

# Tunbridge Wells District Children's Centres



## WEEKLY TIMETABLE Spring - starting 25 February 2019



**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



To register or for more details visit our Website: [www.kent.gov.uk/childrens-centres](http://www.kent.gov.uk/childrens-centres)

Like us on Facebook: Tunbridge Wells District Children's Centre to find out about the latest events & activities

	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>Physical Play</b> 2.00-3.00 4 &amp; 18 Mar, 1 &amp; 15 Apr</p>	<p>NHS led Baby Hub Parenting Information Sessions <i>(see description for dates)</i> 9.15-11.15 <b>BOOKING REQUIRED</b></p> <p>Midwife 9.15-4.30</p>	<p><b>Baby Stay &amp; Play</b> 9.30-11.00</p> <p><i>NEW TIME</i> <b>Sing Time</b> 11.30-12.15</p>	<p><b>Family First Aid</b> 4 week course, NO creche starting 4/3 9.30-11.30 <b>BOOKING REQUIRED</b></p> <p><b>Messy Play</b> 1.30-3.00</p>	<p><b>S E N S O R Y R O O M</b></p> <p>a v a i l a b l e</p> <p>f o r b o o k i n g</p>	<p>Midwife 9.00-4.30</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><b>NHS-led Breastfeeding Drop-In Support</b> 9.30-11.00 + Kent Sling Library 3rd Tuesday of each month 9.30-12.00</p>	<p><b>Confident Parent/Child</b> 5 week course, with creche starting 26/2 9.30-11.30 <b>BOOKING REQUIRED</b></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 <i>(last entry 11.20)</i></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><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>Kinship Carers 9.45-11.45 1st Wednesday of each month</p> <p><b>Physical Play</b> 1.45-2.45</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><b>Sunshine Café</b> 8.45-10.45</p> <p><b>Chatter Matters</b> 6 week course, with creche starting 27/2 9.30-12.00 <b>BOOKING REQUIRED</b></p>	<p><b>Physical Play</b> 9.30-11.00</p> <p>NHS-led Breastfeeding Drop-In Support 11.30-1.00 <b>Woodland's Health Centre</b></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>Family English</b> 12 week course, with creche starting 28/2 12.30-3.00 <b>BOOKING REQUIRED</b></p>	<p><b>Messy Play</b> 10.00-11.30 <b>BOOKING REQUIRED</b></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 (Kent Creches) For Mums/Mums-to-be aged 19 and under 1.00-3.00</p>	<p><b>Stay &amp; Play</b> 1.30-3.00</p>		<p>Child Health Clinic 9.30-10.30</p> <p>NHS led Baby Hub Parenting Information Sessions <i>(see description for dates)</i> 10.30-11.30 <b>BOOKING or DROP-IN</b></p> <p>NHS-led Breastfeeding Drop-In Support 1.00-2.30</p>	<p><b>Sing Time</b> 9.30-10.15</p> <p><b>Story Time</b> 10.45-11.15</p>
Friday	<p>Midwife 9.00-12.00</p> <p><b>Fun on Friday</b> (Homestart) Drop-in play session for all parents under 25 10.00-12.00</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>Midwife 12.40-4.00</p> <p>Twins/Multiple Births Group 12.30-3.00 2<sup>nd</sup> Friday of each month</p>			<p><b>Baby Stay &amp; Play</b> 9.30-11.00</p> <p><b>Sunshine Café</b> 9.30-11.00</p> <p><b>Messy Play</b> 1.00-2.30</p>	<p><b>Messy Play</b> 9.30-11.00</p>
<b>1<sup>st</sup></b> 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 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 wide range of messy related play for you to enjoy with your child, baby area also available.

**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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**Adult Education Courses** - please ring the relevant Centre to book your place on all Adult Education courses – **BOOKING REQUIRED**

**Young Parents** - This group is for all Mums and Mums-to-be, aged 19 and under. Facilitated by Kent Crèches and in conjunction with Midwives and the Health Visiting Team.

**Homestart - Friday Fun** - Aimed at all mums aged 25 and under, a wide range of craft activities to enjoy with your child, alongside different discussion topics each week.

**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.

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 REQUIRED**

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** - 18/4, 20/6, 22/8, 24/10, 19/12 **Minor illnesses & preventing accidents** - 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**  
**BOOKING REQUIRED**

### 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.

**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 Feb)**

**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**