



# The Poplars Sure Start Children's Centre

## September – December 2018



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

### Monday

9.15am-11.15am

**Childminders & Home based carers group**

The last Monday of the Month

**P2P Support Group**  
12.45 - 2.45pm

A peer to peer support group for parents/carers of children with ASD, ADHD and neurospecific conditions.

**New**

### 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

Mini Mess Around

1-2pm

A group especially for very young babies to walking.

The session will include a Rhymetime, messy play and movement week.

**New**

### Wednesday

Please call or email to book a place on the courses below

New Haw New Mums

7<sup>th</sup> November - 28<sup>th</sup> November  
12.30pm - 2.30pm FREE

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

**New**

New Haw New Bumps!

12<sup>th</sup> December 1.30pm - 2.30pm

A 1 hour session to help you prepare for your baby and to meet other expecting parents in your area.

Baby Massage

9<sup>th</sup> January - 6<sup>th</sup> February 2019  
10.30am-12pm £35

A 5 week course teaching you how to massage your baby.

With a hot drink & homemade cake!

### 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

Parenting Puzzle

Time and Date TBC

A 10 week course offering positive, practical ways to get the best out of family life, please speak to staff for more information.

### Friday

Health Visitor

By appointment only  
Developmental check 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 (£1)

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

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



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



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