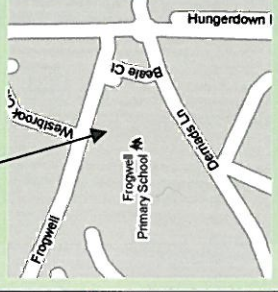


# Plan your weekly activities with Spring Rise Children's Centre

Please call Spring Rise on 01249 464008 or e-mail [hannah@therisetrust.org](mailto:hannah@therisetrust.org) for more details

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
<p><b>Kids Café</b> 8.45-9.30am</p> <p>An excellent way to start the day. Tea, toast, breakfast goodies and chat straight after school drop off. All welcome.</p> <p><b>Creative Kids</b> 9.30-11.00am</p> <p>Where your little ones can enjoy some messy play without having to worry about tidying up at home.</p>  <p><b>Mum &amp; Baby Gym</b> 11.00am-12.00pm</p> <p>New group focusing on exercising and bonding with your baby. Come along, meet new friends and get fit too. Why not bring along a packed lunch and eat together afterwards.</p>	<p><b>Stay &amp; Play</b> 10.00-11.30am in Ladyfield Evangelical Church</p> <p>A chance to meet new friends and have a coffee while your little ones explore the safe and stimulating environment.</p> <p><b>Midwife Clinic</b></p> <p>Please contact your midwife if you would like to book an appointment to see her in the Children's Centre.</p> <p><b>Childminder Group</b> 9.30-11.30am</p> <p>A monthly drop-in group for childminders. Running on the first Tuesday of each month. Come and meet other childminders, use our facilities and play areas and access advice and support from our Advisory Teacher.</p> <p><b>Crafty Tuesday</b> 10.30-11.30am in the Needle Hall</p> <p>Come along and let your little ones join in our craft and play activities. All the fun but no mess at home. Includes Health Visitor Drop-in.</p> <p><b>4U</b> 11.45am-1.15pm</p> <p>Lunchtime group for young parents and young parents to be - FREE lunch supplied. Come along and meet other young parents while your little ones play.</p>	<p><b>Kids Café</b> 8.45-9.30am</p> <p>An excellent way to start the day. Tea, toast, breakfast goodies and chat straight after school drop off. All welcome.</p> <p><b>Budgets and Bargains</b> 9.30-11.30am</p> <p>A new Family Learning course to help you budget and seek out the bargains. Childcare supplied. Booking essential - please call 01249 464008.</p> <p><b>ABC2</b></p> <p>Young Parent Classes - Please call for more details.</p> <p><b>Music Tots</b> 10.00-11.00am</p> <p>A fun interactive music group for anyone with a child aged between 18 months and 5 years of age. Includes refreshments.</p> <p><b>Music Dots</b> 11.00am-12.00pm</p> <p>A fun interactive music group for anyone with a child aged under 18 months. Includes refreshments.</p> <p><b>Buttercup Babies</b> 10.00-11.30am in Station Hill Baptist Church (rear door)</p> <p>Weekly group for breastfeeding Mums. Come along and meet other Mums, share ideas, advice and make new friends. This group is supported regularly by our local Health Visiting Team.</p>	<p><b>Dots &amp; Tots</b> 9.30-11.00am</p> <p>An opportunity for parents and carers of under 18 month olds to come and chat, have a cup of tea, snack and enjoy song time, story time and fun activities in a safe and stimulating environment.</p>  <p><b>Health Visitor Drop-in Clinic</b> 11.00am-12.30pm</p> <p>Would you like to have your baby weighed in the Children's Centre? Drop-in and see the Health Visitor - no appointment necessary.</p>	<p><b>Sensory Tots</b> 9.15-10.15am</p> <p>Come along and enjoy some sensory play for your babies aged 12-36 months.</p>  <p><b>Sensory Dots</b> 10.45-11.45am</p> <p>Come along and enjoy some sensory play for your babies aged 0-12 months.</p> 
<p><b>Sing &amp; Sign Beginner's</b> (Ideal for babies) 1.15-1.45pm followed by refreshments</p> <p>Come along and learn some basic signing to music and then try them at home.</p> <p><b>Sing &amp; Sign Follow On</b> (Ideal for toddlers +) 1.45-2.45pm</p> <p>Come along and learn some more detailed signing to music after attending the beginners group. Includes refreshments.</p>	<p><b>Make &amp; Taste</b> 1.30-2.45pm</p> <p>Fed up with the same menu choices? Come along to our free session where we make and taste new healthy recipes each week.</p> <p><b>Post-Natal Groups</b></p> <p>Post-natal groups run in Station Hill Baptist Church every Tuesday afternoon. Please call 464008 for more details and to book your place.</p> <p><b>Incredible Years Parenting Class</b> 12.30-2.30pm</p> <p>Would you like some advice about Positive Parenting to help make parenting easier? Call us on 01249 464008 for details of our parenting classes.</p>	<p><b>Tea Break</b> 3.00-4.30pm</p> <p>Join us after school for a fun, friendly teatime session. Meet new friends, make your own free healthy tea and share teatime with each other. Lots of fun activities too!</p> 	<p><b>Stay and Play</b> 1.00-2.30pm</p> <p>A chance to meet new friends and have a coffee while your little ones explore the safe and stimulating environment.</p> <p><b>CHILL</b> 1.30-2.45pm</p> <p>CHILL is a new group specifically for parents who are dealing with additional pressures in their life. Come and relax, chat and share experiences. Please call Hannah to discuss the group and to book your place.</p> <p><b>Cook4Life</b> 1.30-2.45pm</p> <p>A new adult cooking course for those who would like new ideas about cooking healthy meals from fresh. Spaces are limited so please call 01249 464008 to find out more.</p>	<p><b>Time to Play</b> 1.00-2.30pm</p> <p>Drop-in group with lots of toys and activities suitable for all under fives in a safe stimulating environment.</p> 

Where to find us:  
**Spring Rise Children's Centre**



**Frogwell, Chippenhams, SN14 0DH**

Access to Spring Rise Children's Centre is at the rear of Frogwell Primary School. If driving, please park considerately on the road outside of Frogwell Primary School.

Faresaver Bus X31 goes from the Town Bridge to Hungerdown Lane before going to Bath and picks up in Hungerdown Lane on the return journey to the Town Bridge. (Monday to Saturday service).

**Please ask us about :**  
CAB appointments  
Training/Back to Work  
Debt advice

& NCT Antenatal Courses

**Saturday am**

**Saturday Pitstop** Runs monthly in a town centre location. Please call 01249 464008 for dates and times.