin Every Tuesday 9:00am – 11:00am Family Fun & Refreshments Cost of £1.60 per Family Just turn up on the day TERM TIME ONLY</p>	<p>Inbetweeners Stay and Play group for parents and children who are walking – 3 years old. Every Tuesday 9:30am – 11:30am Come along and join the fun! £1.60 per family * Group run by parents / carer volunteers*</p> <p>Volunteering is it for you? 6th March 10.00am – 12.00</p>	<p>Big and Little Explorers Every Tuesday 9:30am – 11:00am (0-3 YEARS) £1.60 per family TERM TIME ONLY</p>	<p>Well Baby Clinic 9:30am – 11:00am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>Healthy Sleep, Healthy Family Held at Lee Mount Primary school 9.30am – 11.30am For four weeks starting 23rd January – 13th February</p>	<p>Tiny Me Stay and Play for parents and babies 0-18 months 9:30am -11:00am £1.60 per family TERM TIME ONLY</p> <p>Well Baby Clinic 1.00pm– 3.00pm Drop in clinic to weigh your baby and seek advice of health visitors.</p>
W E D N E S D A Y	<p>Antenatal Clinic 9:00am – 4:30pm Appointment only</p> <p>The Well Baby Clinic 9:00am – 10:30am Drop in clinic to weigh your baby and seek advice and guidance from health visitors.</p>	<p>The Well Baby Clinic 9.00am-10.00am Drop in and weigh your baby</p>	<p>Antenatal Clinic 9:00am – 2:00pm <i>Appointment only</i></p> <p>Buddy Bears Drop in stay and play activity session 0-4 years 9:30am – 11:30am £1.60 per family includes snack</p> <p>Stop Smoking Clinic 9.00am – 12.30pm One to one appointments for further information ring 01422 262373</p>	<p>Home Start is a registered charity supporting families with at least one child under the age of 5 years. The charity accesses our centre and provides a stay and play group for parents registered with the charity. Please phone 01422 242124 for more information</p>	<p>Getting Ready For Baby Four sessions Organised by your Health visiting Team, Children's Centre Team and the Midwives. To Book visit maternitycoursebooking.cht.nhs.uk or contact your children's centre</p>	
T H U R S D A Y	<p>CAMHS Referral only 1.00 pm – 5.00pm</p>	<p>Singing & Story Time Holy Nativity Church Every Thursday : 11am – 11:30am Fun for you and your children. * FREE ACTIVITY * *Just turn up on the day * TERM TIME ONLY</p>	<p>Well Baby Clinic 9:30am – 11:30am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>Breastfeeding Advice and Support Thursday 12:00 noon – 1:30pm This is run by the Health Visitors Team and will offer one to one advice and support to parents/carers For further information please contact the health visitors on 01422 367891</p>	<p>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p> <p>CAMHS <i>Referral Only</i> 8.00am -4.00pm</p> <p>Jumping Clay 1st Feb to 15th Feb For 3 weeks 9.30am -11.00am</p>	<p>Child-minder Network Session 9:00am – 11:30am TERM TIME ONLY Stay and Play session for child-minders and their children. Chat & Play 1:30pm – 3:00pm Snack for children, coffee and a chat for parents. £1.60 per family</p>	
F R I D A Y	<p>Antenatal Clinic 8:00am – 1:00pm Appointment only</p>		<p>Baby Adventures 1:00pm – 2:30pm Drop in stay and play session for you and your baby, (0-14 months) Free refreshments £1.60 per family.</p>	<p>Post – natal Clinic 9.00am -12.00am <i>Appointment only</i></p>	<p>Antenatal Clinic & Postnatal Clinic 8:30am – 2:00pm <i>Appointment only</i></p> <p>Healthy Sleep , Healthy Family On 23rd Jan – 13th Feb 9.30am – 11.30am To be held at Lee Mount School</p>	<p>Yoga for adults 10:00am – 11:30am Every Friday TERM TIME ONLY Call Helen for costs and bookings on 07925 102461 Children's Centre doesn't deliver this activity</p> <p>Art Class 1.00pm – 2.00pm Every Friday All stages welcome & materials provided Call Annette Duncan on 07398 021296 further information Children's centre doesn't deliver this activity</p>

You can book any of our training or activities online through our website www.surestartchildrenscentresnhp.org.uk
Alternatively complete a booking form and hand in at your nearest children's centre or ring 01422 251090
Follow us on Facebook: Sure Start Children's Centres NHP

