

WEDNESDAY

Breast Feeding Peer Support Group

Information, friendship and support for you and your baby. Run by trained volunteer peer supporters. (Families are advised to call the Children's centre before hand to check the group is running in the school holidays)

Newington 9:30am - 11:00am

Family Time

Term time only. Drop in. For families with children aged 0-5 years. A chance to meet other families and enjoy fun activities for children including a healthy snack and song time. Due to the size of Cliftonville's room this will be a first come first serve basis.

Birchington 9:30 - 11:00am

Cliftonville 10:00 - 11:30am

One Stop Shop

Drop in. Domestic Abuse One Stop Shops offer free advice, information and support from a range of agencies under one roof to help victims of domestic abuse. Domestic abuse can affect anyone and therefore, if you are a man or a woman and would like to discuss your concerns, you are welcome to attend.

Six Bells 10:00am - 12:00pm

Young Parents Group—Stay and Play

Drop in. A stay and play group for young parents aged 19 and under.

Six Bells 1:00– 3:00pm

Bumps to Babies

A drop in group for pregnant parents and parent's with babies up until the baby is crawling. A chance to meet other new parents and their new-borns in a friendly and welcoming environment.

Priory 1:30-2:30pm

NHS Stop Smoking Service

By appointment only. Free one-to-one support providing expert advice, support and encouragement to help you stop smoking for good. For more information or to arrange an appointment, please contact 0300 123 1220.

Newlands 2:00 - 4:00pm

Healthy Child Clinic

Drop in to see the Health Visiting team who offer health, advice and guidance, including support with infant feeding. For children under 5, play area and activities provided. **Weighting** available.



THURSDAY

Family Time

Term time only. Drop in. For families with children aged 0-5 years. A chance to meet other families and enjoy fun activities for children including a healthy snack and song time.

Priory 9:30 - 11:00am

Muslim Women's Group

Drop in social and supportive group for Muslim women & their children.

Six Bells 12:00 - 2:30pm

Healthy Child Clinic

Drop in to see the Health Visiting team who offer health, advice and guidance, including support with infant feeding. For children under 5, play area and activities provided. **Weighting** available.

Garlinge 9:00 - 11:00am

Callis Grange 1:30 - 3:00pm

Bumps to Babies

A drop in group for pregnant parents and parent's with babies up until the baby is crawling. A chance to meet other new parents and their new-borns in a friendly and welcoming environment.

Cliftonville 1:30 - 2:30pm

Breastfeeding Peer Support Group

Information, friendship and support for you and your baby. Run by trained volunteer peer supporters.

Birchington 10:00 - 11:30am (first Thursday of the month term time only)

One You Weight Loss

One You Weight Loss is a free 12 week NHS programme that can support to lose weight and be a healthy weight. There also one to one sessions available, please phone 0300 123 1220 to book.

Newington 1:45 - 2:45pm

United Mothers

Drop in. Support for all women. Providing long term support, the opportunity to meet personal goals and help with English.

Garlinge 9:00 - 11:15am

