



The Poplars Sure Start Children's Centre

January – April 2019

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



Please call or email to book a place on any of the Wednesday courses

Monday

9.15am-11.15am

Childminders & Home based carers group

New

P2P Support Group
12.45 - 2.45pm
The last Monday of the Month
A peer support group for parents/carers of children with ASD, ADHD and neurospecific conditions.

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

New

Mini Mess Around
1-2pm

A session especially for very young babies to walking.
The session will include a Rhymetime, messy play and movement week.

Wednesday

10.30am-11.30am
SPLAT MESSY PLAY

Bookable via Charlie on her SPLAT messy play Facebook page
For more information 07730 601943
£7 per session, £36 per 6 week term

Baby Massage

9th January - 6th February 2019
12.30pm-2pm £35

A 5 week course teaching you to massage your baby, reduce colic & increases relaxation.
With a hot drink & homemade cake!

New Haw New Bumps
13th February

12.30pm-1.30pm FREE

A one off antenatal session to help you to prepare for baby's arrival

New Haw New Mums

6th March - 27th March
12.30pm - 2.30pm FREE

A 4 week postnatal course which gives new parents information, the opportunity to meet other parents & try out different activities with their new baby

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

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!

We stock Healthy Start children's vitamin drops (£2) and women's vitamin tablets (£1)



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



Like our facebook page 'The Poplars Children's Centre'

