

						
MONDAY	<p>North & East Family Support Team Parent Drop in Offering Support for numerous things inc. school worries letter writing, money management. Every Monday 9.15am – 11.00am TERM TIME ONLY</p>	<p>"Have your say" We have regular meetings of our Parents forum and Advisory Board Panel. Anyone interested in attending should contact Kirilea Whitehead on 01422 243941</p>		<p>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p>		<p>Crafty Ladies 4.00pm – 6.00pm Come along every fortnight to indulge your hobby and make new friends. To confirm dates ring 01484 714768.</p>
TUESDAY	<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>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 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 TERM TIME ONLY</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>
WEDNESDAY	<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 Upper site portacabin 9.00am-10.00am Drop in and weigh your baby</p> <p>Big & Little Explorers Upper Portacabin Every Tuesday 1.30pm – 3.00pm Family Fun & Refreshments Cost of £1.60 per Family Just turn up on the day TERM TIME ONLY</p> <p>North & East Family Support Team Family support Drop in clinic for advice, information & support Every Wednesday 9.00am – 11.00am</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>Sling Swing Mon 4th Feb – 16th March 10.00am – 11.00am FOREST COTTAGE Suitable for children 6 weeks plus</p> <p>Baby buddies New parent and baby group Suitable for 0-1 years Every Wednesday 1.30pm 2.45pm</p>	<p>Mini Movers Stay & Play Community Group Every Wednesday TERM TIME ONLY 1.45pm – 3.10pm AT Moorside Community Primary School</p>	<p>Paediatric First Aid Wed 26th Feb – Wed 18th March 9.30 am -12.30 pm A 4 week learning at level 3 Learners must attend the full 12 hours to gain the accreditation</p>
THURSDAY		<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>All things Spring Tuesday 25th Feb for 4 weeks 1.30pm – 2.30pm</p>	<p>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p> <p>CAMHS Referral only 8.00am – 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>
FRIDAY	<p>Northern Arts Factory Starts Friday 28th February 10.00am – 11.00am For 4 weeks At Forest Cottage</p>	<p>Dads R US contact Tel 07760 592257 For more information</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>BFF – Breastfeeding Friends Friday 11:00 noon – 12:30pm 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 367816</p>	<p>Post – Natal Clinic 9.00am -12.00am <i>Appointment only</i></p>	<p>North & East Family Support Team Parent Drop in Offering Support for numerous things inc. school worries letter writing, money management. Every Friday 9.30am – 11.30am</p> <p>Sensory Play Starts Friday 6th March For 4 weeks 1.30pm- 2.30pm</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 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>

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

