


Eastcotts Children's Centre

Shorts Building, 65 Beauvais Square, Shortstown MK42 0GG
01234 743731 www.eastcottscc.org.uk



Timetable 16th April to 1st June 2012

Day	Time	Session
Monday	9.30 - 11.30	Plot to Plate Course - A 6 week course, starting on 16th April offering lots of fun activities around growing, cooking & eating healthy food. Suitable for children aged 2 to 5 years. Limited numbers - booking essential.
	1.00 - 3.00	Parenting Puzzle - A 10 week course looking at all aspects of parenting, nurturing yourself and ways of enjoying family life. Each week will consist of topic information with fun activities & tips to manage stressful situations. The course will be managed by Lesley & Mia and a crèche will be provided. Limited places - booking essential.
	1.00 - 3.00	Midwife Drop-In - No need for an appointment, just drop-in to see the community midwife. Get support & advice with antenatal checks, blood tests, breastfeeding & baby weighing.
Tuesday GROUP CHANGE	9.15 - 11.00 	Stay & Play - NOW ONCE A MONTH - 2nd Tuesday of the month Come along and enjoy the many fun activities available for you & your child/ren and a chance to make new friends at the same time. A healthy snack is available. (Open to all ages) Next date: 8th May
	9.30 - 11.00	0-19 Team Drop-in Clinic - A member of staff from the health visiting team will be available on the second Tuesday of the month for advice on any queries you may have including feeding, weaning, weight, sleep routines, potty training, tantrums etc. Next Date: 8th May
	1.30 - 2.30	Baby Massage - Come and learn how to massage your baby in this four week course (1st to 22nd May). Massage has many benefits, including helping with colic and with bonding with your baby. Limited places - booking essential.
Wednesday	9.15 - 11.00	Play Together - A mixture of activities both indoors and outdoors, supportive play and advice. A healthy snack is available. (Open to all ages)
	9.15 - 11.00	Citizens Advice Bureau Drop in - An opportunity to meet with a CAB adviser and discuss in complete privacy any concerns you may have regarding benefits, housing, finances etc. Available on 9th & 23rd May.
	9.15 - 11.00	Job Centre Plus Drop in - A member of staff from the Job Centre Plus team will be available to offer advice and support to those looking to return back to work. Available on 18th April, 2nd, 16th & 30th May.
	1.00 - 3.00	Baby Club & Inbetweenies - Combined sessions to allow rapidly developing babies from Baby Club to move towards independence by exploring their surroundings, but within the safety of their own group. <i>Baby Club</i> (0-7 mths) will be relaxed where staff will provide support to mothers on areas of feeding and developing routines. <i>Inbetweenies</i> will provide opportunities for messy play, treasure baskets and explorative play. Baby weighing will be available in both sessions.
Thursday	1.00 - 3.00	Young Parents Group - An opportunity for young parents to talk to one another in a relaxed atmosphere with helpful staff on hand to help with any worries or concerns you may have. You and your child/ren will be able to enjoy the activities organised and lunch will be provided too.
Friday	9.30 - 11.30	Young Parents Family Learning Course - Available to invitees only.
	1.00 - 2.30	Stay & Play - Lots of fun activities for you and your child/ren to enjoy. This session is run by parent volunteers and is open to all ages.
Saturday	9.30 - 11.00	Family Breakfast - Join us for family fun activities and breakfast. Dads, granddads and other male carers particularly welcome. 28th April & 26th May. £1 per family.

There is a 50p donation per family per group (unless stated otherwise). This money goes towards our Summer trip.