<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>9.00 - 10.30am Toddler Rollabout  (For up to 3 years old)</td>
<td>9.30 - 11.45 Grow Together - Invitation Only  (Starts 14th January &amp; Term Time Only)</td>
<td>9 - 11am Stay &amp; Play with Story or Sing-along</td>
<td>9.30 - 11.15am Feeding Friends  Breastfeeding Support Group</td>
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<td>12 - 1.15pm Post Natal Course  4 week course starting  3rd February. Bookings only</td>
<td>10 - 11.30am Fairview Frogs &amp; Tadpoles @ Fairview School  Term Time Only - Fee Payable</td>
<td>1.30 - 2.30pm Sensory Sensation (Messy Play)  Please bring a towel with you.</td>
<td>11 - 11.30am Bounce &amp; Rhyme @ Wigmore Library</td>
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<tr>
<td>1.30 - 2.45pm Bumps &amp; Under 1's Group</td>
<td>2.15 - 2.45pm Bounce &amp; Rhyme @ Hempstead Library</td>
<td>2.30 - 3.15pm Toddler Shake &amp; Boogie @ Wigmore Library  Please ring 01634 337799 to book.</td>
<td>1 - 2.30pm Caring &amp; Sharing  Support Group for children with additional needs and their families.</td>
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THURSDAY

| 9.30 - 11am Sticky Fingers - Cooking Group.  16th January - 5 weeks  Please ring to book a place. | 12.45 - 2.45pm Understanding Your Child - Venue to be confirmed  10 Week Parenting Course  Starting 11th March - Booking Essential. | MIDWIFE BOOKED APPOINTMENTS  Every Tuesday - Wednesday |
| 10 - 11am Trendy Totz - Music Activity Group  Starts 20th February 2014  Fee Payable £1 per family. | 1 - 2.30pm Baby Massage - Please ring the centre for dates and to book a place. |
| 10 - 12pm Healthy Child Clinic @ Parkwood Health Centre.  Health Visitor Appts only  No self weigh in available. | 6.30 - 7.30pm Zumba Fitness Class - Fee Payable. |
| 12.30 - 3pm 2½ Year Development Checks  Invitation Only | Baby Weigh In  
**Monday**  9 - 3.30pm  
**Thursday**  9 - 12pm  
**Friday**  9 - 3pm  
Except 21st February |
| 1 - 3pm Infant Led Feeding - Invitation Only | Training Opportunities  
Please call the centre for full information.  
- 1st Aid Course  13th March 6.30 -9.30pm, Adults Only Course  Please ring to book - Cost £5 per person  
- Volunteer Training  19th March - 3rd April  
- Children and Young Person Workforce (Childcare Qualification) |

FREE AIR CONDITIONED SENSORY ROOM EXPERIENCE

Available to book  Monday to Friday  
Maximum 4 people

Want to stop Smoking?  
support is available just ask a member of staff at the centre.

MIDWIFE BOOKED APPOINTMENTS  Every Tuesday - Wednesday

| Training Opportunities  
Please call the centre for full information.  
- 1st Aid Course  13th March 6.30 -9.30pm, Adults Only Course  Please ring to book - Cost £5 per person  
- Volunteer Training  19th March - 3rd April  
- Children and Young Person Workforce (Childcare Qualification) |

Your Centre / Your Voice.  (Help us develop the centre for the whole community)  
Join us at our  
Parent Forum Meetings  
held every 6 weeks.  
Advisory Board Meeting  
11.02.14

Key:  
Sessions in Black are held at Deanwood Children’s Centre  
Sessions in Blue are held at venues within the community.  
All sessions (unless otherwise stated) are for families with children under 5 years.  
Please contact the centre for more information.
Deanwood is your local Children’s Centre. Our aim is to provide a caring and welcoming atmosphere for children and to offer support to their families.

**OPENING HOURS**
- Monday—Thursday 8.15am - 4.15pm
- Fridays 8.15am—3.45pm

**WHAT HAPPENS IN OUR SESSIONS**

**Toddler Rollabout** - Let's get mobile.
Time for toddlers to mix with their peers in an informal play session. Helps develop confidence, social skills and an opportunity to play together as a family.

**Training Opportunities** - are available.
So if you fancy brushing up your skills or learning something new why not check out what's available.

**Caring & Sharing**
A weekly support group for families with children who with additional needs.
- A time to:
  - Share experiences and knowledge and find out about available services and support.
  - Discuss the issues faced by their child & to support their child’s development
  - Use our Sensory Room.

**Smoking Cessation** - New Years Resolutions?
Would you like individual support to help you stop? Just give us a call for more information and to book an initial consultation.

Don't forget you can collect your adults & children's vitamins from the centre. Just bring along your voucher.

We can offer additional support through our partner agencies, which include:

- Deanwood Ducklings Pre School 01634 239531
- Health Services
- Hempstead Pavilion Playgroup 07543 582592
- 01634 337600
- Hempstead Village Hall Playgroup 01634 376146
- Benefits Advice & Job Centre
- Fairview Fledglings Day Nursery 01634 388103
- 0800 882200
- Hempstead Day Nursery 01634 261156
- Family Information Service
- Deanwood Primary School 01634 231901
- 01634 335566
- Abbey Court Primary School 01634 338220
- Library Services
- Fairview Primary School 01634 338710
- 01634 235576/01634 361544
- Hempstead Infant School 01634 365969
- Homestart
- St Augustine’s Of Canterbury 01634 371892
- 01634 570717

Volunteering?

Do you have some spare time? Want evident to support Job Applications?
Would you be interested in helping out at your local Children’s Centre?

At Deanwood we are always happy to welcome volunteers to our sessions and to our Parent Forum and Advisory Board.

Interested? For more information give us a call on 01634 231901 or speak to a member of staff next time you are here.

**TIMETABLE 8TH JANUARY - 4TH APRIL**

Deanwood Primary School & Children’s Centre,
Long Catlis Road, Parkwood, Rainham, KENT. ME8 9TX

E-Mail: childrenscentre@deanwood.medway.sch.uk
Website: www.deanwood.medway.sch.uk
http://facebook.com/deanwoodsurestart

01634 231901

Health Services

Volunteering?

Do you have some spare time? Want evident to support Job Applications?

Would you be interested in helping out at your local Children’s Centre?

At Deanwood we are always happy to welcome volunteers to our sessions and to our Parent Forum and Advisory Board.

Interested? For more information give us a call on 01634 231901 or speak to a member of staff next time you are here.

**HEALTHY EATING POLICY**

Water & a Healthy Snack will continue to be available at all our sessions.