

## Timetable 2017

<b>Monday</b>	9.00—3.00 ● <b>TOY LIBRARY</b> come and borrow some toys— <u>OPEN Monday to Thursday</u>	1.00—5.00 ● <b>MIDWIFE CLINIC</b> by appointment with midwife 1.30—3.00 ● <b>BABY MASSAGE</b> (3-8 months) - a 5 week programme teaching parents the skill of massage, which has many benefits for baby and helps to create a close bond—book a place with Petra 01608 664259. (£10 course)
<b>Tuesday</b>	9.30—11.30 ● <b>HEALTH VISITORS CLINIC</b> see your Health Visitor for advice & to weigh your baby, with Breastfeeding Support. <i>Health Visitors contact number 01926 626546</i> PLEASE NOTE, this will be changing, please see reverse for details	1.30—3.00 ● <b>STAY &amp; PLAY</b> come along and join in with exciting activities, explore the play room and outdoor play, including a healthy snack. Suitable for all children under 5. (£1.50) 1.30—2.30 ● <b>SPEECH &amp; LANGUAGE DROP IN</b> bi-monthly <b>see reverse for dates.</b>
<b>Wednesday</b>	10.00—11.30 ● <b>INTRODUCTION TO SOLID FOOD – every 3rd Wednesday</b> run by the Health Visitors, phone – 01926 626546 for further information.	6.30—8.30 ● <b>PARENTCRAFT</b> Antenatal sessions run by the midwife to help prepare for birth and beyond. <b>By invitation -check with your midwife for dates</b>
<b>Thursday</b>	10.00—11.00 ● <b>BABY CHATTER MATTERS</b> 6 weeks of fun through songs, rhymes and activities, for 4-12 month babies. Please telephone to book. (£10 course) 10.00—12.00 ● <b>QUINTON CLINIC (Health Visitors) @ Meon Medical Centre every 2nd &amp; 4th Thursday</b> (phone HV for details 01926 626546 )	2.00 – 3.00 ● <b>BABY PLAY</b> a fun session for mobile and non-mobile babies, to learn and explore in a safe environment. Suitable for under 2's.
	Appointment only ● <b>SPEECH &amp; LANGUAGE DEVELOPMENT</b> please contact us for further information 01608 664259	
<b>Friday</b>	<b>Centre Closed</b>	



INVITATION ONLY



PLEASE BOOK



JUST COME!