

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Stay &amp; Play</b> 10 - 11am</p> <p><b>Play Space</b> 9am - 3pm Drop in</p> <p><b>Outdoor Play Space</b> 10 - 11.30am</p> <p><b>Sensory Room</b> 12.30 - 4.30pm Bookable</p> <p><b>GroBrain</b> 12.45 - 2.45pm Bookable</p> <p><b>Pregnancy Yoga Beginners +</b> (From 14 weeks) 4.30 - 5.30pm Bookable (excluding 11<sup>th</sup> May)</p>	<p><b>Play Space</b> 9am - 3pm Drop In</p> <p><b>Time for Rhyme</b> (Birth to pre crawling) 9.30 - 10.15am</p> <p><b>Move to Rhyme</b> (Crawling to pre walkers) 10.30 - 11.15am</p> <p><b>Breastfeeding Support Drop In</b> 10am - 12noon</p> <p><b>Specialist Feeding Clinic</b> Book via Health Visiting Team</p> <p><b>Hearing Clinic - Appointments</b></p> <p><b>Busy Bodies</b> (From walking) 2 - 3pm</p> <p><b>Sensory Room</b> 12.30 - 4.30pm Bookable</p> <p><b>Introduction to Solid Food</b> 5<sup>th</sup> May - Bookable</p> <p><b>Ante Natal Programme</b> 3.45 - 5.45pm To book both of the above call 0300 0031552</p>	<p><b>Outdoor Play</b> <b>Little Sprouts growing</b> 9.30 10.30 (walkers)</p> <p><b>Family Voice</b> 29<sup>th</sup> April 10 – 11.30am</p> <p><b>Growing Healthy Drop in</b> 10 - 11.30am</p> <p><b>Buggy Walk</b> 10– 11am then Play space</p> <p><b>Play Space</b> 1-3pm - Drop in</p> <p><b>Super Communicators</b> Referral 1.30-2.30</p> <p><b>Post Natal Yoga – 1.15 – 2.15pm</b> Bookable (excluding 13<sup>th</sup> May)</p> <p><b>The Wise Group</b> 9am - 1pm Referral</p> <p><b>Sensory Room</b> 12.30 - 4.30pm</p> <p><b>Welfare Rights - 1 - 5pm Referral</b></p> <p><b>Stop Smoking Support Drop In</b> 3 - 5pm</p>	<p><b>Tobacco Dependency Service</b> 9am - 4pm - Referral only</p> <p><b>Sing &amp; Splash (4 - 18 Months)</b> Silksworth Community Pool 10.45 – 11.25 - Bookable</p> <p><b>Outdoor Play Space</b> 10 - 11.30am</p> <p><b>Sensory Room</b> 9am – 12noon</p> <p><b>Social Prescribers</b> 9am - 5pm - Referral</p> <p><b>Play Space 12 - 3pm Drop In</b></p> <p><b>Review &amp; Development</b> 1 - 3pm - Book via Health Visitor</p> <p><b>Story time (1 - 3 years)</b> 30<sup>th</sup> April &amp; 21<sup>st</sup> May 1.30 – 2.30</p> <p><b>Little Treasure - Referral 1-3pm</b></p> <p><b>Mams Mind's Matter</b> 7<sup>th</sup> May 1 -3pm Bookable</p> <p><b>Creative Family Workshops</b> Family session for parents &amp; children aged 5-11 years. Bookable</p>	<p><b>Sensory Room</b> 9am - 12noon Bookable</p> <p><b>Play Space</b> 9am- 3pm Drop in</p> <p><b>Baby Massage</b> 10-11pm Bookable</p> <p><b>Young Mams 'n' Dads</b> (14 - 22 years) 1.30 - 2.30pm Drop In</p> <p><b>Baby Messy Play</b> (Under 1) 24<sup>th</sup> April 8th May 1 - 2pm</p> <p><b>Baby Stay &amp; Play</b> (Under 1) 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup> May 1 - 2pm</p>

