

Monday	Tuesday	Wednesday	Thursday	Friday
Play Space with Sensory Room 0-5 years - Drop In 9 – 10am 10.30 – 11.30am Introducing Solid Foods 15th June 10 – 11am Bookable by calling 03000031552 Sensory Room (0 - 5 years) Bookable 12 – 12.30 12.30 – 1pm Baby Massage 1 - 2pm Bookable Growing Healthy 1.30 – 3pm Busy Bodies (From walking)) 2.15 – 3pm Sensory Room 0-25 years - Bookable 3 – 3.30, 3.30 – 4, 4– 4.30	Review & Development Clinic 9.30 - 11:30am (Please speak to your Health Visitor for an appointment) Buggy Walk Drop in 9.30 - 10:30 Welfare Rights 9.30 - 11.30am Referral Baby Stay & Play (Under 1 year) 10.30 – 11.30am - Drop in Sensory Room (0 - 5 years) Bookable 12 - 12.30pm, 12.30 - 1pm Time for Rhyme (Birth - crawling) 1 – 1.45pm Bookable Post Natal Yoga 2.30 - 3.30pm Bookable Salvation Army Kids Alive Club 5-11 years. Contact Salvation Army 0191 5618272	Stop Smoking Support Contact the hub on 0191 561 8126 for an appointment Portage 9-12 - Referral only Family Voice 24th June 10 - 11.30am at Thorney Close Family Hub Sensory Room (0 - 5 years) Bookable 12 - 12.30pm, 12.30 - 1pm Time for Rhyme (Birth - crawling) 1 - 1.45pm Bookable Move to Rhyme (crawling to pre walkers) 2 - 2.45pm - Drop in Antenatal Programme 3.45 – 5.45pm To book call 03000 031552	Stay & Play 9.15 - 10.15am Drop in GroBrain (0 - 12 months) 9.30 – 11.30 Bookable Super Communicators Referral only 11 – 11.45am Sensory Room (0 - 5 years) Bookable 12 - 12.30pm 12.30 - 1pm Specialist Infant Feeding Clinic Appointments via Health Visitor Breastfeeding Support Drop In 1 - 3pm Baby Messy/Sensory 1.30 - 2.30pm Pregnancy Yoga for Beginners + 4 - 5pm Bookable	Post Natal Yoga 9.30 - 10.30am Bookable Baby Massage 11am – 12pm Bookable Sensory Room (0 - 5 years) Bookable 12 - 12.30pm 12.30 - 1pm Little Adventurers 1 - 3pm Referral only Sensory Room (0 - 25 years) Bookable 3 - 3.30pm 3.30 - 4pm

Social media

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