

Autumn Timetable 2016

Monday AM

8.15-8.45 **Brekkie Buddies** (from 26th September) COMMUNITY ROOM
 9.30-12.30 **Counselling** (12th, 19th, 26th Sept, 3rd, 10th, 17th, 31st Oct, 7th and 14th Nov) COMMUNITY ROOM
 9.00-12.00 **2½ year reviews** Invitation only (5th September, 3rd October, 7th November, 5th December) COMMUNITY ROOM
 10.30-11.15 **Toddler Twist** PAROCHIAL HALL
 10.00-12.00 **Introducing Solids / Oral Health** 10th October, 12th December AT SAXON WAY COMMUNITY ROOM and 21st September, 16th November AT BURNT OAK CHILDRENS CENTRE
 10.00-12.00 **You and Your Baby** (19th September, 17th October, 21st November, 19th December) COMMUNITY ROOM

Monday PM

1.00-2.00 **Baby Massage** booking required - COMMUNITY ROOM
 2.00-3.00 **Sensory Tent** booking required - COMMUNITY ROOM
 3.15-4.00 **Individual Support for families** COMMUNITY ROOM



Tuesday AM

10.00-11.00 **2's on Tuesday** COMMUNITY ROOM (from Tuesday 27th September – Term time only)
 9.00-5.00 **Midwife appointments** appointment only

Tuesday PM

11.30-12.30 **Early Birds** COMMUNITY ROOM
 12.30-1.30 **Feeding Your New Born** (drop in session) COMMUNITY ROOM
 11.45-12.15 **Individual Support for families** COMMUNITY ROOM
 12.45-2.45 **NEW Faraway Flavours cooking course** Booking required 13th, 20th, 27th Sept, 4th, 11th Oct. COMMUNITY ROOM
 1.30-2.30 **NEW Mini Movers** PAROCHIAL HALL



Thursday AM

10.00-11.30 **Toddler Bizz** Booking required - COMMUNITY ROOM
 10.30-12.30 **Mobile Library** (6th Oct, 10th Nov, 8th Dec) SAXON WAY PRIMARY SCHOOL
 11.30-12.15 **Parent Voice meeting** (6th October) COMMUNITY ROOM
 9.00-5.00 **Midwife appointments** appointment only

Thursday PM

1.00-3.00 **Understanding Your Child** parenting course (10 weeks course) (29th Sept, 6th, 13th, 20th Oct, 3rd, 10th, 17th, 24th Nov, 1st, 8th Dec)
Booking required - COMMUNITY ROOM

22ND December 10.00-1.00

REINDEER/FATHER CHRISTMAS EXPERIENCE – Open to all the family, meet Father Christmas and his reindeers, craft stalls, refreshments and mince pies.



Friday AM

8.15- 8.45 **Brekkie Buddies** (from 26th September)
 10.00-11.30 **Bumps and Babies group** (Birth - mobile) with weekly self-weighting COMMUNITY ROOM
 10.00-11.30 **Next Steps (6 - 18 months)** COMMUNITY ROOM
 12.00-1.30 **NEW Healthy Child Clinic** no appointment needed (starts 7th October)- COMMUNITY ROOM

Friday PM

11.45-12.30 **Buggy-cise** (starts TBC)
Outdoors, please dress for all weathers. £1.50 per week. Booking required – meet at COMMUNITY ROOM
 2.00-3.30 **Sensory Tent** - Booking required - COMMUNITY ROOM

Wednesday AM

8.15-8.45 **Brekkie Buddies** (from 26th September) COMMUNITY ROOM
 9.00-10.30 **Advisory Board** (19th October)
crèche available –SAXON WAY SCHOOL
 9.45-11.15 **Twins group** COMMUNITY ROOM
 11.30-12.30 **Baby Sign** (5th 12th, 19th, 26th Oct, 2nd, 9th Nov)
booking required - COMMUNITY ROOM
 9.00-5.00pm **Midwife appointments** appointment only

Wednesday PM

1.00-3.00 **You and Your New Baby** (2nd Nov- 30th Nov)
invitation only - COMMUNITY ROOM
 2.00-2.45 **Jo Jingles** PAROCHIAL HALL
 3.30-4.30 **NEW Tasty Takeaway** (12th, 19th Oct, 9th, 16th, 30th Nov, 7th Dec) Invitation only
 4.00-5.00 **Hempstead Kickers (3 - 4 years)** PAROCHIAL HALL
 5.00-6.00 **Hempstead Kickers (4 - 5 years)** PAROCHIAL HALL

Green - Open to all
Red - Invitation or referral only
Purple - Special family activity days



'NEW' denotes new sessions (see over for further details)

Saturday

15th October – 10.00 – 1.00

PUMPKIN PICKING EXPERIENCE

Booking required, £5 refundable deposit - Pumpkins to buy from £1. Contact Children's Centre for details.

3rd December – 10.00 - 12.00

CHRISTMAS CRAFTS

All the family welcome. Make decorations and Christmas gifts - SAXON WAY PRIMARY SCHOOL

Please note you may need to book for some sessions as places are limited.

See overleaf for more information on individual sessions and groups

Description of Sessions

NEW Healthy Child Clinic

Drop in to get your under 5 weighed. Talk to our health team who will be available for information and any health questions relating to your child's development. Booking not needed. Please remember to bring along your 'Red Book'.

NEW Tasty Takeaway

Family cooking session. Watch a demonstration, taste the food then we supply you with the ingredients for you to make the meal at home with your family. **Invitation only (2 week course)**

NEW Faraway Flavours

Learn how to prepare and cook healthy food with flavours from around the world with our tutor Lisa Malone. If you have already completed Sticky Fingers then this course is for you (5 week course)

NEW Mini Movers

Enjoy a fun filled hour at the Parochial Hall for under 5's. Focussed physical activities to help with your child's development. Join in with singing and movement then take away a healthy snack.

Baby Sign

A six week programme to learn sign language to support your child's development and learning. Don't worry that teaching your baby to sign will slow down normal speech development. In fact, research shows the opposite is true as signing may actually help your baby learn to talk and add new words to their vocabulary.

You and Your New Baby

A session for parents and carers of babies up to the age of six months to weigh your baby, have a chat with Health Visitors and get information about a range of topics including introducing solids and baby development.

These sessions will be held between Saxon Way and Burnt Oak Children's Centres (see timetable for details).

Buggy-cise

Claire is a fully qualified Pre and Post Natal Instructor.

Enjoy a workout with your buggy and baby whilst meeting other Mums and getting back into shape. Suitable for all fitness levels after your 6-8 week checkup. Any questions please do not hesitate to contact Claire on 07806635767 or claireblade@tiscali.co.uk

2's on Tuesday's

These sessions are in school term times only, they run at Saxon Way Children's Centre. These stay and play sessions are for those parents and 2 year olds who have not yet decided which nursery provision they want their child to attend and want to help prepare their child for nursery.

Toddler Twist

Learn and move with your child as they learn rhythm and co-ordination in a fun 45 minute class. For all children from 0 - 5 years. Held at the Parochial Hall, booking is NOT required.

Sensory Tent

Our sensory tent and equipment will be available for parents to book a 20 minute slot to use with their children.

For information and advice, 9am - 4pm, Monday to Friday.

Tel. 01634 583646 Email. childrencentre@saxon-way.medway.sch.uk

Mel Kirk - Children's Centre Manager 07852808138

Donna Foley - Community Liaison Officer 07507889381

Nicky Silby - Community Liaison Officer 07539308356

Carla Riddle - Administrator Receptionist (Mon-Tues all day & Wed a.m.)

Faith Ezugwu - Administrator Receptionist (Wed p.m. & Thur-Fri all day)

Saxon Way Children's Centre

Autumn Timetable 2016

DATE: 5th September - 16th December

Tel. 01634 583646

childrencentre@saxon-way.medway.sch.uk

**Church Path, Ingram Road,
Gillingham, Kent. ME7 1SJ**



**Sure Start
Children's Centres**
Medway



Saxon Way Children's Centre is committed to recruiting with care and safeguarding, promoting the welfare of children and young people and we expect all parents/carers, staff and volunteers to share this commitment.

Please note: The gates to the Children's Centre car park are closed between the hours of 8.45-9.15am and 3.00-3.25pm Monday - Friday.