

						
<b>M O N D A Y</b>	<p><b>Manic Mondays</b> 9:30am - 11:30am A drop in stay and play session for your family 0 - 5 Years £1.60 per family.</p>			<p><b>Antenatal Clinic</b> 9:00am – 4:00pm <i>Appointment only</i></p>	<p><b>Mini Movers Baby group</b> 9.45am – 11.15am Stay &amp; Play For parents and babies 0-2 years £1.60 per family <b>TERM TIME ONLY</b></p>	<p><b>Crafty Ladies</b> On Monday 13th &amp; 27th November 4.00pm – 6.00pm Come along indulge your hobby and make new friends.</p>
<b>T U E S D A Y</b>	<p><b>Baby Play Tuesdays</b> 9:30am – 11:00am <b>Term Time Only</b> A drop in stay and play session for you and your baby 0-18 months £1.60 per family</p>	<p><b>Midwife Clinic</b> Ash Green – Vicarage Site Every Tuesday from 9am Clinic runs by appointment only For more information please contact the midwife team on <b>01422 251095</b></p> <p><b>Big &amp; Little Explorers</b> <b>Upper Portacabin</b> Every Tuesday 9:00am – 11:00am Family Fun &amp; Refreshments Cost of £1.60 per Family Just turn up on the day <b>TERM TIME ONLY</b></p>	<p><b>Inbetweeners</b> Stay and Play group for parents and children who are walking – 3 years old. Every Tuesday 9:30am – 11:30am Singing, Story Time, Messy Activities Healthy Snack Come along and join the fun! £1.60 per family * Group run by parents / carer volunteers*</p> <p><b>Volunteering is it for you?</b> 6<sup>th</sup> March 10.00am – 12.00</p>	<p><b>Big and Little Explorers</b> <b>Every Tuesday</b> 9:30am – 11:00am (0-2 YEARS) £1.60 per family <b>TERM TIME ONLY</b></p> <p><b>CAMHS</b> <i>Referral Only</i></p>	<p><b>Well Baby Clinic</b> 9:30am – 11:00am Drop in clinic to weigh your baby and seek advice of health visitors.</p>	<p><b>Tiny Me</b> Stay and Play for parents and babies 0-18 months 9:30am -11:00am £1.60 per family <b>TERM TIME ONLY</b></p>
<b>W E D N E S D A Y</b>	<p><b>Antenatal Clinic</b> 9:00am – 4:30pm <b>Appointment only</b></p> <p><b>The Well Baby Clinic</b> 9:00am – 10:30am <b>Drop in clinic</b> to weigh your baby and seek advice and guidance from health visitors.</p>	<p><b>Baby Clinic</b> 9.00am-10.00am Drop in and weigh your baby</p>	<p><b>Antenatal Clinic</b> 9:00am – 2:00pm <i>Appointment only</i></p> <p><b>Buddy Bears</b> Drop in stay and play activity session 9:30am – 11:30am £1.60 per family includes snack</p>	<p><b>Home Start</b> 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 <b>01422 242124</b> for more information</p>	<p><b>Getting Ready For Baby</b> Four sessions Organised by your Health visiting Team, Children's Centre Team and the Midwives. To Book visit <a href="http://maternitycoursebooking.cht.nhs.uk">maternitycoursebooking.cht.nhs.uk</a> or contact your children's centre</p>	<p><b>Rhythm Time</b> Starting 17<sup>th</sup> January until 31<sup>st</sup> January 3 weeks where toddlers can explore percussion sounds</p>
<b>T H U R S D A Y</b>		<p><b>Singing &amp; Story Time</b> <b>Holy Nativity Church</b> Every Thursday : 11am – 11:30am Fun for you and your children. * <b>FREE ACTIVITY</b> * *Just turn up on the day * <b>TERM TIME ONLY</b></p>	<p><b>Well Baby Clinic</b> 9:30am – 11:30am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p><b>Breastfeeding Advice and Support</b> Thursday 12:00noon – 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 0300 045076</p>	<p><b>Antenatal Clinic</b> 9:00am – 4:00pm <i>Appointment only</i></p> <p><b>CAMHS</b> <i>Referral Only</i></p>	<p><b>Child-minder Network Session</b> 9:00am – 11:30am <b>TERM TIME ONLY</b> Stay and Play session for child-minders and their children.</p> <p><b>Chat &amp; Play</b> 1:30pm – 3:00pm Snack for children, coffee and a chat for parents. £1.60 per family</p>	
<b>F R I D A Y</b>	<p><b>Antenatal Clinic</b> 8:00am – 1:00pm <b>Appointment only</b></p>		<p><b>Baby Adventures</b> 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><b>Post – natal Clinic</b> 9.00am -12.00am <b>Appointment only</b></p>	<p><b>Antenatal Clinic</b> 8:30am – 2:00pm <i>Appointment only</i></p> <p><b>Healthy Sleep, Healthy Family</b> Held at Lee Mount Primary school 9.30am – 11.30am For four weeks starting 26<sup>th</sup> January – 16<sup>th</sup> February</p>	<p><b>Yoga for adults</b> 10:00am – 11:30am Every Friday <b>TERM TIME ONLY</b> Call Helen for costs and booking on <b>07925 102 461</b> Children's Centre does not deliver this activity</p> <p><b>Art Class</b> 1.00pm – 3.00pm Every Friday All stages welcome &amp; materials provided Call Annette Duncan on 07884 968444 for further inf'o Children's centre doesn't deliver this activity</p>

