

						
M O N D A Y			<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>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p>	<p>Need help claiming benefits? Have a problem with housing? Do you have issues with debt? Need help filling in a form?</p> <p>If yes is the answer to any of these questions. Please ring Mixenden Parents Resource Centre on 01422 240043 to book an appointment</p>	<p>Crafty Ladies First session 07.01.19 4.00pm – 6.00pm Come along every fortnight to indulge your hobby and make new friends. To confirm dates ring 01484 714768.</p> <p>Discovering the breath 7th 14th 21st 28th January 1.45pm to 3.00pm Six weeks course. Learning chair-based breath awareness techniques. Call Helen for costs and bookings on 07925 102461 Children's Centre doesn't deliver this activity</p>
T U E S D A Y	<p>Tiny Tots Tuesdays – NEW! 9:15am – 10.45am TERM TIME ONLY A drop in stay and play session. Age 0-5 years £1.60 per family</p> <p>CAMHS Referral only 8.00 am – 5.00pm</p> <p>Jewellery Making Tuesday 15th Jan -5th Feb 12.30pm – 2.30pm 4weeks of creating your own jewellery</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>Inbetweeners Stay and Play group for parents and children who are walking – 3 years old. Every Tuesday 9:30am – 11:00am</p> <p>Come along and join the fun! £1.60 per family * Group run by parents / carer volunteers* TERM TIME ONLY</p>	<p>Big and Little Explorers Every Tuesday 9:30am – 11:00am (0-3 YEARS) £1.60 per family TERM TIME ONLY</p> <p>CAMHS Referral only 8.00am – 4.00pm</p>	<p>Well Baby Clinic 9:30am – 11:00am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>NEW First Tuesday in every month Free play weigh & drop in session Running alongside the weigh drop in session 9.30am – 11.00am</p>	<p>Tiny Me First session 08.01.19 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> <p>Discovering relaxation 8th 15th 22nd 29th January 7.00pm to 8.15pm Six weeks course. Learning floor-based breath awareness techniques. Call Helen for costs and bookings on 07925 102461 Children's Centre doesn't deliver this activity</p>
W E D N E S D A Y	<p>Antenatal Clinic 9:00am – 4:30pm Appointment</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>Big & Little Explorers Upper Portacabin Every Tuesday 9:00am – 10:30am Family Fun & Refreshments Cost of £1.60 per Family Just turn up on the day TERM TIME ONLY</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 – 11:00am £1.60 per family includes snack TERM TIME ONLY</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>Mini Movers Stay & Play Community Group Every Wednesday TERM TIME ONLY 1.45pm – 3.10pm AT Moorside Community Primary School</p> <p>Swedish Back Massage At Holmfield Mills Wed 9th Jan – 30th Jan 10.00am -12.00noon</p>	<p>Baby Massage course 16th January 2019 Four week course 10.00am-11.00am Showing parents how massage aids relaxation, sleep and assists with colic symptoms. Suitable for 0 to crawling. Children in the session.</p>
T H U R S D A Y	<p>CAMHS Referral only 1.00 pm – 5.00pm</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>	<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>Sling Swing Threeways Sports Centre Every Thursday 1.30pm – 2.30pm 4 weeks of fun, dance and gentle movement.</p> <p>CAMHS Referral only 12.00am – 4.00pm</p>	<p>Antenatal Clinic & Postnatal Clinic 8.30am – 2:00pm <i>Appointment only</i></p>	<p>Child-minder Network Session 9:00am – 11:30am TERM TIME ONLY Stay and Play session for child-minders and their children.</p> <p>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. TERM TIME ONLY</p> <p>Rhythm Time Friday 18th Jan For 4weeks 10.00am 11.00am</p>	<p>Post – Natal Clinic 9.00am -12.00am <i>Appointment only</i></p>	<p>Dads R Us Starting from 9.am</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 – 3.00pm Every Friday All stages welcome & materials provided Call Annette Duncan on 07484 370310 further information Children's Centre doesn't deliver this activity</p>

