

FRIDAY

Family Time

Term Time Only. 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.

Newington 10:00 - 11:30am

Tiddlers to Toddlers

Drop in. For babies 0 to 16 months and their parents/carers. Fun and friendly session with activities for babies and a chance for new families to meet.

Newlands 10:00 - 11:00am

Baby Hub

Led by the Health Visiting Team, the Baby Hubs offer drop in help, advice and guidance for you and your children, support with infant feeding and monthly health workshop

Parent workshops need to be booked and take place between 9:30 and 10:30am.

Six Bells 9:30 - 11:30am

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.

Cliftonville 12:30 - 3:00pm

Little Garlinge Toddler Group *(Garlinge School & Nursery parents only)*

Term time. Drop in. For children aged 0 - 4 years. This group gives you the chance to meet new families and take part in fun activities.

Garlinge 8:55am - 10:30am

SATURDAY FRESH HOPE GROUP

A relaxed Play day for children with disabilities and additional needs. £1 donation per each child.

Six Bells 11:00—3:00pm

Millmead Children's Centre Schedule

Monday

Health Trainer | 9:30am - 12:00pm

Helping people to improve their general health, wellbeing and lifestyle including a free Health Check or MOT —by appointment only please call 01843 280555.

Fusion Group | 4:30pm to 6:00pm **FULL**

For 8 - 11 year olds. A range of equipment and activities available and snacks/ refreshments are provided.

Tuesday

Midwifery clinic | 9:00—5:00 pm

By appointment only— please ask your doctor

Windmill Community Garden's Garden Club | 11:00am - 3:00pm

Learn to grow organic veg, plants and herbs, cooking and tasting, pond dipping and much more. (Local seasonal produce for sale).

Young Person's Group | 4:00pm - 6:00pm **FULL**

For 11 to 18 year olds. A range of equipment and activities available. Contact Amelia or Julie for details. **Term Time Only.**

Wednesday

Healthy Child Clinic | 10:00— 11:45am

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. Weighing available.

Book Library | 10:00 - 12:00pm

Great variety of books for all ages. Term time only.

Thursday

Midwifery Clinic | 9:00— 5:00pm

By appointment, please ask your doctor

Windmill Community Garden's Cabbage Patch Kids | 10:30 - 12:30pm

Outdoor fun for young children. Experience a peaceful setting, grow veg, fruit and herbs, cooking and tasting. Pond dipping and crafts. (local seasonal produce for sale) £2 for first child- £1.50 for any other children.

Peer Support Breastfeeding Group | 12:30pm - 2:30pm

Infant feeding and support drop-in group. (Families are advised to call the Children's centre before hand to check the group is running in the school holidays)

Windmill Community Gardens | From 2:00pm

Weekly Organic Veg Bag: Contact 01843280555 or see website at www.windmillcommunitygardens.org

Friday

Little Explorers | 10:00am - 11:30am

Parents/carers/child-minders and children play together. Includes refreshments 50p per family. **Term Time Only**

Windmill Community Garden's Wellbeing Group | 10:00am - 2:00pm

Learn all about gardening and healthy eating in a relaxed and friendly outdoor setting. By referral only, contact 01843 280555 for more info.

Stop Smoking Service | By Appointment

Information, including one to one support.

Please note that these groups are only for families within Millmeads catchment area however, they do have a Stay and Play facility that accessible for parents/carers to access themselves