




## Hamstel Children and Family Centre - Summer 2015 Timetable

MONDAY 27 JULY	TUESDAY 28 JULY	WEDNESDAY 29 JULY	THURSDAY 30 JULY	FRIDAY 31 JULY
<b>LITTLE EXPLORERS</b> (ages 1 – 2 years) 1.30pm – 3.00pm	<b>LEGO</b> (ages 5 years +) 10.30am – 12.00noon <b>CHILD HEALTH CLINIC</b> 1.00pm – 3.00pm	<b>FIRST STEPS / COOKING DEMO</b> (ages 0 – 1 years) 10.30am – 12.00noon	<b>ACTIVE MUMS</b> 11.00am – 12.00noon <b>PLAY SESSION</b> (ages under 5 years) 1.30pm – 3.00pm	
MONDAY 3 AUGUST	TUESDAY 4 AUGUST	WEDNESDAY 5 AUGUST	THURSDAY 6 AUGUST	FRIDAY 7 AUGUST
<b>LITTLE EXPLORERS</b> (ages 1 – 2 years) 1.30pm – 3.00pm	<b>BABY MASSAGE</b> 10.30am – 11.30am <b>CHILD HEALTH CLINIC</b> 1.00pm – 3.00pm	<b>FIRST STEPS</b> (ages 0 – 1 years) 10.30am – 12.00noon	<b>ACTIVE MUMS</b> 11.00am – 12.00noon <b>ARTS AND CRAFTS</b> (ages 2 years +) 1.30pm – 3.00pm	<b>BABY LED WEANING</b> 10.30am – 12.00noon
MONDAY 10 AUGUST	TUESDAY 11 AUGUST	WEDNESDAY 12 AUGUST	THURSDAY 13 AUGUST	FRIDAY 14 AUGUST
<b>LITTLE EXPLORERS</b> (ages 1 – 2 years) 1.30pm – 3.00pm	<b>BABY MASSAGE</b> 10.30am – 11.30am <b>CHILD HEALTH CLINIC</b> 1.00pm – 3.00pm	<b>FIRST STEPS / COOKING DEMO</b> (ages 0 – 1 years) 10.30am – 12.00noon	<b>ACTIVE MUMS</b> 11.00am – 12.00noon <b>LEGO</b> (ages 5 years +) 1.30pm – 3.00pm	<b>FAMILY FUN COOKING</b> (ages 3 years +) (£3.00) 10.30am – 12.00noon 1.30pm – 3.00pm
MONDAY 17 AUGUST	TUESDAY 18 AUGUST	WEDNESDAY 19 AUGUST	THURSDAY 20 AUGUST	FRIDAY 21 AUGUST
<b>LITTLE EXPLORERS</b> (ages 1 – 2 years) 1.30pm – 3.00pm	<b>BABY MASSAGE</b> 10.30am – 11.30am <b>CHILD HEALTH CLINIC</b> 1.00pm – 3.00pm	<b>FIRST STEPS</b> (ages 0 – 1 years) 10.30am – 12.00noon <b>LEGO</b> (ages 5 years +) 1.30pm – 3.00pm	<b>ACTIVE MUMS</b> 11.00am – 12.00noon <b>LITTLE EXPLORERS BEACH PICNIC</b> (ages 1 – 2 years) 11.30am – 1.30pm	<b>MESSY PLAY</b> (ages under 3 years) 10.30am – 12.00noon
MONDAY 24 AUGUST	TUESDAY 25 AUGUST	WEDNESDAY 26 AUGUST	THURSDAY 27 AUGUST	FRIDAY 28 AUGUST
<b>LITTLE EXPLORERS</b> (ages 1 – 2 years) 1.30pm – 3.00pm	<b>BABY MASSAGE</b> 10.30am – 11.30am <b>CHILD HEALTH CLINIC</b> 1.00pm – 3.00pm	<b>FIRST STEPS</b> (ages 0 – 1 years) 10.30am – 12.00noon <b>PLAY SESSION</b> (ages under 5 years) 1.30pm – 3.00pm	<b>ACTIVE MUMS</b> 11.00am – 12.00noon <b>FIRST STEPS PICNIC IN THE PARK</b> (ages 0 – 1 years) Meet in Southchurch Park at 11.30am by the Café	<b>FAMILY FUN COOKING</b> (ages 3 years +) (£3.00) 10.30am – 12.00noon 1.30pm – 3.00pm

ALL SESSIONS £2 PER CHILD UNLESS OTHERWISE STATED

(If you have concerns with the cost of a session, please speak with a member of staff)

BOOKING AND PAYMENT IN ADVANCE IS **ESSENTIAL** TO SECURE A PLACE ON ANY OF OUR ACTIVITIES  
TO BOOK A PLACE, ☎ 01702 616454 OR POP INTO THE CENTRE AND SPEAK TO A MEMBER OF THE TEAM

