

	Woodlands Children's Centre	Snodland Youth and Children's Centre	Burham Children's Centre	Little Foxes Children's Centre	South Tonbridge Children's Centre and Tonbridge Youth Hub	Other Venues	Upcoming Courses Booking Required*
Monday	Well Baby Clinic 9:30-11:30 Breastfeeding Drop-in 10:00-11:30 Baby Time 10:00-11:30 Development Reviews* 13:00-16:30 Mini Mayhem (ending 26/3/18) 13:15-14:00	Baby Massage* 9:30-10:30 & 10:45-11:45 Stay and Play 13:00-14:30 4 o'clock club* Invite only	CLOSED	Well Baby Clinic 9:30-11:20 Breastfeeding Drop-in 09:30 -11:30 Development Reviews* 12:30-15:30*	Stay and Play 10:00-11:30 Young Parents Group 12:45-14:45 Youth Club 11-19 years 18:30-20:30 One Life programme 15:30 - 16:30		FAMILY FIRST AID (Parents only, free crèche for children) Monday's 8/1/18-22/1/18 12:45-14:45 South Tonbridge Children's Centre Course Full Wednesday's 17/1/18-31/1/18 9:30-11:30 Snodland Youth and Children's Centre Limited Spaces remaining HAPPY FAMILIES (Parents only, free crèche for children) Wednesday's 21/2/18 - 28/3/18 9:30-12:00 Little Foxes Children's Centre
Tuesday	Childminders Support Group 9:45-11:15 (Term Time Only)	Baby Hub 9:30-11:30	Well Baby Clinic 13:00-15:00 (3rd Tuesday of the month only) Development Review's * 13:00-14:30	Sticky Fingers 9:15-10:30 Development Reviews* 13:00-16:00*	Junior Café 16:00-17:30 Boxing 17:30-18:30 5-8yrs (Term Time Only) Girls Group 11-19 years 18:30-20:30	Sticky Fingers 9:45-10:45 Borough Green Village Hall Active Tots (ending 27/3/18) 9:30-10:15 RBL Hall, Aylesford YMCA Hadlow Youth Session 18:30-20:30 11-19 years Hadlow Villlage Hall Car Park	PARENT AND CHILD FIRST AID (Parents/carers and their children aged 7-14 years) Wednesday 14th February 2018 9:30-14:30 Snodland Youth and Children's Centre Monday 9th April 2018 9:30-14:30 South Tonbridge Children's Centre FOOD IS FUN (Parents/Carers and their children aged 5-11 years) Monday 12th February 2018 9:30-12:00 South Tonbridge Children's Centre LEARNING THROUGH PLAY (Parents only, free crèche for children) February, dates and location to be confirmed CONFIDENT PARENT, CONFIDENT CHILD (Parents only, free crèche for children) February, dates and location to be confirmed
Wednes- day	Stay and Play 9:30-11:00 Young Parents Group 13:00-15:00 4 o'clock club* Invite only	Baby Time 13:00-14:00 YMCA Junior Youth Club 8-11 years 16:00-17:30 (Term Time Only) Youth Club 11-19 years 18:30-20:30	CLOSED	Stepping Stones 13:00-14:30 (invite only)	Development Reviews* 10.00-12.00* Baby Clinic 12:30-14:20 Breastfeeding Peer Support Group 11:00-12:00	Well Baby Clinic 13:00-15:00 (1st Wednesday of the month only) Borough Green Village Hall Active Tots (ending 28/3/18) 10:00-10:45 St George's Hall, Wrotham YMCA Junior Group 16:00-17:30 8-11 years 164 Shipbourne Road YMCA Youth Group 18:00 -20:00 11-19 years 164 Shipbourne Road	
Thurs- day	Mummy Matters Group* and Crèche 10:00-11:30* Stepping Stones 13:00-14:30 (Invite only) YMCA Junior Youth Club 8-11 years 16:00-17:30 (Term Time Only)		Baby Time 13:30-14:30	Childminders Support Group 9:30-11:15 Speech and Language Therapy* (Appointment only) 4 o'clock club* Invite only	Inflatable Fun 13:30-14:30 Development Reviews* 9.30-11.30* Boxing 17:30-18:30 8-19 (Term Time Only) Youth Club 18:30-20:30 11-19 years	Well Baby Clinic Kings Hill Community Centre 11:00-12:30 Active Tots (ending 29/3/18) 10:00-10:45 Hadlow HY Arts Centre Keep Kids Fit 10:00-11:00 Snodland Community Centre YMCA Youth Session 17:30-20:00 11-19 Look out for the V4C Bus YMCA Youth Group 17:30 –19:30 11-13 164 Shipbourne Road	
Friday	Baby Massage * 13:00-14:00 & 14.00-15.00	Young Parents Group 13:00-15:00	Stay and Play 10:00-11:30	Baby Massage* 9.30-10.30 & 10:30-11:30 Mini Mayhem (ending 23/3/18) 13:15-14:00	YOLO 12:00-16:00 Drop in Youth Café 14:30-16:00 SNAP Youth (SEN) 16:30-18:30 Unity 18+ 1st Friday of the month Stokers 18+ 19:00-21:00 11-18 years (by appointment)	Story Explorers 10:15-10:45 (alternate weeks 12/1, 26/1, 9/2, 23/2, 9/3, 23/3) Borough Green Library Active Tots 13:30-14:15 (ending 23/3/18) Kings Hill Discovery School	

Well Baby Clinic / Baby Hub Come and have your baby weighed, speak with a member of the Health Visiting team. **(Please note last entry is 10 minutes before the clinic ends)**

Breastfeeding Drop-in Peer supporters offer Mum-to-Mum support to breastfeeding mothers, pregnant women and their families in a relaxed, informal environment for general support and breastfeeding information.

Stay & Play 0-5 A play group for children aged years with many different toys and activities available throughout the session.

Young Parents Group Come and join us at our young parents support group for parents and parents to be who are under the age of 19 years: Free crèche provided.

Childminders Support Group A peer support group run for Childminders to come with their children and play in a safe and stimulating environment.

Mini Mayhem For Non Mobile Babies aged 0 to 12 months. Come and join us to learn and sing nursery rhymes, using actions with props, toys and musical instruments to enhance interactive play:

Baby Time For non-mobile babies: Come and let your baby explore and learn about their senses in a soft and relaxing environment.

Sticky Fingers 0-5 Messy play activities for example gluing and painting, flour or cereal: Providing a chance for children to explore their senses and to have lots of fun!

Active Tots walkers to 5 years A fun interactive physical development group with music and games.

Keep Kids Fit 0-5 mobile children. Physical play session to promote co-ordination, control and movement for

Inflatable Fun - mobile children up to 5 . come and have fun on our inflatables

Story Explorers 0-5 Listen to a story and bring it to life: Explore the resources and use the props to help explore the story further.

Boxing Fit 5-19 is a partnership programme with Olympia Boxing providing fitness boxing session for young people aged sessions currently based at Tonbridge.

Junior Youth Club 8 to 11 is for Young people the club offers a chance to learn new skills by trying fun and different activities.

Youth Club 11-19 (25 with additional needs) open to young people we provide a space to learn new skills by trying fun and different activities.

Girls group 11+ This is a session for girls only! We design our programme around the needs and want of the group.

YOLO 1:2:1 support available during the youth café session for CV writing and information and advice on education, training and employment.

One Life Targeted 6-8 week programme designed round the needs of young people open to early help.

Youth Café Open Access youth café, safe space to meet eat and chat with friends. Early help workers available to support young people with information and guidance

BOOKING REQUIRED

Stepping Stones A group dedicated for children who need support in developing their social and communication skills and/or are believed to be on the autistic spectrum: Learn play skills in a calm and safe environment: Referral only service via health visitors, Specialist Teaching Service or LIFT.

Mummy Matters A support group for run by West Kind Mind women who are finding life with children challenging in some way: Free crèche provided, booking required.

Development Reviews Appointments for 1 and 2 year checks made via your health visitor.

SALT Appointments for children who require Speech and Language support: Appointment only.

Baby Massage Class For non-mobile babies: Come on a short course to meet other new parents, learn baby massage for the five areas of the body: Among other things this can help with bonding and colic. Babies must be at least 6 weeks at the start of the course. Booking required.

SNAP is an Open Access Youth Club Youth Club youth project aimed at young people aged 13-25 with additional learning needs (SEND).

Unity 18+ Additional needs social support group. Space for young people to meet and make friends and arrange their own social diaries.

Family First Aid The emergency procedure and making an emergency call, recovery position, how to use the primary survey, how to recognise and treat choking, treat and monitor bleeding, minor bruising and burns, how to practise cardiopulmonary resuscitation (CPR).

Parent and Child First Aid one day session with both parents/carers and their children learning CPR, choking, emergency procedures, recovery position, how to treat bleeding and burns.

Happy Families Consider everything that goes into making a happy family home including healthy meals, exercise, coping with stress, communication and confidence.

Confident Parent, Confident Child Learn the different between passive and assertive and aggressive behaviour. Parents will learn how to become more assertive in order to build their children's confidence by learning the different behaviours, how to say no when necessary and how to deal with criticism.

Learning Through Play recognise the importance of play in children's development and share ideas on how to create opportunities for play.

Food is Fun Look at the food you eat, try new ideas and recipes which can help make family life healthy, affordable and a balanced diet.

We also offer Sexual Health, Domestic Abuse and Smoking Cessation Support available throughout the district. Please speak to a member of team