

# Tunbridge Wells District Children's Centres



## WEEKLY TIMETABLE Autumn - starting 29 October 2018



**Little Forest**  
Friars Way  
Tunbridge Wells  
TN2 3UA  
Tel 03000 420 892

**Harmony**  
High Street  
Rusthall  
TN4 8RZ  
Tel 03000 420 890

**The Ark**  
Broadwater Lane  
Tunbridge Wells  
TN2 5RP  
Tel 03000 414 600

**Southborough**  
Broomhill Park Road  
Southborough  
TN4 0JY  
Tel 03000 420 891

**Paddock Wood**  
Wesley Centre  
Paddock Wood  
TN12 6DS  
Tel 03000 411 035

**Cranbrook**  
Carriers Road  
Cranbrook  
TN17 3JZ  
Tel 03000 411 035

	Little Forest	Harmony	The Ark	Southborough	Cranbrook	Paddock Wood
Monday	<p><b>Stay &amp; Play</b> 2 sessions 9.15-10.30 &amp; 10.45-12.00 <b>BOOKING REQUIRED</b></p> <p><b>NEW Session</b></p> <p><b>Physical Play</b> 1.30-2.30 on the following dates: 5 &amp; 19 November 3 &amp; 17 December</p>	<p>NHS led Baby Hub 9.15-11.00 including Workshops 10.00-11.00 (see description) <b>BOOKING REQUIRED</b> <b>for Workshops</b></p> <p>Midwife (by appointment only) 9.15-4.30</p>	<p><b>Baby Stay &amp; Play</b> 9.30-11.00</p> <p><b>Sing Time</b> 1.45-2.30</p>	<p><b>Christmas Crafts</b> 17/12 9.30-11.30 <b>BOOKING REQUIRED</b></p> <p><b>Messy Play</b> 1.30-3.00</p>	<p>Midwife (by appointment only) 9.00-4.30</p> <p><b>Family First Aid</b> 3 week course Starting 26/11 9.30-11.30 <b>BOOKING REQUIRED</b></p> <p><b>Sing Time</b> 1.45-2.30</p>	<p><b>Baby Stay &amp; Play</b> 9.30-11.00</p>
Tuesday	<p>NHS-led Breastfeeding Drop-In Support 9.30-11.00 + Kent Sling Library 3rd Tuesday of each month 9.30-12.00</p> <p>Amazing Angels 10.00-12.00</p>			<p><b>Physical Play</b> Christchurch, Prospect Road, TN4 OEG 2 sessions 9.15-10.00 &amp; 10.15-11.00 <b>BOOKING REQUIRED</b></p> <p>Child Health Clinic 9.30-11.30</p>	<p><b>Stay &amp; Play</b> with Toy Library 9.30-11.00</p>	<p><b>Stay &amp; Play</b> 9.30-11.00</p>
Wednesday	<p>Child Health Clinic 9.00-11.00</p> <p>Kinship Carers 9.45-11.45 1st Wednesday of each month</p> <p><b>Baby Stay &amp; Play</b> 1.30-3.00</p>	<p><b>Sing Time</b> 9.30-10.15</p> <p><b>Baby Stay &amp; Play</b> 10.45-12.15</p>	<p>Childminding Group 9.30-12.00</p> <p><b>NEW Session</b></p> <p><b>Physical Play</b> 1.45-2.45 Starting 7/11</p>	<p><b>Sing Time</b> 2 sessions 9.15-9.45 &amp; 10.15-10.45 <b>BOOKING REQUIRED</b></p> <p><b>Baby Stay &amp; Play</b> 1.30-3.00</p>	<p>Sunshine Café 9.00-11.00</p>	<p><b>Physical Play</b> 9.30-11.00</p>
Thursday	<p><b>Sing Time</b> 9.00-9.45</p> <p>Twins/Multiple Births Group 10.00-12.00 4th Thu of each month</p> <p><b>Food is Fun</b> 4 week course Starting 1/11 1.00-3.00 <b>BOOKING REQUIRED</b></p>	<p><b>NEW Session</b></p> <p><b>Messy Play</b> 10.00-11.30 starting 1/11</p>	<p>Child Health Clinic 9.30-11.15</p> <p><b>Stay &amp; Play</b> 10.00-11.30</p> <p>Young Parents Group 1.00-3.00</p>	<p><b>Stay &amp; Play</b> 1.30-3.00</p>	<p>NHS led Baby Hub 9.30-11.30 including Workshops 9.30-10.30 (see description) <b>BOOKING REQUIRED</b> <b>for Workshops</b></p> <p>NHS-led Breastfeeding Drop-In Support 12.30-2.30</p>	<p><b>Sing Time</b> 9.30-10.15</p> <p><b>Story Time</b> 10.45-11.15</p> <p><b>Christmas Crafts</b> 13/12 1.00-3.00 <b>BOOKING REQUIRED</b></p>
Friday	<p>Midwife (by appointment only) 9.00-12.00</p> <p>Japanese Toddler Group 1.00-3.00</p>	<p><b>Stay &amp; Play</b> 9.30-11.00 <b>BOOKING REQUIRED</b></p>	<p><b>Our Family Scrapbook</b> 7 week course Starting 2/11 9.30-12.00 <b>BOOKING REQUIRED</b></p> <p>Midwife 1.40-4.00 (by appointment only)</p> <p>Twins/Multiple Births Group 12.00-3.00 2<sup>nd</sup> Friday of each month</p>		<p><b>Baby Stay &amp; Play</b> 9.30-11.00</p> <p>Sunshine Café 9.30-11.30</p> <p><b>Messy Play</b> 1.00-2.30</p>	<p><b>Messy Play</b> 9.30-11.00</p>
1 <sup>st</sup> Saturday of each month			<p><b>Daddy &amp; Me Stay &amp; Play</b> 10.00-11.30</p>			

# Weekly Sessions

*Please see below a brief description of the activities we run, if you would like any more information please phone the relevant Centre.*

**Sensory Room** – our Sensory room is available for hire, free of charge, at Cranbrook Children’s Centre, booking is required via the centre.

**Physical Play** - Creative, physical exercise and movement class for children, all ages welcome.

**Sing-Time** - An interactive music group that encourages communication and literacy skills through participating in songs and activities.

**Stay & Play** - A range of activities available for you to enjoy with your child.

**Baby Stay & Play** - Sensory Play for new babies and pre-walking children.

**Messy Play** - A range of messy related play for you to enjoy with your child.

**Story Time** - Come along with your child and enjoy an interactive story session.

**Daddy & Me - Stay & Play** - Open to all fathers and male carers to come along and enjoy with their children.

**Sunshine Cafe** - Come along, chat and meet new friends while enjoying free tea/coffee in a relaxed friendly environment, sensory play available for your child.

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**Young Parents** - This group is for all Mums and Mums-to-be, aged 19 or under. Facilitated by Kent Crèches and supported by Children’s Centre Staff and Youth Workers in conjunction with Midwives and the Health Visiting Team.

**Amazing Angels** - open to all women who need support with their emotional well-being - referral not required, please just turn up.

**Kinship Group** - Support group for grandparents and family carers, 1st Wednesday of each month.

**Kent Sling Library** - A drop-in session where you can come to find out more about using a sling to carry and care for your baby, toddler or pre-schooler.

## Health Visiting Services in the Tunbridge Wells District Children's Centres

### NHS led Baby Hub

An opportunity to drop in and see a Health Visitor to ask advice regarding sleeping, colic, feeding etc including Workshops

Harmony Children's Centre - 9.15-11.00 - every Monday

Workshops will take place **10.00-11.00** on the following dates:

5/11 Emotional well-being, 12/11 Introducing Solids, 19/11 Learning Through Play, 26/11 Minor Ailments

**Please note** that during workshops the drop-in session will take place from 9.15-10.00

Cranbrook Children's Centre - 9.30-11.30 - every Thursday

Workshops - Emotional well-being, Introducing Solids, Learning Through Play, Minor Ailments will take place from **9.30-10.30** please phone Cranbrook Children's Centre for future dates.

**Please note** that during workshops the drop-in session will take place from 10.30-11.30

**BOOKING REQUIRED** for workshops

### You and Your Baby

A 2 day ante-natal course for all 'Parents-to-be' covering various aspects of preparing for parenthood, including:  
Infant Feeding - Health, well being and immunisations - Safer Sleeping - Minor Illness - Baby Development - Nappies and washing/bathing

Cranbrook Children's Centre

Wednesday 7th November & Wednesday 21st November - **1.30-3.30**

Little Forest Children's Centre

Thursday 6th December & Thursday 20th December - **1.30-3.30**

**BOOKING REQUIRED**

### Moving on to Solid Foods - Workshop

For babies between 4-6 months old

Little Forest Children's Centre

15/11, 13/12 - **1.30-2.30**

Cranbrook Children's Centre

13/12 - **9.30-10.30**

**BOOKING REQUIRED**

### NHS Led Weekly Breast Feeding Drop-In Support Groups

Little Forest Children's Centre - **Tuesdays** 9.30-11.00    Woodland's Health Centre - Paddock Wood - **Wednesdays** 11.30-1.00    Cranbrook Children's Centre - **Thursdays** 12.30-2.30

### Child Health Clinic

Health Visitor led clinics for babies and children 0-5 years old.

Get your baby/child weighed and speak to health professionals for advice and guidance on health and development matters.

**Tuesday** Southborough Children's Centre - **9.30-11.30**  
Hawkhurst at the Baptist Church Hall, TN18 4BT - 1st & 3rd Tuesday of each month **1.00-3.00**

**Wednesday** Little Forest Children's Centre - **9.00-11.00**  
Paddock Wood at Woodlands Health Centre, TN12 6AX - **9.15-11.15** (last entry 11.00)

**Thursday** The Ark Children's Centre - **9.30-11.15**