

HEALTH VISITOR CONTACT NUMBERS		HEALTH VISITING TEAM CLINICS - DAYS & TIMES	
Suggested Donation: Baby Play £ 1.50 per session Stay & Play £ 1.50 per session Let's Play £1.50 per session Boogie Tots £1.50 per session Baby Massage £10.00 per course Chatter Matters £10.00 per course	Southam: 01926 815045	Southam Clinic 2 nd & 4 th Tuesday 9:30am – 11am Temple Herdewyke The Link Centre 2 nd Wednesday 1:30pm -3pm Bishops Itchington Early Years Centre 1 st Wednesday 1:00pm – 2:30pm	
	Kineton: 01926 626559 Wellesbourne: 01789 412844	Kineton Methodist Church Hall 2 nd Monday 10am – 11:30am Wellesbourne St Peters Church Rooms 1 st & 3 rd Thursday 9:30am – 11am Lighthorne Heath Children & Family Centre Last Friday of month 9:30am – 11am	

CHILDREN AND FAMILY CENTRE SESSIONS

Health Visiting Team 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
Let's Play	Session run for 5 weeks - Paint & Print, Sound & Music, Outdoor Play, Messy Play and Malleable Play, 0-5 years
Boogie Tots	Music and movement 0-5 years
Baby Chatter Matters	5 week course of fun through songs, rhymes and sensory activities for babies to support their early communication skills, 4-7 months
Toddler Chatter Matters	5 week course of fun through songs, rhymes & fun activities for toddlers to help develop their speech, language & 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 with a weekly themed activity for families with children 0-5 years
Speech & Language Drop in	Drop in to discuss your child's speech development with a therapist
Baby Massage	5 week 'touch learn' programme teaching parents the skills of massage which has many benefits for baby & helps to create a close bond, suitable from 8 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/Child'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
Nurturing	A 10 week parenting programme that looks at family life in a thoughtful & fun way. It also helps support positive behavior in children
Courses by Adult & Community Learning	Check timetable for latest courses
Physiotherapy Advice Clinic	If you have concerns with pre-school child's physical development
Counselling	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