

## Timetable 2018

### HEALTH VISITOR CONTACT NUMBERS

<p><b>Suggested Donation Per Family</b></p> <p>Stay &amp; Play      £ 1.50 per session          Baby Play        £ 1.50 per session          Baby Massage    £10.00 per course          Chatter Matters   £10.00 per course</p>	Stratford	01789 405122	<p><b>Other Services available:</b></p> <p>Speech &amp; Language Screening          Counselling Service          Triple P Courses          Nurturing Programme</p>
	Alcester, Welford, Bidford	01789 412983	
	Henley	01789 412986	
	Shipston, Kineton, Lower Quinton	01926 626546	
	Wellesbourne	01789 412844	

### CHILDREN AND FAMILY CENTRE SESSIONS

Health Visitor Clinic	Drop in to see a Health Visitor, weigh your baby and join in with special activities run by a staff member from the Children's Centre – breastfeeding support available
Introduction to Solid Foods	A member of the health visiting team provide nutritional advice about weaning
Parentcraft	An antenatal information session run by the midwife for parents to be, please book through your midwife
Chatter Matters for Babies	5 week course of fun through songs, rhymes and sensory activities for babies to support their early communication skills, 4-7 months
Chatter Matters for Toddlers	5 week course of fun through songs, rhymes and fun activities for toddlers to help develop their speech, language and communication skills, from 12 months or walking
Baby Play	Play sessions including sensory, messy and physical activities for families with children, 0- 12 months
Stay & Play	Play sessions for families with children 0-5 years
Speech & Language Enrichment	3 monthly sessions learning strategies to enhance your child's speech development, for children aged 2 and above, please ring to book
Baby Massage	5 week 'touch learn' programme teaching parents the skills of massage which has many benefits for baby and helps to create a close bond, suitable from 6 week or after HV check
One-to-one Support	Chat to a member of staff if there is anything you would like individual support with, or complete an Initial Request for Services form (IRS)
Save a Baby's Life	A "hands-on" course based on first aid for children provided by experience trainers in what to do in an emergency (Adults ONLY to attend)
Group Triple P	Positive parenting programme