



# The Poplars Sure Start Children's Centre

## April - July 2018



**Monday**

**9.15am-11.15am**

**Childminders & Home based carers group**

We ask for a small donation of 50p per family for sessions held at our Centre.



You don't need to book - just turn up!

**Tuesday**

**10am - 11.30am Rhyme Time**

An opportunity for children to enjoy songs and rhymes for 30 minutes, followed by a healthy snack, free play & craft

**Baby Rhyme Time**

**1-2pm**

Songs and rhymes for Mums/dads/carers And their babies from Newborn to walking

**Parenting Puzzle**

**8<sup>th</sup> May - 17<sup>th</sup> July 7-9pm £20**

A 10 week course offering positive, practical ways to get the best out of family life

**Wednesday**

**New Haw New Mums**

**6<sup>th</sup> June - 27<sup>th</sup> June**

**10am - 12pm FREE**

A 4 week postnatal course providing new parents with information and the opportunity to meet other parents

**Baby Massage**

**4<sup>th</sup> July - 1<sup>st</sup> August**

**10.30am-12pm £35**

A 5 week course teaching you how to massage your baby. With a hot drink & home made cake!

**Paediatric First Aid**

**3<sup>rd</sup> October 10am - 12pm £20**

**Saturday Play**

**1<sup>st</sup> Saturday of every month**

**10.30am - 12pm**

**Thursday**

**10am - 11.30am**

**Play & Learn**

Children aged 0-5 can enjoy various activities, including arts and crafts, a home corner and a large selection of toys. We offer a healthy snack and finish with singing.

**Eat Well Spend**

**Less**

**10<sup>th</sup> May - 21<sup>st</sup> June**

**12.15pm - 2.45pm**

A 6 week course to show ways of saving money and cooking healthy meals from scratch

**Friday**

**Health Visitor**

By appointment only  
Developmental checks  
These appointments are issued by the Health Visitor directly to the family.

We stock Healthy Start children's vitamin drops (£2) and women's vitamin tablets



We are also open for Information & Advice on: Tuesdays, Wednesdays & Thursday 9am-3pm

The Poplars Children's Centre, Queen Mary's Drive, New Haw. KT15 3TT.

Tel: 01932 350605

admin.poplarscc@grange.surrey.sch.uk

[www.thepoplarscc.co.uk](http://www.thepoplarscc.co.uk)



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