







During Half-Term children aged 0-8 years are welcome to all of our groups
except for Baby Stay & Play which is aimed at babies 0-1 years

	Little Forest Tel 03000 420 892	Harmony Tel 03000 420 890	The Ark Tel 03000 414 600	Southborough Tel 03000 420 891	Cranbrook Tel 03000 411 035	Paddock Wood Tel 03000 411 035
Monday 18 Feb	 <p>9.15-10.30 & 10.45-12.00 BOOKING REQUIRED (Ages 0-8)</p> <p>Physical Play 2.00-3.00</p>	<p>NHS led Baby-Hub Parenting Information Sessions (see description for dates) 9.15-11.15 BOOKING or DROP-IN welcome</p> <p>Midwife (by appointment only) 9.15-4.30</p>	<p>Baby Stay & Play 9.30-11.00</p> <p>Sing Time 1.45-2.30</p>	<p>Messy Play 1.30-3.00</p>	<p>S E N S O R Y</p> <p>Midwife (by appointment only) 9.00-4.30</p> <p>Sing Time 1.45-2.30</p>	<p>Baby Stay & Play 9.30-11.00</p>
Tuesday 19 Feb	<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>Child Health Clinic (last entry 9.20) 9.30-11.30</p>	<p>R O O M</p>  <p>9.30-11.00 BOOKING REQUIRED (Ages 0-8)</p>	 <p>9.30-11.00 BOOKING REQUIRED (Ages 0-8)</p>
Wednesday 20 Feb	<p>Child Health Clinic 9.00-11.00</p> <p>Baby Stay & Play 1.30-3.00</p>	<p>Sing Time 9.30-10.15</p> <p>Baby Stay & Play 10.45-12.15</p>	<p>Childminding Group 9.30-12.00</p> <p>Physical Play 1.45-2.45</p>	<p>Sing Time 2 sessions 9.15-9.45 & 10.15-10.45 BOOKING REQUIRED</p> <p>Baby Stay & Play 1.30-3.00</p>	<p>a v a i l a b l e</p> <p>Sunshine Café 9.00-11.00</p>	<p>Physical Play 9.30-11.00</p> <p>NHS-led Breastfeeding Drop-In Support 11.30-1.00 Woodland's Health Centre</p>
Thursday 21 Feb	<p>Sing Time 9.00-9.45</p>	<p>Messy Play 10.00-11.30 BOOKING REQUIRED</p>	<p>Child Health Clinic 9.30-11.15</p>  <p>10.00-11.30 BOOKING REQUIRED (Ages 0-8)</p>	 <p>1.30-3.00 BOOKING REQUIRED (Ages 0-8)</p>	<p>l e f t</p> <p>Child Health Clinic 9.30-10.30</p> <p>NHS led Baby-Hub Parenting Information Sessions (see description for dates) 10.30-11.30 BOOKING or DROP-IN welcome</p> <p>o r</p> <p>NHS-led Breastfeeding Drop-In Support 1.00-2.30</p>	<p>Sing Time 9.30-10.15</p> <p>Story Time 10.45-11.15</p>
Friday 22 Feb	<p>Midwife 9.00-12.00</p> <p>Fun on Friday Drop-in play session for all parents under 25 10.00-12.00</p> <p>Japanese Toddler Group 1.00-3.00</p>	 <p>9.30-11.00 BOOKING REQUIRED (Ages 0-8)</p>	<p>Midwife (by appointment only) 1.40-4.00</p>		<p>k i n g s</p> <p>Baby Stay & Play 9.30-11.00</p> <p>Sunshine Café 9.30-11.00</p> <p>Messy Play 1.00-2.30</p>	<p>Messy Play 9.30-11.00</p>

Local Health Visitors Team
Contact Numbers
Paddock Wood 01892 839 458
Tunbridge Wells 0300 790 0243
Cranbrook 01892 839 458

Health Visiting Services

in the Tunbridge Wells District Children's Centres

Kent Community Health 
NHS Foundation Trust

NHS led Baby Hub Parenting Information Sessions

alternating monthly between Harmony and Cranbrook Children's Centre

Harmony Children's Centre BABY-HUB FOR PARENTING INFORMATION SESSIONS 9.15-11.15 - on a Monday **alternating** monthly with Cranbrook

Please note Baby Hub offers the Parenting Information Session and **NO** drop-in between sessions
on the following dates:

Emotional well-being - 4/3, 6/5, 1/7, 2/9, 4/11 **Introducing Solids** - 11/3, 13/5, 8/7, 9/9, 11/11
Learning through play - 18/3, 20/5, 15/7, 16/9 **Minor illnesses & preventing accidents** - 25/3, 27/5, 22/7, 23/9, 25/11

BOOKING OR DROP-IN WELCOME

Cranbrook Children's Centre BABY-HUB FOR PARENTING INFORMATION SESSIONS 10.30-11.30 - on a Thursday **alternating** monthly with Harmony

Please note Baby Hub offers the Parenting Information Session and **NO** drop-in between sessions
on the following dates:

Emotional well-being - 7/2, 4/4, 6/6, 8/8, 10/10, 5/12 **Introducing Solids** - 14/2, 11/4, 13/6, 15/8, 17/10, 12/12
Learning through play - 21/2, 18/4, 20/6, 22/8, 24/10, 19/12 **Minor illnesses & preventing accidents** - 28/2, 25/4, 29/8, 31/10

BOOKING OR DROP-IN WELCOME

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
The Ark Children's Centre

1.00-3.00

20 & 27 Mar, 17 & 24 Apr, 22 & 29 May, 19 & 26 Jun, 24 & 31 Jul, 21 & 28 Aug, 18 & 25 Sep, 23 & 30 Oct, 20 & 27 Nov, 18 Dec & 8 Jan

Moving on to Solid Foods - Workshop

For babies between 4-6 months old

Little Forest Children's Centre

21/2, 21/3 - **1.30-2.30**

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** 1.00-2.30

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** (last entry 11.20)
Hawkhurst at the Baptist Church Hall, TN18 4BT - 1st Tuesday of each month **1.00-3.00** wef 5/2

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**
Cranbrook Children's Centre - **9.30-10.30**