



Tunbridge Wells District Children's Centres

SUMMER TIMETABLE Starting 29 July 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

WEEK 1	Little Forest	Harmony	The Ark	Southborough	Cranbrook	Paddock Wood
Monday 29 July	 <p>Summer Session Jungle Madness 1.30-3.00</p>	<p>NHS led Baby Hub Parenting Information Sessions (see description for dates) 9.15-11.15 BOOKING REQUIRED</p> <p>Midwife 9.15-4.30</p>	<p>Summer Session Hop, Skip & Boogie 10.00-11.00</p>		<p>Midwife 9.00-4.30</p> <p>Sing Time 1.45-2.30</p>	<p>Baby Stay & Play 9.30-11.00</p>
Tuesday 30 July	<p>NHS-led Breastfeeding Drop-In Support 9.30-11.00</p>			<p>Child Health Clinic 9.30-11.30 (last entry 11.20)</p>		<p>Summer Session Teddy Bears Picnic Wesley Centre 9.30-11.30</p> 
<p style="text-align: center;">Summer Session Sunshine Songs and Stories 10.00-11.00</p> <p style="text-align: center;">Future Store, Royal Victoria Place Shopping Centre</p>   						
Wednesday 31 July	<p>Child Health Clinic 9.00-11.00</p> <p>Summer Session S.E.N Messy Play 1.30-3.00</p> 		<p>Summer Session Under the Sea 1.30-3.00</p> 	<p>Stay & Play 10.00-11.30</p> <p>Sing Time 2.00-2.45 BOOKING REQUIRED</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 1 August			<p>Child Health Clinic 9.30-11.15</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</p> <p>NHS-led Breastfeeding Drop-In Support 1.00-2.30</p>	
<p style="text-align: center;">Summer Session Holiday Fun Time 10.00-12.00</p> <p style="text-align: center;">Southwood Road Recreation Ground</p> <p style="text-align: center;"><u>Please note</u> if the weather is wet this event will be held at Sunnyside Hall, Rusthall Road, TN4 8RA</p>						
Friday 2 August	<p>Midwife 9.00-12.00</p>	<p>Stay & Play 9.30-11.00 BOOKING REQUIRED</p>			<p>Baby Stay & Play 9.30-11.00</p> <p>Messy Play 1.00-2.30</p>	<p>Messy Play 9.30-11.00</p>

WEEK 2	Little Forest	Harmony	The Ark	Southborough	Cranbrook	Paddock Wood
Monday 5 August	 <p>Summer Session Sunshine Songs and Stories 10.00-11.00</p> <p>Future Store, Royal Victoria Place Shopping Centre</p>				<p>Summer Session Teddy Bears Picnic The Moor, Hawkhurst 12.00-2.00</p> <p>Please Note if wet this event will be held in the Sports Pavilion</p> 	
	<p>Messy Play 1.30-3.00</p>	<p>NHS led Baby Hub Parenting Information Sessions (see description for dates) 9.15-11.15 BOOKING REQUIRED</p> <p>Midwife 9.15-4.30</p>	<p>Baby Stay & Play 9.30-11.00</p>			
Tuesday 6 August	<p>NHS-led Breastfeeding Drop-In Support 9.30-11.00</p>		<p>Summer Session Under the Sea 1.30-3.00</p> 	<p>Child Health Clinic 9.30-11.30 (last entry 11.20)</p> <p>Summer Session Hop, Skip & Boogie 10.00-11.00 Christ Church Broomill Park Road, TN4 OEG</p> <p>SEN Support Group 1.00-2.30</p>	<p>Stay & Play with Toy Library 9.30-11.00</p>	<p>Stay & Play 9.30-11.00</p>
Wednesday 7 August	<p>Child Health Clinic 9.00-11.00</p> <p>Baby Stay & Play 1.30-3.00</p>	<p>Summer Session Hop, Skip & Boogie 10.00-11.00</p>		<p>Summer Session Out of this World 1.30-3.00</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 8 August	<p>Sing Time 2.00-2.45</p>		<p>Child Health Clinic 9.30-11.15</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</p> <p>NHS-led Breastfeeding Drop-In Support 1.00-2.30</p>	<p>Summer Session Hop, Skip & Boogie 9.30-10.30</p>
		<p>Summer Session Fun & Games with Soft Play 10.00-11.30</p> <p>Showfields Community Hall, TN2 5PX</p> 				
Friday 9 August	<p>Midwife 9.00-12.00</p>	<p>Stay & Play 9.30-11.00 BOOKING REQUIRED</p>			<p>Sunshine Baby Café with Sensory Play 9.30-11.30</p> <p>Messy Play 1.00-2.30</p>	<p>Messy Play 9.30-11.00</p>

WEEK 3	Little Forest	Harmony	The Ark	Southborough	Cranbrook	Paddock Wood
Monday 12 August	 <p>Summer Session Sunshine Songs and Stories 10.00-11.00</p> <p>Future Store, Royal Victoria Place Shopping Centre</p> <p>Stay & Play 9.30-11.00</p>	<p>NHS led Baby Hub Parenting Information Sessions (see description for dates) 9.15-11.15 BOOKING REQUIRED</p> <p>Midwife 9.15-4.30</p>		<p>Summer Session Teddy Bears Picnic Southborough School 12.00-2.00</p> <p>Please note if wet this event will be held in the school hall.</p> 	<p>Midwife 9.00-4.30</p>	
Tuesday 13 August	<p>NHS-led Breastfeeding Drop-In Support 9.30-11.00</p>		 <p>Summer Session Jungle Madness 9.30-11.00</p>	<p>Child Health Clinic 9.30-11.30 (last entry 11.20)</p>	<p>Summer Session Under the Sea 9.30-11.00</p> 	<p>Stay & Play 9.30-11.00</p>
Wednesday 14 August	<p>Child Health Clinic 9.00-11.00</p> <p>Baby Stay & Play 1.30-3.00</p>		<p>Messy Play 1.00-2.15</p>	<p>Sing Time 10.00-10.45</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 15 August	<p>Sing Time 9.00-9.45</p>	<p>Messy Play 9.30-11.00</p>	<p>Child Health Clinic 9.30-11.15</p> <p>Stay & Play 9.30-11.00</p>	<p>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 (see description for dates) 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 9 August	<p>Midwife 9.00-12.00</p>	<p>Stay & Play 9.30-11.00 BOOKING REQUIRED</p>			<p>Sunshine Baby Café with Sensory Play 9.30-11.30</p> <p>Messy Play 1.00-2.30</p>	<p>Messy Play 9.30-11.00</p>

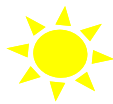
WEEK 4	Little Forest	Harmony	The Ark	Southborough	Cranbrook	Paddock Wood
Monday 19 August		NHS led Baby Hub Parenting Information Sessions (see description for dates) 9.15-11.15 BOOKING REQUIRED Midwife 9.15-4.30	Summer Session Out of this World 9.30-11.00 	Messy Play 1.30-3.00	Midwife 9.00-4.30 Summer Session Hop, Skip & Boogie 9.30-10.30	Baby Stay & Play 9.30-11.00
Tuesday 20 August	NHS-led Breastfeeding Drop-In Support 9.30-11.00 Summer Session Fun & Games with Soft Play 2.00-3.30 St Phillips Church 			Child Health Clinic 9.30-11.30 (last entry 11.20)	Stay & Play with Toy Library 9.30-11.00	Summer Session Jungle Madness 9.30-11.00 
Wednesday 21 August	Child Health Clinic 9.00-11.00	Baby Stay & Play 9.30-11.00		Summer Session S.E.N Messy Play 1.30-3.00 		NHS-led Breastfeeding Drop-In Support 11.30-1.00 Woodland's Health Centre
Thursday 22 August		Summer Session Jungle Madness 9.30-11.00 	Child Health Clinic 9.30-11.15 Messy Play 1.30-3.00		Child Health Clinic 9.30-10.30 NHS led Baby Hub Parenting Information Sessions (see description for dates) 10.30-11.30 BOOKING or DROP-IN NHS-led Breastfeeding Drop-In Support 1.00-2.30	Sing Time 9.30-10.15
Friday 23 August	Midwife 9.00-12.00				Baby Stay & Play 9.30-11.00	

WEEK 5	Little Forest	Harmony	The Ark	Southborough	Cranbrook	Paddock Wood
Monday 26 August	BANK HOLIDAY					
Tuesday 27 August	NHS-led Breastfeeding Drop-In Support 9.30-11.00	<u>Summer Session</u> Crazy Crafts 2.00-3.00 Future Store Royal Victoria Place Shopping Centre 	Baby Stay & Play 9.30-11.00 Sing Time 11.15-12.00	Child Health Clinic 9.30-11.30 <i>(last entry 11.20)</i>	<u>Summer Session</u> Out of this World 9.30-11.00 	
Wednesday 28 August	Child Health Clinic 9.00-11.00 Baby Stay & Play 1.30-3.00	Baby Stay & Play 9.30-11.00		Stay & Play 1.30-3.00		Physical Play 9.30-11.00 NHS-led Breastfeeding Drop-In Support 11.30-1.00 
Thursday 29 August	<u>Summer Session</u> Under the Sea 2.00-3.30 		Child Health Clinic 9.30-11.15 Stay & Play 9.30-11.00		Child Health Clinic 9.30-10.30 NHS led Baby Hub Parenting Information Sessions <i>(see description for dates)</i> 10.30-11.30 BOOKING or DROP-IN NHS-led Breastfeeding Drop-In Support 1.00-2.30	Sing Time 9.30-10.15
Friday 30 August	Midwife 9.00-12.00	Stay & Play 9.30-11.00			Baby Stay & Play 9.30-11.00	Messy Play 9.30-11.00

Welcome to the Tunbridge Wells District Children's Centres

Little Forest, The Ark, Southborough, Harmony, Cranbrook & Paddock Wood

Throughout the summer holidays we will be running a range of activities across the Tunbridge Wells District Children's Centre, for all ages, please have a look below for a brief description



Themed Summer Sessions - a range of fun activities for children aged 0-8 at various venues throughout the Tunbridge Wells District. **BOOKING REQUIRED**



S.E.N Activity Session - a messy play session for all children with additional needs for you and your family to enjoy. **BOOKING REQUIRED**

Sing Time - An interactive music group that encourages communication and literacy skills through participating in songs and activities that are focussed on sound recognition, recollection and repetition. This group is aimed at children aged between 2-3 years.

Baby Stay & Play - A range of activities available, including messy play, for you to enjoy with your child while meeting other families. Suitable to babies aged 0-18 months.

Stay & Play - A range of activities available, including messy play, for you to enjoy with your child while meeting other families. All ages welcome.

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

Messy Play - Messy play drop in group for parents with children aged 0-5 years. Apron provided.

If you have any queries regarding any of the above please contact your local Children's Centre for more information.

If you would like to come along to any sessions that require booking, please phone the relevant Centre.

**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:

Introducing Solids - 02/9, 04/11
Learning through play – 09/9, 11/11 **Minor illnesses & preventing accidents** - 15/7, 16/9, 18/11

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:

Introducing Solids - 08/8, 10/10, 05/12
Learning through play – 15/8, 17/10, 12/12 **Minor illnesses & preventing accidents** - 22/8, 24/10, 19/12
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

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

18/7, 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**