

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>New Parents & Parents To Be Welcome Session</p> <p>Come and join us to find out about the Children's Centre.</p>  <p>Refreshments provided</p> <p>10 -11am Please call for Dates, more information or to register your interest</p>	<p>BABY MASSAGE</p>  <p>Invitation only – please call to register your interest</p>	 <p>0117 9030317 Option 2 www.limeschildrencentre.co.uk</p>	<p>Baby and Toddler Play and Learn (0 – 24months)</p> <p>At Easton Community Centre (BS5 6AW)</p>  <p>9.45 – 10.45am Begins 14/09/17</p>	<p>Family wellbeing Play session</p> <p>BY REFERRAL ONLY – please call for further information</p> <p>9:30 – 10:30am</p>  <p>at The Limes Children's Centre</p>
	<p>NURTURING PROGRAMME 4 week course</p>  <p>Begins 25/09/17 Invitation only – please call to register your interest</p>	<p>Information and Guidance free, impartial information and guidance on returning to work, calculating entitlement to benefits and tax credits</p> <p>For further information or to make an appointment to see our advisor John Stinchcombe please call</p> <p>0117 3574192</p>		<p>Bumps & Babies Group inc breastfeeding advice and Five to Thrive (0-9months) Begins Wed 04/10/2017</p>  <p>1:30 – 3:00pm</p>	<p>GRT programme of events</p>  <p>Inc. crafts, Playbus and cookery</p>
Afternoon			<p>Baby Well Clinic</p>  <p>First Wednesday of each month (Health Visitor drop in) Begins Wed 04/10/2017</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

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.

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

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 Tina 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