

Friday

PARENT NURTURING PROGRAMME
9.30-11.30 (With Creche facilities)

For Parents/Carers of young children to Teenagers.
Get the most out of Family Life!
Deal positively with difficult behaviour.
Meet other parents.
Reduce stress.
Learn relaxation and coping strategies.

STAY AND PLAY
(FOR BABIES 0-18 MONTHS)
1.00-3.00

Story time, singing, dancing and Instruments. Large floor play area.

Family Support and Outreach:
New Birth Visits
Home Safety Checks
Smoking Cessation
Home Learning
Speech and Language
Home Visits for:
behaviour, sleep, healthy eating, routines, budgeting, and general development advice.

ACTIVITIES AT ST LUKE'S PRIMARY SCHOOL

THURSDAY

NURTURING PROGRAMME
1.00 - 3.00pm (with Creche facilities)

For Parents/Carers of young children to Teenagers. Get the most out of Family Life!
Deal positively with difficult behaviour.
Meet other parents. Reduce stress.
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FRIDAY

BABY MASSAGE
1.45 - 2.45pm

Discover how to massage your baby in 4/5 weekly lessons with a qualified Infant Massage Teacher.

Unless otherwise stated, all
ACTIVITIES ARE FREE OF CHARGE.

What's On Early This Year
At



Sunbeam Children's Centre



Johnson Street
Blakenhall
Wolverhampton WV2 3LY

Tel : 01902 552919
email sunbeamcc@wolverhampton.gov.uk
Fax: 01902 552928

Opening Hours
8.30am - 5.00pm Mon-Thurs
8.30am - 4.30pm Friday

Wolverhampton
City Council



A Sure Start Children's Centre

Monday

ANTENATAL MEDICALS

9.00 - 4.30

Community Midwife holds Clinic at
Centre

Bump to Breast

10.00 - 11.30

For breastfeeding and general
antenatal support

Dads to Be

09.00 - 12.00

Father's Worker

Jason Dudley from Base 25
Support for Dads to be

SUNBEAM STROLLERS

Accompanied Walks to local parks and
places of interest

1.30 - 3.00 Starts again in Spring
2012

FREEDOM PROGRAMME

(Creche available)

1.00 - 2.30pm

For women who want to learn about
the reality of domestic abuse

Tuesday

HEALTH & WELLBEING

10.00 - 12.00

(Creche available)

SUPPORT WITH NUTRITION, WEIGHT
MANAGEMENT AND HEALTHY LIFESTYLES.
WEIGH-IN AND ADVICE

Wednesday

STAY AND PLAY

(18 MONTHS - 4 YRS)

9.30 - 11.30

Creative activities and messy play.
Educational activities and lots of toys to
interest your child and aid their
development.

Meet other families.

Story time, singing, dancing and instrument

Wednesday

COOK AND EAT

1.15 - 3.00 (fortnightly)

Creche available

Healthy eating meal demonstrations
for you to sample and try at home.

RELAX AND CHAT

1.30 - 3.00 (fortnightly)

(Creche available)

Chat about anything in a relaxed
environment. Let us know what
services you would like Sunbeam to
offer

Thursday

FAMILY SUPPORT 'DROP IN' SESSIONS

Advice offered on a variety of issues
related to child/ren, home