

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>CHILDMINDERS</b> This group is specifically for child minders to share expertise with each other whilst providing play opportunities for the children they care for <b>9.30 -11.00am</b> (alternate weeks starting 24/04/17)</p>	<p><b>BABY MASSAGE</b></p>  <p>Invitation only – please call to register your interest</p>	 <p><b>0117 9030317</b> <b>Option 2</b> <a href="http://www.limeschildrencentre.co.uk">www.limeschildrencentre.co.uk</a></p>	<p><b>Baby and Toddler Play and Learn</b> (0 – 24months)</p> <p>At Easton Community Centre (BS5 6AW)</p>  <p><b>9.30 – 11am</b> <b>Begins 27/04/17</b></p>	<p><b>Family wellbeing Play session</b></p> <p>BY REFERRAL ONLY – please call for further information</p> <p>9:30 – 10:30am</p>  <p>at The Limes Children's Centre Begins TBA</p>
	<p><b>New Parents &amp; Parents To Be Welcome Session</b> Come and join us to find out about the Children's Centre. Refreshments provided <b>10 -11am</b> Please call for Dates, more information or to register your interest</p>	<p><b>PLAY AND LEARN</b> @ St George Community Centre (BS5 8AA)</p>  <p><b>9:30-11:00am</b> <b>Begins Tues 25/04/17</b></p>		<p><b>Bumps &amp; Babies Group</b> inc breastfeeding advice and Five to Thrive (0-12months) Begins Wed 26/04/2016</p>  <p><b>1:30 – 3:00pm</b></p>	<p><b>NURTURING PROGRAMME</b> 5 week course</p>  <p><b>1:00 - 3:00 pm</b> Invitation only – please call to register your interest</p>
Afternoon	<p><b>COOK O'CLOCK</b></p>  <p><b>4 week course</b> <b>1:15 – 3:15pm</b></p> <p>(Bernie from Wellspring Healthy Living Centre) Please call for more information or to register your interest</p>	<p><b>DREAMTIME ARTS With Shanti</b></p> <p><b>8 week course</b> Begins 09/05/17</p>  <p><b>1:15 - 3:15 pm</b> Invitation only – please call to register your interest</p>	<p><b>Baby Well Clinic</b></p>  <p><b>First Wednesday of each month (Health Visitor drop in)</b> Begins Wed 03/05/2017</p>		

## New Parents & Parents To Be Welcome Session

This is an opportunity to meet staff from the Family Support Team, and other new parents and parents to be from your local area. Whilst enjoying some refreshments we will chat about the support, services and groups available to you through the children's centre.

If you are interested, please call Penny on 0117 9030317 for more

## Information and Guidance

This service provides free, impartial information and guidance on returning to work, calculating entitlement to benefits and tax credits including Better off in Work calculation

For more information, please call **0117 3574192**

## DREAMTIME ARTS

Would you like a break and an opportunity to explore some creative activities? Working with the arts can relieve stress, feelings of isolation and other difficult emotions

Free crèche available.

For more information, please call 0117 9030317

## Bumps and Babies Group with Five to Thrive

(0 – 12 months)

This group offers advice and support to new parents and parents to be, with baby's development, breastfeeding, weaning and sleep patterns whilst babies enjoy sensory play. **Includes 'Baby Well Clinic' - 1st Wednesday of the month - Health Visitor drop in** - A chance to have your baby weighed and discuss any concerns you may have.

For more information, please contact Monique on 0117 9030317



Find us on Johnsons Road, Whitehall, BS5 9AT

0117 9030317 [www.limeschildrencentre.co.uk](http://www.limeschildrencentre.co.uk)

## BABY MASSAGE

Join Monique in a friendly session where you can learn how to soothe your baby with gentle massage. Relaxing for you and your baby. For babies under 6 months. Group and taster session runs term time only. For more information and to book a place, please contact Monique on 0117 9030317

## COOK O'CLOCK

Learn how to create simple healthy snacks and food for your family. Ingredients provided for you to use. Take home your finished dish! Join Bearnie while your children play in the crèche. Invitation only. For more information, please contact Kolchuma on 0117 9030317

## Family Support

We also offer a 1:1 home visiting service which includes Book Start corner, 'Watch Wait and Wonder' and help to enable you to access training or employment opportunities.

Please call our family support team on 0117 9030317

## Family Wellbeing Play Session

Come and join Jane in a small, supported group which is aimed at supporting you and your child's wellbeing. Spend quality time with your child, sharing a range of play opportunities and activities.

Please call Jane on 0117 9030317 for more information

## NURTURING PROGRAMME

This is a 4 week programme where we explore aspects of parenting and parental wellbeing. This is a very supportive group with a **free** crèche available. If you are interested, please call Jane on 0117 9030317 for more information.