Where to find us

Amersham Children’s Centre
75 Amersham Road
New Cross
SE14 6QQ

Honor Oak Old Depot
St Norbert Road
Brockley
SE4 2HL

St Swithun’s Children’s Centre
St Swithun’s Road
Lewisham
SE13 6RW

Besson Street Gardens
Besson Street
New Cross
SE14 5AE

Ladywell Children’s Centre
30 Rushey Mead
Brockley
SE4 1JJ

Manor House Children’s Centre
Manor House Library
Old Road
SE13 5SY

Evelyn Children’s Centre
231 Grove Street
Deptford
SE8 3PZ

St Donatts Hostel
118 St Donatts Road
Brockley
SE14 6NT

Heathside & Lethbridge Children’s Centre
Melville House
Sparta Street
SE10 8DP

Hatcham Oak Children’s Centre
29 Wallbutton Road
Brockley
SE4 2NX

St James Family Learning Centre
St James
New Cross
SE14 6AD

Mayfield Hostel
47 Burnt Ash Hill
Lee
SE12 0AE

For more info or to book a place, please call 020 8691 1064

Children’s Centres:
Amersham, Besson Street Gardens
Evelyn
Hatcham Oak, Honor Oak Old Depot
Ladywell, St Swithun’s
Manor House, Heathside & Lethbridge

020 8691 1064
Our Family Support Team provides a range of services to families in Lewisham. We have dedicated workers who work with families on a one-to-one basis. You can ‘self-refer’ by speaking to one of our Children’s Centre team members at your nearest Children’s Centre or by asking your health visitor (or other professionals) to make a referral on your behalf.

For more information about:
• Job club
• Managing your money
• Counselling and support
• Keeping children safe

Our Outreach Team works with families and makes direct links with services available in Lewisham. Our Outreach Team can assist you to find and access services that can help you and your family.

• Adult learning
• 2 year old child care places
• Volunteering... AND MORE
then please phone one of our friendly Children’s Centre team members today on 020 8691 1064.
<table>
<thead>
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<th>Monday</th>
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<tbody>
<tr>
<td><strong>STAYTIME, PLAYTIME</strong>&lt;br&gt;9:30am to 11am&lt;br&gt;Jan: 6th, 13th, 20th, 27th&lt;br&gt;Feb: 3rd, 10th, 24th&lt;br&gt;St James Family Learning Centre&lt;br&gt;Besson Street Gardens</td>
<td><strong>STAYTIME, PLAYTIME</strong>&lt;br&gt;9:30am to 11am&lt;br&gt;Jan: 7th, 14th, 21st, 28th&lt;br&gt;Feb: 4th, 11th, 18th, 25th&lt;br&gt;<strong>Ages 0 to 5yrs</strong>&lt;br&gt;Besson Street Gardens</td>
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<td><strong>STAYTIME, PLAYTIME</strong>&lt;br&gt;1pm to 2:30pm&lt;br&gt;Jan: 8th, 15th, 22nd, 29th&lt;br&gt;Feb: 5th, 12th, 19th, 26th&lt;br&gt;<strong>Ages 0 to 5yrs</strong>&lt;br&gt;Amersham</td>
<td><strong>NEW DIRECTIONS</strong>&lt;br&gt;WOMEN’S GROUP 1pm to 2:30pm&lt;br&gt;Starts w/c 7th Jan&lt;br&gt;Crèche available&lt;br&gt;Referral Only&lt;br&gt;Amersham</td>
<td><strong>STAYTIME, PLAYTIME</strong>&lt;br&gt;1pm to 2:30pm&lt;br&gt;Jan: 8th, 15th, 22nd, 29th&lt;br&gt;Feb: 5th, 12th, 19th, 26th&lt;br&gt;<strong>Ages 0 to 5yrs</strong>&lt;br&gt;Amersham</td>
<td><strong>BENEFITS AND EMPLOYMENT ADVICE</strong>&lt;br&gt;Jobcentre Plus Drop-in&lt;br&gt;Jan: 16th, 30th&lt;br&gt;Feb: 13th, 27th&lt;br&gt;Mar: 13th, 27th&lt;br&gt;Amersham</td>
<td><strong>PEEP – A group for under 1s</strong>&lt;br&gt;1pm to 2:30pm&lt;br&gt;Jan: 17th, 24th, 31st&lt;br&gt;Feb: 7th, 14th, 21st&lt;br&gt;Chelwood School</td>
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<tr>
<td><strong>STAYTIME, PLAYTIME</strong>&lt;br&gt;9:30am to 11am&lt;br&gt;Jan: 7th, 14th, 21st, 28th&lt;br&gt;Feb: 4th, 11th, 18th, 25th&lt;br&gt;<strong>St James Family Learning Centre</strong>&lt;br&gt;Besson Street Gardens</td>
<td><strong>STAYTIME, PLAYTIME – Get Moving, Get Talking</strong>&lt;br&gt;1:30pm to 3pm&lt;br&gt;Jan: 8th, 15th, 22nd, 29th&lt;br&gt;Feb: 5th, 12th, 19th, 26th&lt;br&gt;<strong>Ages 0 to 5yrs</strong>&lt;br&gt;Amersham</td>
<td><strong>ADVICE AND SUPPORT: DROP-IN FOR PARENTS</strong>&lt;br&gt;1:30pm to 2:30pm&lt;br&gt;(during stay and play)&lt;br&gt;Amersham</td>
<td><strong>STAYTIME, PLAYTIME – Softplay, Singing and Sensory</strong>&lt;br&gt;1:30pm to 3pm&lt;br&gt;Jan: 8th, 15th, 22nd, 29th&lt;br&gt;Feb: 5th, 12th, 19th, 26th&lt;br&gt;Mar: 5th, 12th, 19th, 26th&lt;br&gt;<strong>St James Family Learning Centre</strong>&lt;br&gt;Besson Street Gardens</td>
<td><strong>Free family support service</strong></td>
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Please phone us for help, support and a chat about any of the following: Welfare benefits, helping your child start nursery, new mums and new babies, domestic violence services, drug and alcohol issues.
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<tr>
<td><strong>STAYTIME, PLAYTIME</strong> - Get Crafty</td>
<td><strong>ESOL</strong> 9:30am to 11:30am Jan: 7th, 14th, 21st, 28th Feb: 4th, 11th, 25th Mar: 4th, 11th, 18th, 25th <strong>Ages 0 to 5yrs</strong> <strong>Crèche Available</strong> <strong>BOOKING REQUIRED</strong></td>
<td><strong>MOTHER AND TODDLER GROUP</strong> 10am to 11:30am</td>
<td><strong>FIRST AID</strong> 9:30am to 3pm 20th March <strong>Crèche Available</strong> <strong>BOOKING REQUIRED</strong></td>
<td><strong>BOOGIE MITES: Getting ready for nursery 10am to 11:30am</strong> <strong>Crèche Available</strong> <strong>BOOKING REQUIRED</strong></td>
<td><strong>DAD’S IN CHARGE</strong> 10am to 12noon Jan: 4th Feb: 1st Mar: 1st</td>
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<td>9:30am to 11am</td>
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<td>8:30am to 11:30am</td>
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<td>Feb: 3rd, 10th, 24th</td>
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<td>Feb: 28th</td>
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<td>Mar: 7th, 14th, 21st, 28th</td>
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<td><strong>Crèche Available</strong> <strong>BOOKING REQUIRED</strong></td>
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<td><strong>Crèche Available</strong> <strong>BOOKING REQUIRED</strong></td>
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<tr>
<td><strong>TOY LIBRARY</strong> 10am to 11:30am</td>
<td><strong>TIDEMILL SCHOOL: COOKING MADE EASY</strong> 8:30am to 11:30am Feb: 25th Mar: 4th, 11th, 18th, 25th <strong>BOOKING REQUIRED</strong></td>
<td><strong>DEPTFORD PARK SEN GROUP</strong> Starts 21st Jan 10am to 12noon</td>
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<td>10am to 11:30am</td>
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<td>Mar: 3rd, 10th, 17th, 24th</td>
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<td><strong>Ages 0 to 5yrs</strong></td>
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<td><strong>ADVICE AND SUPPORT: DROP-IN FOR PARENTS 10:30am to 11:30am</strong></td>
<td><strong>STAYTIME, PLAYTIME</strong> - Get Moving, Get Talking 1:30pm to 3pm Jan: 8th, 15th, 22rd, 29th Feb: 5th, 12th, 26th Mar: 5th, 12th, 19th, 26th <strong>Ages 0 to 5yrs</strong></td>
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<td><strong>WIGGLE AND JIGGLE</strong> 3.30pm to 4.30pm Term Time Only - Starts Jan 7th 0 to 5yrs**</td>
<td><strong>Soccertots</strong>: Every Thursday Term Time Only Starts 9th Jan Babies: 12noon to 12:30pm Crawlers: 12:40pm to 1:10pm Toddlers: 1:20pm to 2:05pm</td>
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<td><strong>3.30pm to 4.30pm</strong></td>
<td><strong>20th March</strong></td>
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<td>Term Time Only - Starts Jan 7th 0 to 5yrs</td>
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For more info or to book a place, please call 020 8691 1064

EVELYN CHILDREN’S CENTRE: 231 Grove Street, Deptford, SE8 3PZ
DEPTFORD PARK GENERATION PLAY CLUB: The Pavillion, Deptford Park, Scawen Road, SE8 3PZ

Please phone us for help, support and a chat about any of the following: Welfare benefits, helping your child start nursery, new mums and new babies, domestic violence services, drug and alcohol issues.
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<tr>
<td><strong>BOOGIE MITES: Getting ready for Nursery</strong>&lt;br&gt;10am to 11:30am&lt;br&gt;Jan: 6th, 13th, 20th, 27th&lt;br&gt;Feb: 3rd, 10th&lt;br&gt;Ages 2 to 4yrs&lt;br&gt;Hatcham Oak</td>
<td><strong>DAD AND ME</strong>&lt;br&gt;9:30am to 11:30am&lt;br&gt;Hatcham Oak</td>
<td><strong>PRACTICAL INTRODUCTION TO SOLID FOODS</strong>&lt;br&gt;10:30am to 11:45am&lt;br&gt;Jan: 8th, 15th, 22nd 29th&lt;br&gt;Ages 4 to 12mths&lt;br&gt;BOOKING REQUIRED&lt;br&gt;Hatcham Oak</td>
<td><strong>CHILDMINDERS</strong>&lt;br&gt;9:30am to 11:30am&lt;br&gt;Hatcham Oak</td>
<td><strong>STAYTIME, PLAYTIME – Get Moving, Get Talking</strong>&lt;br&gt;9:30am to 11am&lt;br&gt;Jan: 17th, 24th, 31st&lt;br&gt;Feb: 7th, 14th, 28th&lt;br&gt;Mar: 7th, 14th, 21st, 28th&lt;br&gt;Ages 0 to 5yrs&lt;br&gt;Hatcham Oak</td>
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<td><strong>HOOLA HOOPING – 1pm to 2pm</strong>&lt;br&gt;Jan: 6th, 13th, 20th, 27th&lt;br&gt;Feb: 3rd, 10th&lt;br&gt;Ages 2 to 4yrs&lt;br&gt;Hatcham Oak</td>
<td><strong>NCT POST NATAL DROP IN</strong>&lt;br&gt;1pm to 3:30pm&lt;br&gt;Honor Oak Old Depot</td>
<td><strong>FIRST AID</strong>&lt;br&gt;9:30am to 3pm&lt;br&gt;5th February&lt;br&gt;Crèche available&lt;br&gt;BOOKING REQUIRED&lt;br&gt;Hatcham Oak</td>
<td><strong>TURNHAM SCHOOL: COOKING MADE EASY</strong>&lt;br&gt;9:30am to 11:30am&lt;br&gt;Jan: 16th, 23rd, 30th&lt;br&gt;Feb: 6th&lt;br&gt;Hatcham Oak</td>
<td><strong>TOY LIBRARY</strong>&lt;br&gt;10am to 12noon&lt;br&gt;Jan: 17th, 24th, 31st&lt;br&gt;Feb: 7th, 14th, 28th&lt;br&gt;Mar: 7th, 14th, 21st, 28th&lt;br&gt;Ages 0 to 5yrs&lt;br&gt;Hatcham Oak</td>
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<td><strong>PLAYTIME, STAYTIME – Get Moving, Get Talking</strong>&lt;br&gt;9:30am to 11am&lt;br&gt;Jan: 8th, 15th, 22nd, 29th&lt;br&gt;Feb: 5th, 12th, 26th&lt;br&gt;Mar: 5th, 12th, 19th, 26th&lt;br&gt;Ages 0 to 5yrs&lt;br&gt;Hatcham Oak</td>
<td><strong>DEVELOPMENTAL ASSESSMENTS</strong>&lt;br&gt;10am to 12pm&lt;br&gt;Jan: 8th, 15th, 22nd, 29th&lt;br&gt;Feb: 5th, 12th, 26th&lt;br&gt;Mar: 5th, 12th, 19th, 26th&lt;br&gt;Honor Oak Old Depot</td>
<td><strong>DEVELOPMENTAL ASSESSMENTS</strong>&lt;br&gt;10am to 12pm&lt;br&gt;Jan: 8th, 15th, 22nd, 29th&lt;br&gt;Feb: 5th, 12th, 26th&lt;br&gt;Mar: 5th, 12th, 19th, 26th&lt;br&gt;Honor Oak Old Depot</td>
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<td><strong>WIGGLE AND JIGGLE</strong>&lt;br&gt;10am to 11am&lt;br&gt;Term Time Only – Starts 10th Jan&lt;br&gt;Ages 0 to 5yrs&lt;br&gt;Hatcham Oak</td>
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<td><strong>SOCCERTOTS:</strong>&lt;br&gt;Every Weds&lt;br&gt;Term Time Only – Starts 8th Jan&lt;br&gt;Babies: 12noon to 12:30pm&lt;br&gt;Crawlers: 12:35pm to 1:05pm&lt;br&gt;Toddlers: 1:20pm to 2:05pm&lt;br&gt;Hatcham Oak</td>
<td><strong>STAYTIME, PLAYTIME – Get Moving, Get Talking</strong>&lt;br&gt;9:30am to 11am&lt;br&gt;Jan: 17th, 24th, 31st&lt;br&gt;Feb: 7th, 14th, 28th&lt;br&gt;Mar: 7th, 14th, 21st, 28th&lt;br&gt;Ages 0 to 5yrs&lt;br&gt;Hatcham Oak</td>
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**HATCHAM OAK CHILDREN’S CENTRE:** 29 Wallbutton Road, Brockley, SE4 2NX<br>**HONOR OAK OLD DEPOT:** St Norbert Road, SE4 2HL

**For more info or to book a place, please call 020 8691 1064**

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| FIRST AID  
9:30am to 3pm  
3rd February  
Crèche available  
BOOKING REQUIRED  
Ladywell | STAYTIME, PLAYTIME - Get Moving, Get Talking  
9:30am to 11am  
Jan: 7th, 14th, 21st, 28th  
Feb: 4th, 11th, 25th  
Mar: 4th, 11th, 18th, 25th  
Ages 0 to 5yrs  
Ladywell | TREASURE BASKETS  
(walkers 12mths to 18mths)  
9:30am to 11am  
Ladywell | STAYTIME, PLAYTIME - Softplay, Singing and Sensory  
9:30am to 11am  
Jan: 16th, 23rd, 30th  
Feb: 6th, 13th, 27th  
Mar: 6th, 13th, 20th, 27th  
Ages 0 to 5yrs  
BOOKING REQUIRED  
Ladywell | ESOL  
9:30am to 11:30am  
Jan: 10th, 17th, 24th, 31st  
Feb: 7th, 14th, 28th  
Mar: 7th, 14th, 21st, 28th  
Crèche available  
BOOKING REQUIRED  
Ladywell |
| BOOGIE MITES: Getting ready for Nursery  
1pm to 2:30pm  
Jan: 6th, 13th, 20th, 27th  
Feb: 3rd, 10th  
Ages 2 to 4yrs  
Ladywell | POST NATAL DROP-IN  
10am to 12noon  
Every Tues –  
Starts 7th Jan  
(Hawstead Road HV Team)  
St Swithun’s | TREASURE BASKETS  
(non walkers 0 to 12mths)  
11:30 to 1pm  
Jan: 8th, 15th, 22nd, 29th  
Feb: 5th, 12th, 26th  
Mar: 5th, 12th, 19th, 26th  
Ladywell | STAYTIME, PLAYTIME - Get Moving, Get Talking  
9:30am to 11am  
Jan: 8th, 15th, 22nd, 29th  
Feb: 5th, 12th, 26th  
Mar: 5th, 12th, 19th, 26th  
Ladywell | WIGGLE AND JIGGLE  
1pm to 2pm  
Term Time Only -  
Starts Jan 9th  
0 to 5yrs  
Ladywell |
| STAYTIME, PLAYTIME - Softplay, Singing and Sensory  
1pm to 2:30pm  
Jan: 7th,14th, 21st, 28th  
Feb: 4th, 11th, 25th  
Mar: 4th, 11th, 18th, 25th  
Ages 0 to 5yrs  
St Swithun’s | ESOL  
1pm to 3pm  
Jan: 7th, 14th, 21st, 28th  
Feb: 4th, 11th, 25th  
Mar: 4th, 11th, 18th, 25th  
Crèche available  
BOOKING REQUIRED  
Ladywell | STAYTIME, PLAYTIME – Softplay, Singing and Sensory  
9:30am to 11am  
Jan: 16th, 23rd, 30th  
Feb: 6th, 13th, 27th  
Mar: 6th, 13th, 20th, 27th  
Ages 0 to 5yrs  
BOOKING REQUIRED  
Ladywell | STAYTIME, PLAYTIME – Softplay, Singing and Sensory  
9:30am to 11am  
Jan: 16th, 23rd, 30th  
Feb: 6th, 13th, 27th  
Mar: 6th, 13th, 20th, 27th  
Ages 0 to 5yrs  
BOOKING REQUIRED  
Ladywell | FREE FAMILY SUPPORT SERVICE  
For more info or to book a place, please call 020 8691 1064 |
| STAYTIME, PLAYTIME – Get Moving, Get Talking  
1pm to 2:30pm  
Jan: 6th, 13th, 20th, 27th  
Feb: 3rd, 10th, 24th  
Mar: 3rd, 10th, 17th, 24th  
Ages 0 to 5yrs  
St Swithun’s | STAYTIME, PLAYTIME – Softplay, Singing and Sensory  
9:30am to 11am  
Jan: 16th, 23rd, 30th  
Feb: 6th, 13th, 27th  
Mar: 6th, 13th, 20th, 27th  
Ages 0 to 5yrs  
BOOKING REQUIRED  
Ladywell | HOOLA HOOPING 1pm to 2pm  
Feb: 26th  
Mar: 5th, 12th, 19th, 26th  
St Swithun’s | ESOL  
9:30am to 11:30am  
Jan: 10th, 17th, 24th, 31st  
Feb: 7th, 14th, 28th  
Mar: 7th, 14th, 21st, 28th  
Crèche available  
BOOKING REQUIRED  
Ladywell |
| TREASURE BASKETS  
(walkers 12mths to 18mths)  
9:30am to 11am  
Ladywell | HOOLA HOOPING 1pm to 2pm  
Feb: 26th  
Mar: 5th, 12th, 19th, 26th  
St Swithun’s | ADVICE AND SUPPORT: DROP-IN FOR PARENTS  
10:30am to 11:30am  
(during stay and play)  
Ladywell | STAYTIME, PLAYTIME – Get Moving, Get Talking  
9:30am to 11am  
Jan: 7th, 14th, 21st, 28th  
Feb: 4th, 11th, 25th  
Mar: 4th, 11th, 18th, 25th  
Ages 0 to 5yrs  
St Swithun’s | STAYTIME, PLAYTIME – Softplay, Singing and Sensory  
9:30am to 11am  
Jan: 16th, 23rd, 30th  
Feb: 6th, 13th, 27th  
Mar: 6th, 13th, 20th, 27th  
Ages 0 to 5yrs  
BOOKING REQUIRED  
Ladywell |
| STAYTIME, PLAYTIME – Softplay, Singing and Sensory  
9:30am to 11am  
Jan: 7th, 14th, 21st, 28th  
Feb: 4th, 11th, 25th  
Mar: 4th, 11th, 18th, 25th  
Crèche available  
BOOKING REQUIRED  
Ladywell | PRACTICAL INTRODUCTION TO SOLID FOODS  
10:30am to 11:45am  
Feb: 24th,  
Mar: 3rd, 10th, 19th  
Ages 4 to 12mths  
BOOKING REQUIRED  
Ladywell | STAYTIME, PLAYTIME – Softplay, Singing and Sensory  
9:30am to 11am  
Jan: 16th, 23rd, 30th  
Feb: 6th, 13th, 27th  
Mar: 6th, 13th, 20th, 27th  
Ages 0 to 5yrs  
BOOKING REQUIRED  
Ladywell | ESOL  
9:30am to 11:30am  
Jan: 10th, 17th, 24th, 31st  
Feb: 7th, 14th, 28th  
Mar: 7th, 14th, 21st, 28th  
Crèche available  
BOOKING REQUIRED  
Ladywell |
| LADYWELL CHILDREN’S CENTRE: 30 Rushey Mead, Brockley, SE4 1JJ  
ST SWITHUN’S CHILDREN’S CENTRE: St Swithun’s Road, Lewisham, SE13 6RW | ESOL  
9:30am to 11:30am  
Jan: 10th, 17th, 24th, 31st  
Feb: 7th, 14th, 28th  
Mar: 7th, 14th, 21st, 28th  
Crèche available  
BOOKING REQUIRED  
Ladywell | FREE FAMILY SUPPORT SERVICE  
For more info or to book a place, please call 020 8691 1064 |
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**For more info or to book a place, please call 020 8691 1064**

**Free family support service**

**Please phone us for help, support and a chat about any of the following:**
Welfare benefits, helping your child start nursery, new mums and new babies, domestic violence services, drug and alcohol issues.
### Activity Descriptions

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<td><strong>Active Boost</strong></td>
<td>Simple exercise and healthy eating advice to help you stay fit.</td>
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<td><strong>Boogie Mites</strong></td>
<td>Support for parents preparing children for nursery. Storytelling and action songs with music for children to develop their independence.</td>
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<td><strong>Breastfeeding Support Group</strong></td>
<td>Meet and chat with other mums, an opportunity for support, advice and developing friendships.</td>
</tr>
<tr>
<td><strong>Introduction to Solid Foods</strong></td>
<td>Practical advice and support about starting your baby on solids.</td>
</tr>
<tr>
<td><strong>Little Feet</strong></td>
<td>Dance and movement group for parents and carers with under 5s.</td>
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<tr>
<td><strong>Counselling Service</strong></td>
<td>Support service for families using children’s centre services.</td>
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<tr>
<td><strong>SEN Group</strong></td>
<td>For anyone caring for children with additional needs, a time for support and chat.</td>
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<tr>
<td><strong>ESOL Play and Stay (assessment required)</strong></td>
<td>Play and stay with an English lesson for the main carer.</td>
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<tr>
<td><strong>Soccertots</strong></td>
<td>Fun ways to encourage movement, balance and co-ordination.</td>
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<tr>
<td><strong>Staytime, Playtime</strong></td>
<td>A group for parents and carers with children 0-5. Fun activities, music and story telling.</td>
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<tr>
<td><strong>Toy Library</strong></td>
<td>Use and borrow toys for your child to enjoy at home.</td>
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<tr>
<td><strong>Treasure Baskets</strong></td>
<td>An opportunity for the under 2s to explore and play.</td>
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<td><strong>Freedom Programme</strong></td>
<td>Referral only support group.</td>
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<td><strong>Get Crafty</strong></td>
<td>A time for children and parents to use a variety of arts and materials to develop their senses.</td>
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<tr>
<td><strong>Hoola Hooping</strong></td>
<td>Fun exercising for parents and children.</td>
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<tr>
<td><strong>Under 1s PEEP</strong></td>
<td>Supporting and developing the needs of under 1s – an opportunity to chat about the first year of life with your baby.</td>
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<tr>
<td><strong>Wiggle and Jiggle</strong></td>
<td>Lively music, rhythm and movement session for 0 to 5s.</td>
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<td><strong>Zumba Kids and Carers</strong></td>
<td>Stay fit, healthy and improve rhythm and coordination.</td>
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<td><strong>Cooking Made Easy</strong></td>
<td>Learn how to make nutritious meals and snacks.</td>
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<td><strong>First Aid</strong></td>
<td>First aid course, the parents or carer attending must be using children’s centre services.</td>
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<td><strong>Dad’s in Charge</strong></td>
<td>A time for dads and their children to discover new ideas for playing and supporting their children.</td>
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<td><strong>Dad and Me</strong></td>
<td>A session for dads and their children to play and learn together.</td>
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