



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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All day - 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**

**0-4 years  
Parent and Toddler sessions  
Every Wednesday  
10.00am – 10.30am**

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

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Parent and Toddler sessions  
Every Wednesday  
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**Antenatal Clinic  
All day - Appointment Only**

**0-4 years  
Parent and Toddler sessions  
Every Wednesday  
10.00am – 10.30am**

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

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.

**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)

**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.

**0-18 months  
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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.

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**

**We are currently offering the following Via Zoom:**

**Enrolment for the Introduction to Childcare Level 2 Course  
Tuesday 18<sup>th</sup> May  
12.00pm – 1.00pm**

To book a place please complete the online application at:  
[www.surestartchildrenscentresnhp.org.uk](http://www.surestartchildrenscentresnhp.org.uk) or call 01422 254676

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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