

**Time Table of Sessions / Activities from January 2012**

**For Parents/Carers of 0-5 yr olds**

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>am Adult Training Courses:</b> To be confirmed  1:30 – 3PM <b>Baby Group with Baby Massage / Yoga</b>	<b>9:15–11:00 Stay &amp; Play</b> for Ages 0-5yrs * arrive early to avoid disappointment  Monthly meetings / <b>Home Safety Workshop / Parents Forum</b>	<b>9:30 – 11 Childminders Group</b>  <b>1:15 - 3pm Stay &amp; Play</b> for Ages 0-5yrs *arrive early to avoid disappointment	<b>am I.T. Course</b> (in school computer suite)  <b>1:30 – 3 Top Bodz Weight Management Group / Nurturing</b>	<b>12-1 Ante Natal &amp; Breastfeeding Support Group</b>  Please look out for changes to our time table during school holidays

**Saturdays**  
 10-11:30 **Monthly Dads & Kids Group**  
 Various Sessions / trips / fun Activity Sessions  
 Please ask for details Limited places available

**Don't forget all sessions / activities are FREE of charge**



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### Do you need Home Safety Equipment (stair gates / fire guards)

A pack of home safety equipment is available for as little as £15.00 (if in receipt of benefits) Or at a greatly reduced cost. You will be booked onto a workshop (crèche is available) and an appointment made to assess what equipment you need. Ring the Centre for more information

### Pick up your Healthy Start Vitamins from The Marshes Children's Centre



Did you know that you can now collect your Healthy Start Vitamins and drops from our Children's Centre. All you need to do is bring in your Vitamin/drops voucher! Application forms are also available here at the centre.

### We can support/help & advise you on ..

- Budgeting
- Child Development
- Benefits Advice
- Diet & Nutrition
- CV Writing
- Training / College courses
- Toilet Training
- Teenage Parents & Grandparents
- Child Protection
- Housing
- Behaviour Management
- Breast Feeding
- Drugs & Alcohol misuse
- Domestic Violence support
- Bedtime Routines
- Healthy Start Vitamins
- Home Safety equipment & workshops
- And much more ....

Should you need any advice or support on family issues we are here to help ! ring 550444 for more details ...

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