

ACTIVITIES

<u>Baby Group</u> 10 am Tuesday	This group is aimed at parents / Carers and their children aged 0-2yrs and incorporates a variety of activities including messy play, home safety advice, introducing solid foods and finger foods, making treasure baskets and memory boxes etc.
<u>Stay & Play</u> Friday 1-3pm	Weekly drop in group for families to join in with a variety of activities including messy play, cooking, outdoor play etc. An excellent opportunity for both your child and you to socialise and get some tips on cheap, easy activities. Be prepared to get messy !!!!!
<u>Baby Massage</u> Thursday 15 th September 1.30-2.30pm	Enhances bonding, relaxation & helps reduce colic. Please note baby must have had 6week check. All you need to bring is a towel all oils provided unless baby has prescribed cream for a skin condition which we would recommend you use.
<u>Baby Signing</u> Thursday 22 nd September 10-11am	An interactive group for parents and babies aged 6 months upwards (approx.)
<u>Let's Get Cooking</u> Wednesday 2 nd Nov 9.30-11.30am Low Hill Community Centre.	The opportunity for parents and children to learn to cook healthy meals, basic cooking technique and keeping safe in the kitchen.
<u>Nurturing Programme</u> 19 th September 2-3pm	10 week programme aimed at getting the best out of family life. Creche provided please contact the centre if you are interested in this programme.
<u>Home Safety Workshop</u> 10 – 11.30am 16 th Sept, 28 th Oct, 25 th Nov.	Monthly workshops highlighting the possible dangers in the home and how we can avoid accidents. A workshop must be attended in order to qualify for free safety equipment.
<u>Smoking Cessation</u> 9.30-10.30 every Wednesday	A support group for those wanting to give up smoking. Will include advice from trained staff and stop smoking pack. Please contact the centre if you would like help to quit.
<u>Watching Weight & Wellbeing.</u> 29 th Sept 10am – 11.30am	weekly sessions aimed at encouraging families to adopt a healthier lifestyle. Includes advice on healthy activities, ideas for healthy nutritious meals for the family etc.
<u>Dad's Group</u> Meet at St Chads 10am	Held every Saturday at St Chad's Sports College, Old Fallings Lane. Improving health and fitness through sport
<u>Teen Parents</u> To be arranged after half term	If you would be interested in getting involved in a group aimed purely at teen parents and their families please get in touch with us.
<u>Healthy Walks</u> Please watch notice board for events.	Improving health and fitness through sport. A chance for families to get out in the fresh air and enjoy the open spaces in our area.
<u>Freedom Programme</u> Tuesday 4 th October 1-3pm	A 10 week programme for any woman who would like to understand about the reality of domestic abuse.

DON'T FORGET OUR FAMILY FUN DAYS SATURDAY 24th SEPTEMBER LOTS OF FUN and ACTIVITIES for the WHOLE FAMILY 10am -2pm ST CHADS CATHOLIC SPORTS COLLEGE, OLD FALLINGS LANE. ADMISSION and ALL ACTIVITIES FREE

Please contact Jan on 01902 556348 for further information or text 0792104 and we will call you back



Activities

Available at



For Further Details Phone Jan on 01902 556348
Or drop in and meet us in Jenks Avenue Low Hill