

# Timetable of Activities

Where to find us: Stratford Children's Centre,  
Drayton Avenue, Stratford-upon-Avon CV37 9PB.  
Tel: 01789 266 624 Email: stratford@parentingproject.org.uk

The Children's Centre is...  
"Somewhere to go,  
someone to listen,  
a place to be"

Children's Centre  
stratford

A Sure Start Children's Centre

## Monday

- 9.15 – 11.15 **Toddler Nosh**, 6 weeks of cooking healthy baby food. Coming 2012
- 9.30 – 11.00 **Meet + Play**, a fun play session for under 5 year olds.
- 1.30 – 3.00 **Young Parents** friendly session for parents under 24 yrs
- 6.30 – 8.30 **Antenatal Group**, group for expectant parents run by Midwife team.

## Wednesday

- 9.30 – 11.00 **Early Days**. Session with Health Visiting Team for new mums with 0-12week Babies – **Starting 1<sup>st</sup> February 2012**
- 11.30 – 1.00 **Playhouse**, friendly session for families to meet others.
- 12.00 – 3.00 **Domestic Violence drop-in**. Highly confidential one-to-one support
- 2.00 – 3.00 **Chatter Matters for Babies**, 6 weeks of fun through songs and rhymes
- 5.30-7.30 **Baby Clinic** – Bi-monthly clinic last Wednesday of the month **25<sup>th</sup> January 2012**

## Friday

- 9.30 – 11.00 **Coffee & Play**, a session for children under 18 months with a little Chatter Matters.
- 11.30 – 12.30 **Toddler Chatter Matters**, Headstart for learning through songs, language and play
- 11.30 – 12.30 **Talk and Play** 6 weeks of language enrichment activities for 2-3 year olds.
- 1.00 – 2.30 **Speech & Language** drop in for any language needs **1<sup>st</sup> Friday**
- 1.00 – 2.30 **Adult & Community Learning** with crèche 6 week sessions January - Money Go Round

Every  
Family  
Matters



Please book.



Just come.

## Tuesday

- 9.30 - 11.00 **Parents Plus**, friendly session for parents 24 yrs + **1<sup>st</sup> Tuesday**
- 9.30 – 11.00 **Coffee Morning**, for parents of children with SEN. **2<sup>nd</sup> Tuesday**
- 10.00 – 11.00 **Weaning Workshop**, **3rd Tuesday** Dates to be confirmed by Health Visitor
- 10.00 – 12.00 **Baby Resuscitation** a one off session that could save the life of a baby. **24<sup>th</sup> January, 28<sup>th</sup> February, 27<sup>th</sup> March.**
- 1.00 – 3.30 **Postnatal Clinic**, Midwife health checks phone for appointment.
- 1.30 – 3.30 **Twins Club**, a support group. **1<sup>st</sup> Tuesday**
- 1.30 – 3.30 **Babes + Tots Healthcare**, a drop-in to see a Health Visitor and play **2<sup>nd</sup> & 4<sup>th</sup> Tuesday**

## Thursday

- 9.30 – 2.00 **Polish Antenatal Clinic**, antenatal checks with your midwife and Polish translator every other week
- 9.30-2.00 **Clinic**, by appointment with your midwife every other week
- 9.30 – 10.30 **Baby Massage**, 4 weeks rolling programme
- 11.00 – 12.30 **Breastfeeding Cafe + Support**, feed your baby and get advice .
- 1.00 – 3.00 **Confidence Course**, 12 week course **starting 12<sup>th</sup> January 2012.**
- 2.00-4.30 **2yr Checks** – appointments via Health Visitor only

## Saturday

- 10.00 – 11.30 **Daddy Cool**, group for Dads and other male carers to spend time with their children. **2<sup>nd</sup> Saturday.**
- 10.00 – 11.30 **Saturday Family Meet + Play**, for families to use our centre and have fun. **4<sup>th</sup> Saturday.**

*The staff at Stratford Children's Centre take the safety of anyone attending sessions very seriously. However please be aware that children are the responsibility of the accompanying adult.*

If you would like more information or support call us and ask about our Outreach Family Team. If you are new to a group please sign in and fill out our Membership Form. We ask for a donation for all our play sessions.

Winter Term 12th Jan until 30th Mar 2012