

## Hamstel Children and Family Centre Programme

MONDAY			
8.30am – 4.30pm 10.30am – 12.00noon 10.00am – 12.00noon 1.00pm – 2.30pm 2.00pm – 3.30pm	Midwifery Clinic Milky Mondays DELTA * Little Explorers (under 1s) Little Explorers (over 1s)	Speak to your Midwife to arrange an appointment Feeding Support Group Early Parenting Programme Fun and Sensory Play Fun and Sensory Play	- Free Free £2.00 per session £2.00 per session
TUESDAY			
9.30am – 11.30am 1.00pm – 3.00pm	Paediatric First Aid Course * Baby Weigh and Stay	First aid course to learn basic skills Health Visitor on site to weigh baby & answer any questions	£30 per course Free
WEDNESDAY			
9.30am – 11.30am 9.30am – 11.30am 1.00pm – 2.30pm 1.30pm – 3.00pm 1.30pm – 3.00pm 1.30pm – 3.00pm 3.15pm – 4.30pm	Positive Parenting 0-6 * Let's Talk with the Under 5s * MEND 2-4 * Baby Weaning * Keeping Safe * HENRY * After School Club	Informal group to share helpful tips Speech and Language Development Healthy Eating and Family Nutrition for 2-4s Introduction to weaning your baby 5 week course on teaching children the importance of Keeping Safe inside & outside Healthy Eating and Family Nutrition for 0 – 2's After school club includes fun, games and a homework corner	£2.00 per week £2.00 per week Free £3.00 per session £2.00 per week Free £2.00 per family
THURSDAY			
10.30am – 12.00noon 1.30pm – 3.00pm	Active Mums Learn and Play	Ante / Post natal exercise class A fun, learning experience (age 2-5 year olds)	£2.00 per session £2.00 per session
FRIDAY			
10.00am – 11.00am/11.30am – 12.30pm 10.00am – 11.00am/11.30am – 12.30pm 1.30pm – 3.00pm (call for dates) 1.30pm – 3.00pm (call for dates)	Baby Yoga/Rhythm Kids * Baby Massage * Rising Fives Two for Joy	A fun way to enjoy gentle exercise with your baby A chance to relax and bond with your baby Play session to develop skills ready for starting school For parents with twins or more to share experiences	£15.00 per course £17.00 per course £2.00 per session £2.00 per session

For further information or to book onto a course, please call the Children's Centre or email [lynne.flaxman@sept.nhs.uk](mailto:lynne.flaxman@sept.nhs.uk) or [susan.ross@sept.nhs.uk](mailto:susan.ross@sept.nhs.uk) (\* course run on a rotational basis / call for dates )

( Please note: All prices are suggested donations only )