

**Timetable of Groups for Parents and Children
March 2011**

Mon	Childminders Support Group 09.30—11.30 am	Talking Tots 9.30—10.45am	Little Hulton Young Parents Group 12.15 — 2.30pm	Well Baby Clinic 1.00-4.00pm			
Tues	Little Lowry's 9.30-11.30am	Family Learning Literacy 10.00—12.00 noon	Kids Rock 1.00-1.40 pm	Weaning Group 1.00-2.00 pm 1st Tuesday of every month.	Bubble Buddies Fit City Worsley 2.15-3.00 pm	Aqua natal Group Worsley Pool 8.00-9.00pm	
Wed	Bump Buddies 10.00—12.00 noon	Wrigglers & Giggles 10.45-11.45am	Guided Birth 10.00-11.30am	Well Baby Clinic 1.00-4.00pm	Baby Bond 1.00—2.30 pm		
Thurs	Bookstart Story-rhyme Time 9.30-10.30am 11.00—12.00 noon	Language Dev Drop in 10.00—11.30am	Baby Massage 09.45-10.45am & 11.00-12.00am	Heart 2 the Beat 1.00-1.45pm	Breast Feeding Support Group 1.00-2.30pm	Adult Learning Counselling Course 3.30—5.30 pm	
Fri	Busy Babes 9.30-11.30am	Bookstart Story-rhyme Time 10.00—11.00 am				Family Learning Numeracy 1.00-3.00pm	
Sat	Dads Group 10.00-12.00noon						

Please call Little Hulton Children's Centre for any further information on 0161 604 7660 or just drop in. These groups are open to Children under 5 years old, on a first come first served basis. Most groups are at Little Hulton Children's Centre unless stated otherwise. Some are term time only. Please refer to the back of this sheet for more information regarding each group.

The Children's Centre website is regularly updated with our timetable. Visit www.salford.gov.uk/littlehulton-timetable.htm

Group information

Monday

Little Hulton Young Parents Group Drop in - Activities and food for mums, dads (under 25years old) and kids.

Talking Tots Invite only – Language Development Team 0161 212 4031 to book a place on next session.

Well Baby Clinic Drop in - A chance to come and see your Health Visitor.

Childminders Support Group Term Time only-If you're a childminder please come along and join in activities.

Tuesday

Little Lowry's Drop in - A chance to explore, experiment and enjoy through messy and creative play. Activities include painting, gluing, gloop, sand and water play and much more.

Kids Rock Drop in - Action songs and rhymes for children of all ages.

Weaning Group Drop in - For babies 10 months plus. Find out about weaning recipes and much more!!!!

Aqua-natal group Drop in - Fun exercise in the water for pregnant and new mums.

Family Learning Term Time only – Literacy. To book or for more information please contact Cheryl Bestwick

Bubble Buddies Swimming sessions for parents/carers and children under 5. Booking essential. Contact Paula Ward at the centre.

Wednesday

Wrigglers and Gigglers Drop in - Physical activities, dancing and games for children under 5

Bump Buddies Drop in - Group for expectant parents/carers. For more information please contact Paula Ward.

Guided Birth For pregnant mums to be, aimed to help you feel relaxed during pregnancy and labour.

Well Baby Clinic Drop in - A chance to come and see your Health visitor.

Baby Bond Various creative activities for your under 1's.

Thursday

Bookstart Drop in - For Parents and Children aged five and under. Join us for stories, rhymes, crafts, refreshments and play.

Baby Massage Please ring the Health visitors on 0161 212 5320 to book a place - for babies up to 8 months.

Postnatal Group Drop in - Come along to see your Health Visiting team and have a chat with other parents.

Heart 2 the Beat Drop in - Salsa **Dancing** carrying your Baby in a Sling, limited Slings available your welcome to bring your own, From 1month-2years, Please

wear flat shoes!

Breast Feeding Support Drop in - A friendly support group for breastfeeding mums.

Family Learning Term Time only - Numeracy. To book or for more information please contact Cheryl Bestwick

Adult Learning Term Time only—Counselling Course—To book or for more information please contact Cheryl Bestwick

Friday

Busy Babes Drop in —Various creative activities for your under 2's,

Bookstart Drop in - For Parents and Children aged five and under. Join us for stories, rhymes, crafts, refreshments and play.

Saturday

Dads Group Drop in - For all local male carers, various activities and trips provided.