

Tunbridge Wells District Children's Centres



WEEKLY TIMETABLE Spring - starting 23 April 2019



Little Forest
Friars Way
Tunbridge Wells
TN2 3UA

Tel 03000 420 892

Harmony
High Street
Rusthall
TN4 8RZ

Tel 03000 420 890

Open 8.30-12.00

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

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>Stay & Play 2 sessions 9.15-10.30 & 10.45-12.00 BOOKING REQUIRED</p> <p>NEW Soft Play Session monthly 1.30-2.30 20/5, 17/6, 15/7</p>	<p>NHS led Baby Hub Parenting Information Sessions <i>(see description for dates)</i> 9.15-11.15 BOOKING REQUIRED</p> <p>Midwife 9.15-4.30</p>	<p>Baby Stay & Play 9.30-11.00</p> <p>Sing Time 11.30-12.15</p>	<p>Messy Play 1.30-3.00</p>	<p>Midwife 9.00-4.30</p> <p>NEW S Cuppa, Chat & Cheer-up SEN Group 10.00-11.30 15/7</p> <p>Sing Time 1.45-2.30</p>	<p>Baby Stay & Play 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>Physical Play <i>Christchurch, Prospect Rd, TN4 OEG</i> 9.15-10.15 BOOKING REQUIRED</p> <p>Child Health Clinic 9.30-11.30 <i>(last entry 11.20)</i></p> <p>NEW Cuppa, Chat & Cheer-up SEN Group 1.00-2.30 7/5, 4/6, 2/7</p>	<p>Stay & Play with Toy Library 9.30-11.00</p>	<p>Stay & Play 9.30-11.00</p> <p>Understanding Your Teenager 5 week course starting 23/4 - 6.00-8.00pm Mascalls School Paddock Wood, BOOKING REQUIRED</p>
Wednesday	<p>Child Health Clinic 9.00-11.00</p> <p>Baby Stay & Play 1.30-3.00 NO SESSION on 24/4</p>	<p>Baby Stay & Play 9.30-11.00</p>	<p>Childminding Group 9.30-12.00</p> <p>Kinship Carers 9.45-11.45 1st Wednesday of each month</p> <p>NEW Messy Play 1.00-2.15 starts 1 May BOOKING REQUIRED</p>	<p>Sing Time 2 sessions 9.15-9.45 & 10.15-10.45 BOOKING REQUIRED</p> <p>NEW day Stay & Play 1.30-3.00 starts 1 May</p>	<p>Sunshine Community Hub 8.45-10.45 Nourish Foodbank 9.00-11.00 (fortnightly) starts 1 May</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	<p>Sing Time 9.00-9.45</p> <p>Twins/Multiple Births Group 10.00-12.00 4th Thu of each month</p>	<p>NEW TIME Messy Play 9.30-11.00 BOOKING REQUIRED</p>	<p>Child Health Clinic 9.30-11.15</p> <p>Weekly Stay & Play with Monthly Physical Play Session 1st Thursday of each month (2/5, 6/6, 4/7) 10.00-11.30</p> <p>NEW</p>	<p>NEW day Baby Stay & Play 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 BOOKING or DROP-IN</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	<p>Midwife 9.00-12.00</p> <p>Fun on Friday (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>Stay & Play 9.30-11.00 BOOKING REQUIRED</p>	<p>Midwife 12.40-4.00</p> <p>Twins/Multiple Births Group 12.30-3.00 2nd Friday of each month</p>	<p>Managing Children's Behaviour 5 week course starting 26/4 - 9.30-11.30 BOOKING REQUIRED</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>
1 st Saturday of each month			<p>Daddy & Me Stay & Play 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 Community Hub - Come along, chat and meet new friends while enjoying free tea/coffee in a relaxed friendly environment, sensory play available for your child.

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 Mondays on alternate months
on the following dates:

Emotional well-being - 13/5, 1/7, 2/9, 4/11 **Introducing Solids** - 20/5, 8/7, 9/9, 11/11
Learning through play - 3/6, 15/7, 16/9, 18/11 **Minor illnesses & preventing accidents** - 10/6, 22/7, 23/9, 25/11

BOOKING PREFERRED BUT NOT ESSENTIAL
There is **NO** drop-in on other Mondays

Cranbrook Children's Centre **BABY-HUB DROP-IN EVERY THURSDAY 10.30-11.30**
PARENTING INFORMATION SESSIONS will run during the Hub on the following dates:

Emotional well-being - 6/6, 8/8, 10/10, 5/12 **Introducing Solids** - 13/6, 15/8, 17/10, 12/12
Learning through play - 20/6, 22/8, 24/10, 19/12 **Minor illnesses & preventing accidents** - 25/4, 27/6, 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

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

18/4 (fully booked), 3/5, 20/6, 18/7, 15/8, 12/9, 24/10, 14/11, 12/12 - **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**

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**