

Please phone 01454 862974 for more information

## Monday

**Baby Play 1.30-3.00** for under 1 year olds

An opportunity to meet other families, make new friends and access parenting advice, guidance and support. Drop in, no need to book.

## Tuesday

**Cadbury Heath Nature Play—9.30-11** (term time only) at Cadbury Heath Hall Nature Garden. Outdoor crafts, story-telling & growing . Drop in, no need to book.

**Breast feeding support group 10.00-11.30**

Tea, cake and support for all breastfeeding mums and mums-to-be, led by local breast-feeding peer supporters.

Drop in session, please phone for further information.

**Baby Massage 1.30-3.00**

A 5 week programme for babies aged 4 months and under. Courses run regularly throughout the year. Please phone for details.

## Wednesday

**Talk Time 10.00—11.30**

This group is by referral or invitation only

**Baby and Me 1.30 - 3.00**

A 7 week course aimed at children under 6 months old. For parents that have not completed the course previously.

Please phone for full details.

## Thursday

**Family Time 10.00-11.30**

An opportunity to meet other families, make new friends and access parenting advice, guidance and support . Bookable weekly, please phone from the Monday before to book your place. Age 1+

**Pucklechurch Drop in Baby Clinic and Play Session**

1.30-3.00—1st Thursday of the month at Pucklechurch Community Centre.

Fun, play, singing and the opportunity to have your baby weighed and speak to a Health Visitor. Drop in, no need to book.

## Friday

**Adult Learning Courses.**

Please phone for details

For information about **Complementary Feeding sessions (Weaning)** please contact the Centre.

**Adult's & Children's bikes available to borrow, occasional organised bike rides.**

Please phone the Centre for more details

**Cadbury Heath Children's Centre**

**Earlstone Crescent**

**Cadbury Heath**

**BS30 8AA**

**Tel: 01454 862974**