



Monday

**0-4 years  
Parent and Toddler sessions  
Every Monday  
2.00pm – 2.30pm**

Fun interactive sessions to help support your child's development. Each session will be different. To book your place call 01422 266197

**Lower Valley Family Support Team**

If you need advice, information and support please ring 01484 386621 and a member of the team will call you between **9.00am – 11.00am on a Monday**

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Tuesday

**Antenatal Clinic  
All day - Appointment Only**

**0-18 months  
Get together sessions  
Every Tuesday  
9.30am – 10.00am**

Meet, chat and take part in some fun age appropriate activities. Each session will be different. To book your place call 01422 266197.

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Appointments Only**

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Every Tuesday  
9.30am – 10.00am**

Meet, chat and take part in some fun age appropriate activities. Each session will be different. To book your place call 01422 266197.



Wednesday

**Postnatal Clinic  
8.30am – 12:30pm  
Appointment only**

**Antenatal Clinic  
All day - Appointment Only**

Thursday

**Antenatal Clinic  
All day - Appointment Only**

**0-18 months  
Get together sessions  
Every Thursday  
10.30am – 11.00am**

Meet and chat with other parents and take part in some fun age appropriate activities to support development. To book your place call 01422 266197.

**0-4 years  
Parent and Toddler sessions  
Every Thursday  
1.30pm – 2.00pm**

Fun interactive sessions to help support your child's development. Each session will be different. To book your place call 01422 266197.

**Lower Valley Family Support Team**

If you need advice, information and support please ring 01484 386621 and a member of the team will call you back between **1.15pm and 2.45pm on a Thursday.** (available Term Time Only)

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Every Thursday  
10.30am – 11.00am**

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**0-4 years  
Parent and Toddler sessions  
Every Thursday  
1.30pm – 2.00pm**

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**0-4 years  
Parent and Toddler sessions  
Every Thursday  
1.30pm – 2.00pm**

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Friday

**Antenatal & Postnatal Clinic  
All day - Appointment Only**

**Lower Valley Family Support Team**

If you need advice, information and support please ring 01484 386621 and a member of the team will call you between **9.30am – 11.30am on a Friday**

**Additional Activities –**

Watch out for our Facebook Family Fun videos....  
These will show you "how to" create and cook something wonderful with your child(ren).  
Resources relating to these activities will be available from your local children's centre once these videos have gone live  
Then you can "TRY THIS AT HOME".

We are currently offering a range of:  
**Virtual college online courses** including First Aid, COSHH, Fire Safety, Customer care and Food Hygiene.  
If you are interested in any of these you can follow the link below to book on:  
<http://surestartchildrenscentresnhp.org.uk/core-services/family-learning/>

You can book any of our training or activities online through our website <http://surestartchildrenscentresnhp.org.uk> Alternatively complete a booking form and hand in at your nearest children's centre or ring 01422 266197



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