



TIMETABLE for CHELMSLEY WOOD, FORDBRIDGE & MARSTON GREEN SURE START CHILDREN'S CENTRES
Commences Monday 11th January – ends Thursday 1st April (Sessions run term time only)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOORNING	<p><u>WATCH, PLAY & LEARN</u> 9:45 - 11:15 12 week course Watch your child Play and Learn and find out why they do the things they do Crèche available Please book your place</p>	<p><u>BABY CAFÉ</u> 10:30 – 12:00 A friendly weekly <u>drop in</u> This is a group to meet, talk and make new friends For all new parents and their babies 0-8 months Breast Feeding Support available</p> <p><u>PLAY & STAY</u> 10:30 – 12:00 Fun play time for families and children 0-5 years Variety of activities & information sessions Just drop in</p>	<p><u>SUPPORT GROUP</u> 9:30 – 11:00 For families with children with additional needs Crèche available if needed Just drop in</p> <p><u>BABY MASSAGE</u> 10:15 – 11:30 Babies 2-9 months Learn step by step guide to massaging your baby Please book your place or ring Claire Barguss for more information</p>	<p><u>RELATE COUNSELLING</u> Free and confidential service Please ask at Reception for more information or for contact number</p> <p><u>INFORMATION STOP</u> 11.30 – 1:30 Information about services and organizations available in the local community</p>	<p><u>UNDERSTANDING YOUR CHILD'S BEHAVIOUR</u> 9:30 – 11:30 A 'Solihull Approach' Group for Parents & Carers Crèche Available Please book your place</p> <p><u>LIFE IN MIND</u> 9:45 – 11:15 A supportive group for parents looking at ways of promoting good mental health Crèche Available Contact Claire Sloss at the Centre</p>
AFTERNOON	<p><u>MINI MOVERS</u> 1:30 – 3:00 Physical Fun, Stories & Songs for you & your child 0-5 yrs Just drop in</p> 		<p><u>GET READY FOR BABY</u> 1:30 – 3:00 A five week course to help support you and prepare for your new arrival. Please book your place</p> <p><u>SOLIHULL COLLEGE</u> 1.15 – 3.00 New Relaxation Techniques for You 13th Jan – 10th Feb Family Creative Crafts 3rd March – 31st March Crèche Available Please book your place</p> <p><u>RHYTHM TIME</u> Toddlers 1.30 – 2.00 Babies 2.15 – 2.45 Fun music experience for you and your child 0-5 years New Venue from 10th February THE FREE CHURCH HALL LAND LANE. MARSTON GREEN £1 per child per session Book weekly at Chelmsley Wood</p>	<p><u>PLAY & STAY</u> 1:30 – 3:00 Fun play time for families and children 0-5 years Variety of activities & information sessions Just drop in</p> <p><u>ACTIV DADS</u> 4:30 – 6:00 A Group for Dads, Grandads & Male Carers and their children under 5 at Chelmsley Wood Sure Start Children's Centre Just drop in</p>	<p><u>LITTLE FISHES</u> 12:00 – 1:00 Swimming for 0-5's <u>North Solihull Leisure Centre</u> £1.00 to members Please remember to take your membership card with you</p> <p><u>MARSTON GREEN FUN TIME</u> 1:30 – 3:00 A physical and creative experience for you and your child 0-5 at Marston Green Free Church Hall Land Lane, Marston Green Just Drop in</p>