



## Timetable 2018

<b>Monday</b>	10.15 – 11.15 ● <b>PARENT &amp; BABY YOGA</b> a 4 week course starting Monday 9 <sup>th</sup> January 2018. Gentle movement for baby. Gentle poses and relaxation techniques for you. Please phone the centre to book. (£10 course)	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—11.00 ● <b>HEALTH VISITORS CLINIC (2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday)</b> see your Health Visitor for advice & to weigh your baby, with Breastfeeding Support. <i>Health Visitors contact number 01926 626546</i> 9.00—1.00 ● <b>MIDWIFE CLINIC</b> by appointment with midwife	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 see reverse for dates.
<b>Wednesday</b>	<b>Centre Closed</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)	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.
<b>Friday</b>	<b>Centre Closed</b>	
	● <b>TOY LIBRARY</b> – come and borrow some toys, open 9-3 Monday, Tuesday and Thursday.	Appointment only ● <b>SPEECH &amp; LANGUAGE DEVELOPMENT</b> please contact us for further information 01608 664259



INVITATION ONLY



PLEASE BOOK



JUST COME!