

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play Space 9 - 11.30am Drop In</p> <p>Sensory Room 9 - 11.30am Drop In</p> <p>Time for Rhyme (Birth - pre crawling) 9.30 - 10.15am Drop In</p> <p>Move to Rhyme (Crawling to pre walkers) 10.30 - 11.15am</p> <p>Family Voice 22nd June 10 - 11.30am</p> <p>Play Space 1 - 3pm Drop In</p> <p>Sensory Room 1 - 3 pm Drop In</p> <p>Busy Bodies (From Walking) 1.30 - 2.30pm</p> <p>Breast Feeding Support Drop In 1 - 3pm</p>	<p>Play Space & Sensory Room 9 - 11.30am Drop in</p> <p>Stay & Play 9.30 -10.30am</p> <p>Community Café 9.30-11.30am</p> <p>Play Space & Sensory Room 1 - 3pm Drop In</p> <p>Baby Massage From 23rd June 1.30-2.30 Bookable</p> <p>Super Communicators Referral only</p> <p>Antenatal Programme 3.45 - 5.45pm To book call 03000 031552</p> <p>Stop Smoking Support contact the hub on 0191 5613995 for an appointment</p>	<p>Sensory Room 9 -11.30 am</p> <p>Welfare Rights 9.30 - 10.30am Referral only</p> <p>Review & Development Clinic 10 - 11.30am / Bookable</p> <p>SEND Play Space (Parent led - 0 - 4yrs) 10- 11.30am</p> <p>First Chapters 10 - 11.30am</p> <p>Sing & Splash (4 - 18 Months) Galleries Health Centre 12 - 12.45 - Bookable</p> <p>Baby/Sensory Messy Play (0- to pre- walkers) 1.45- 2.30pm</p> <p>Play Space 1 - 3pm Drop In</p> <p>Gro Brain (0 - 12 months) 12.45-2.45pm Bookable</p> <p>Birth Registrations - Book via Sunderland City Council website</p>	<p>Makaton Referral only</p> <p>Stay & Play Marlborough Park Sulgrave flats (0 - 5 years) 9.15 - 10.15am</p> <p>Growing Healthy Drop in 10-11.30</p> <p>Play Space & Sensory Room (0-5 yrs) 9 -11.30 am</p> <p>Buggy Walk 1.00-2.00</p> <p>Play Space & Sensory Room (0-5 yrs) 1 - 3pm</p> <p>Story Time 1.30-2.15pm</p> <p>Bread and butter 2-2.30 To reserve a bag text 07507237311</p>	<p>Play Space & Sensory Room (0-5 yrs) 9-11.30 am</p> <p>Outdoor Play (0-5 years) Building Blocks 9.30 - 10.30am</p> <p>Little Movers & Baby Movers To book please email Washingtonsunderlandnorth@litemovers.net</p> <p>Baby Stay and Play (Under 1 year) 1.30-2.30pm</p> <p>Play Space & Sensory Room (0-5 yrs) 1 - 3pm</p> <p>Introduction to Solids 1 - 2pm To book call 030000 31552</p>

