



The Spinney Children's Centre Apr-Jul 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9.30-11.00* Play & Learn 0-5yrs drop in, 15 max term time only</p>	<p>9.15-11.15 Parenting/Adult Learning Courses: 123 Magic Parenting Course/Wellbeing</p>	<p>9.00-12.00 Midwives Clinic Appointment only</p>	<p>9.00-10.30 * Play & Learn 0-5yrs drop in, 15 max</p>	<p>10.00-11.30 Pre-walker Baby Group drop in, 18 max</p>
<p>2.00-3.30 Child Health Clinic Drop in clinic</p>	<p>2.00-3.00 Chatterbox Booking Required 2 – 5 years Term time only</p>	<p>9.30-2.00 Job Club Drop-in</p>	<p>9.30-2.00 Job Club Drop-in</p>	<p>10.00-11.30am 6 week Development Checks Appointments via Health Visitor</p>
	<p>1.00-4.00 6 week & 2 year Development Checks Appointments via Health Visitor</p>	<p>2.00-3.30 Toy Library drop in</p>	<p>1.30-3.00 * Play & Learn 0-5yrs drop in, 15 max</p>	<p>10.00-11.30am Starting Family Foods Monthly Appointments via Health Visitor</p>





The Spinney Children's Centre

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Child Health Clinic Drop in

Get your child weighed and have the opportunity to speak with a health professional.

Midwives Appointments Booking required

Antenatal clinic for Mums to be

6week and 2yr Development Checks Booking required

By appointment only the checks are an opportunity for a Health Visitor to observe your child and for you to ask any questions or raise any concerns you may have.

Please call the Health Visiting Team directly on 01483 783288.

Play & Learn Drop in

Fun interactive sessions for parents and children under 5yrs to play together.

Pre-walker Baby Group Drop in

For babies from birth to walking. Staff will be on hand for advice on all aspects of life with your baby including breastfeeding, feeding and general development.

Chatterbox Booking required

6 week activity session for children aged 2-5yrs who may need a little extra help developing their communication and language skills.



Job Club Drop-in

Help with job search, volunteering opportunities, CV writing, applications and interview support.

Starting Family Foods Booking required

When to introduce your baby to solid foods, what to prepare and what to avoid. Please call the Health Visiting Team directly on 01483 783261.

*Reminders

Mobile phones may not be used in the playroom.
Please bring an item of fruit to be shared with the group.