

# Timetable 2018

## HEALTH VISITOR CONTACT NUMBERS

<b>Suggested donation:</b> Stay & Play      £ 1.50 per session Baby Play        £ 1.50 per session Baby Massage    £10.00 per course Chatter Matters   £10.00 per course	Stratford Alcester, Welford, Bidford Henley Shipston, Kineton, Lower Quinton Wellesbourne	01789 405122 01789 412983 01789 412986 01926 626546 01789 412844	<b>Other Services available:</b> Introduction to Solid Foods Speech & Language Screening Counselling Service Triple P Courses Nurturing Programme
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## CHILDREN AND FAMILY CENTRE SESSIONS

<b>Health Visitor Team Clinic</b>	Drop in to see a Health Visitor, weigh your baby– breastfeeding support available
<b>Introduction to Solid Foods</b>	A member of the health visiting team provide nutritional advice about weaning
<b>Parentcraft</b>	An antenatal information session run by the midwife for parents to be, please book through your midwife
<b>Baby Chatter Matters</b>	5 week course of fun through songs, rhymes and sensory activities for babies to support their early communication skills, 4-7 months
<b>Toddler Chatter Matters</b>	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
<b>Baby Play</b>	Play sessions including sensory, messy and physical activities for families with children, 0- 12 months
<b>Stay &amp; Play</b>	Play sessions for families with children 0-5 years
<b>Speech &amp; Language Enrichment</b>	3 monthly sessions learning strategies to enhance your child’s speech development, for children aged 2 and above, please ring to book
<b>Baby Massage</b>	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
<b>One-to-one Support</b>	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)
<b>Save a Baby’s Life</b>	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)
<b>Group Triple P</b>	Positive parenting programme
<b>Nurturing</b>	A 10 week parenting programme that looks at family life in a thoughtful and fun way. It also helps support positive behaviour in children
<b>Physiotherapist Advice Clinic</b>	If you have concerns with pre-school child’s development
<b>Counselling</b>	The aim of the service is to help clients explore issues they may be experiencing. Counselling can help with a variety of problems and can help when a person has become “stuck” or troubled with their current situation.