

	MORNING		AFTERNOON	
<b>MON</b>	<p><b>Toddler Time 0-2's</b>  <b>10.00 – 11.30</b>  An opportunity for younger children &amp; babies to explore in a stimulating environment.  <u>For under 2's</u></p>		<p><b>Think Positive!</b>  <b>Starts 18/09/17</b>  <b>12.45pm – 2.45pm</b>  Build your confidence &amp; self-esteem.  Reflect on where you are now and where you want to be?  <b>Crèche available – Booking required</b></p>	<p><b>Onwards, Upwards!</b>  <b>Starts 09/10/17 – 20/11/17</b>  <b>12.45 – 2.45pm</b>  <b>Following</b> on from the Think Positive Course, helping you achieve assertiveness and the goals you identified  <b>Crèche available – Booking required</b></p>
<b>TUES</b>	<p><b>Mini Melodies</b>  <b>9.15 – 10.00</b>  <b>Babies – 4years</b>  45 minute session the children will sing songs, play instruments and dance to music  <b>Please phone to book your place</b></p>	<p><b>Baby Massage</b>  <b>4 week course</b>  <b>10.30-11.30</b>    <b>19/09/17 or 07/11/17</b>    <b>Please phone to book a course</b></p>	<p><b>Harmony</b>  <b>12.45 – 2.45pm</b>  <b>31/10 – 05/12/17</b>  <b>6 week course</b>  The course will empower and support survivors of domestic abuse to address their needs &amp; those of their children.</p>	
<b>WED</b>	<p><b>ESOL</b>  <b>9.30am - 11.30am</b>  Course for speakers of other languages    <b>Term time only</b></p>	<p><b>Aqua Tots</b>  <b>Swim &amp; Sing!</b>  <b>10.00am - 11.00am</b>  At Peter Lloyd Leisure Centre  <b>£2 per family</b>  <b>For under 5's</b>  <b>Drop In -Term time only</b></p>	<p><b>Nurture Programme</b>  <b>20/09/17 – 13/12/17</b>  <b>12.45 – 2.45</b>  12 week course promoting positive and nurturing relationships in your family    <b>Please book to confirm you place &amp; crèche place</b></p>	<p><b>Ante Natal Sessions</b>  <b>Bump Birth &amp; Beyond</b>  <b>4.30 – 6pm</b>  <b>3 week course</b>  <b>04/10/17 or 15/11/17</b>  <b>Ante Natal Infant feeding Session</b>  <b>4.30 – 6.00pm</b>  <b>25/10/17 or 06/12/17</b></p>
<b>THUR</b>	<p><b>Twirly Tots</b>  <b>9.30 10.30</b>  <b>Tuebrook Hope Centre</b>  <b>Buckingham Road</b>    Shake, prance &amp; dance to music</p>	<p><b>Chatterbox</b>  <b>23/11/17</b>  <b>9.30 – 10.15</b>  Language enrichment support for children aged 2- 3 years  <b>By Invitation</b>    <b>Early Communication Group</b>  <b>23/11/17</b>  <b>10.30 – 11.15</b>  <b>By Invitation</b></p>	<p><b>Terrific Twos</b>  <b>1pm – 2.30pm</b>  <b>For Children 18months to 3 years</b>  This session supports children approaching the next big milestone of starting nursery.  Come along to help give them a head start.</p>	
<b>FRI</b>	<p><b>Coffee Morning</b>  <b>9.30am – 11.00am</b>  Opportunity for parents' to meet up, chat over a cuppa!  Includes activities for children.  <b>Drop In</b></p>	<p><b>Health Team Drop-in</b>  <b>9.30am - 11.00am</b>  Baby Weigh In &amp; advice Clinic  <b>Stepping Stones</b>  Support &amp; advice on feeding, Safety, Play, learning and Communication</p>	<p><b>Healthy Me!</b>  <b>Family Cooking, health &amp; nutrition course</b>  Learn more about healthy eating &amp; activities to encourage children to eat healthily.  Plan &amp; cost nutritionally balanced meals, includes practical cookery sessions  <b>03/11 – 15/12/17</b>  <b>12.45 – 2.45</b>  <b>Booking required. Crèche available</b></p>	



	MORNING	AFTERNOON	
MON	<p><b>Little Cook, Big Cook</b> 10.00 – 11.00 Children aged 2yrs and above <i>Please book to confirm your place</i></p>	<p><b>BAMBI's Breastfeeding Group</b> 1.30pm - 3.00pm For Mums to be &amp; New Mums <i>Drop in</i></p>	
TUES	<p><b>Grandparents' Group</b> 9.30am - 11.00am A Fun and active session run by Grandparents for Grandparents &amp; their Grandchildren <i>Drop-In</i></p>	<p><b>Sing &amp; Sign Babies</b> 19/09 – 28/11/17 1.30 – 2.30 <b>10 week programme</b> Capture babies' attention with music, puppets, props and instruments so they have lots of fun whilst learning the signs. Encouraging the development of speech and enriching your baby's relationships. <i>Please book to confirm your place</i></p>	
WED	<p><b>Story Explorers</b> 10.00 – 11am Children aged 2-4yrs Arts, crafts &amp; activities to bring stories alive</p>	<p><b>Health Visitor Drop In</b> 1.30pm - 3.00pm Baby Weigh In &amp; Advice Clinic</p> <p><b>Stepping Stones</b> Support &amp; advice on Weaning, Safety, Play, learning and Communication</p>	
THUR	<p><b>Baby Connect</b> A 10 week course. 21/09 – 30/11/17 9.30 – 11.30 Learn about your baby's development and their approaching milestones. Be creative and make your child's Memory Book <i>Please book to confirm you place &amp; crèche place</i></p>	<p><b>Introducing Solids</b> 1.00pm - 2.00pm Information and support on weaning your baby. 21<sup>st</sup> September 19<sup>th</sup> October 16<sup>th</sup> November 21<sup>st</sup> December <i>Please book</i></p>	<p><b>Baby &amp; Child First Aid Course for Parents</b> 12.15 – 3.15 7<sup>th</sup> December <i>Booking Required. Creche available</i></p>
FRI	<p><b>Wonderful Busy Ones</b> Exploratory and Treasure Basket Play 10.00 – 11.00am <b>For babies under 1yr</b></p>	<p><b>Five Ways to Wellbeing</b> 06/10/17 12.45 – 2.45pm Life brings lots of challenges, big or small they are different for us all. This session will help you build strength &amp; increase resilience to meet these challenges</p>	<p><b>Mums Matter</b> 13/ 10 – 17/11/17 12.45 – 2.45 Supporting mums with Post-natal Depression. This course will help you understand more about it and support you on the journey to recovery</p>

