

						
M O N D A Y	<p>Ling Bob Breakfast Club Every Day 8:00am – 9:00am</p> <p>Manic Mondays 9:30am -11:30am A drop in stay and play session for your family 0 - 5 Years £1.60 per family.</p>	<p>Holy Nativity Church Monday 31st July 10.00am – 12.00pm</p> <p>Suitable for children of any age 3 weeks of family cooking preparing and making delicious food as well as enjoying craft</p>		<p>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p> <p>CAMHS <i>Referral 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 3rd, 17th & 31st July 4.00pm – 6.00pm</p> <p>Come along indulge your hobby and make new friends.</p>
T U E S D A Y	<p>Baby Play Tuesdays 9:30am – 11:00am Term Time Only A drop in stay and play session for you and your baby 0-2 Years £1.60 per family</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</p> <p>Singing, Story Time, Messy Activities Healthy Snack</p> <p>Come along and join the fun! £1.60 per family * Group run by parents / carer volunteers*</p> <p>Teeny Tumble Bees 20th June 4 Weeks go family fun suitable from 8 weeks to pre- walking</p>	<p>Bumps & Babies Group Every Tuesday 9:30am – 11:00am (0-2 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>Tiny Me Stay and Play for parents and babies 0-18 months 9:30am -11:00am £1.60 per family TERM TIME ONLY</p>
W E D N E S D A Y	<p>Antenatal Clinic 9:00am – 4:30pm <i>Appointment only</i></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>Baby Clinic 9.00am-11.30am</p> <p>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 9:30am – 11:30am £1.60 per family includes snack</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>		
T H U R S D A Y		<p>Singing & Story Time Holy Nativity Church Every Thursday : 11am – 11:30am</p> <p>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 12:00noon – 1:30pm</p> <p>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 367168.</p>	<p>CAMHS <i>Referral Only</i></p> <p>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p> <p>CAMHS <i>Referral Only</i></p>	<p>Family Cake decorating 1.30pm – 3.30pm</p> <p>Thursday 27th July for 3 weeks Family fun decorating cakes & buns Suitable for 3 years upwards Limited creche available for under 3's</p>	<p>Chat & Play 1:30pm – 3:00pm Snack for children, coffee and a chat for parents. £1.60 per family</p> <p>Childminder Network Session 9:00am – 11:30am TERM TIME ONLY Stay and Play session for childminders and their children.</p>
F R I D A Y	<p>Antenatal Clinic 8:00am – 1:00pm <i>Appointment only</i></p> <p>Big Beechwood Picnic Saturday 1st July 12.00pm – 4.00pm FREE Suitable for anyone aged between 0-9 years</p>	<p>Big Beechwood Picnic Saturday 1st July 12.00pm – 4.00pm FREE Suitable for anyone aged between 0-9 years</p>	<p>Baby Adventures 1:00pm – 2:30pm Drop in stay and play session for you and your baby, (0-14 months)</p> <p>Free refreshments £1.60 per family.</p> <p>Big Beechwood Picnic Saturday 1st July 12.00pm – 4.00pm FREE Suitable for anyone aged between 0-9 years</p>	<p>Emergency Paediatric First Aid Saturday 8th July 9.00am – 4.00pm</p> <p>Accredited Course</p> <p>Big Beechwood Picnic Saturday 1st July 12.00pm – 4.00pm FREE Suitable for anyone aged between 0-9 years</p>	<p>Antenatal Clinic 8:30am – 2:00pm <i>Appointment only</i></p> <p>Big Beechwood Picnic Saturday 1st July 12.00pm – 4.00pm FREE Suitable for anyone aged between 0-9 years</p>	<p>Yoga for adults 10:00am – 11:30am Every Friday TERM TIME ONLY Call Helen for costs and booking on 07925 102 461 Children's Centre does not deliver this activity</p> <p>Art Class 1.00 – 3.00pm Every Friday All stages welcome & materials provided Call Annette Duncan on 07884 968444 for further info</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
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