



The Poplars Sure Start Children's Centre

September – December 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

Time and Date TBC

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

Wednesday

Please call or email to book a place

Paediatric First Aid

3rd October 10am - 12pm £20

A 2 hour course covering a range of emergency situations to give you the confidence to help when needed.

New Haw New Mums

7th November - 28th November

10am - 12pm FREE

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

Baby Massage

9th January - 6th February 2019

10.30am-12pm £35

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

With a hot drink & home made 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.

Friday

Health Visitor

By appointment only

Developmental checks

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 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

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