

Tunbridge Wells District Children's Centres



EASTER HOLIDAYS 8th - 19th April



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



	Little Forest Friars Way TN3 EUA	Harmony High Street, Rushall TN4 8RZ	The Ark Broadwater Lane TN2 5RP	Southborough Broomhill Park Road TN4 0JY	Cranbrook Carriers Road TN17 3JZ	Paddock Wood Wesley Centre TN12 6DS
Monday 8th April	EASTER THEMED Stay & Play (Ages 0-8) 2 sessions 9.15-10.30 & 10.45-12.00 BOOKING REQUIRED 	NHS led Baby Hub Parenting Information Sessions <i>(see description for dates)</i> 9.15-11.15 BOOKING REQUIRED Midwife 9.15-4.30	Baby Stay & Play 9.30-11.00 Sing Time 11.30-12.15	Messy Play 1.30-3.00	S E N S O R Y R O O M Midwife 9.00-4.30 Sing Time 1.45-2.30	Baby Stay & Play 9.30-11.00
Tuesday 9th April	NHS-led Breastfeeding Drop-in Support 9.30-11.00 EASTER DIDDY DISCO 10.30-11.30am St Phillip's Church, Birken Road, TN2 3TE BOOKING REQUIRED 			Child Health Clinic 9.30-11.30 <i>(last entry 11.20)</i>	EASTER THEMED Stay & Play (Ages 0-8) with Toy Library 9.30-11.00 	EASTER THEMED Stay & Play (Ages 0-8) 9.30-11.00 
Wednesday 10th April	Child Health Clinic 9.00-11.00 Baby Stay & Play 1.30-3.00	Sing Time 9.30-10.15 Baby Stay & Play 10.45-12.15	Childminding Group 9.30-12.00	Sing Time 2 sessions 9.15-9.45 & 10.15-10.45 BOOKING REQUIRED Baby Stay & Play 1.30-3.00	Sunshine Café 8.45-10.45  SEN Easter FUN (Ages 0-11) 1.30-3.30 BOOKING REQUIRED	Physical Play 9.30-11.00 NHS-led Breastfeeding Drop-in Support 11.30-1.00 Woodland's Health Centre
Thursday 11th April	Sing Time 9.00-9.45		Child Health Clinic 9.30-11.15 EASTER DIDDY DISCO 10.30-11.30am Showfields Hall, Showfields Road, TN2 5PR BOOKING REQUIRED 	EASTER THEMED Stay & Play (Ages 0-8) 1.30-3.00 	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 Story Time 10.45-11.15
Friday 12th April	Midwife 9.00-12.00 Fun on Friday (Homestart) Drop-in play session for all parents under 25 10.00-12.00 Japanese Toddler Group 1.00-3.00	EASTER THEMED Stay & Play (Ages 0-8) 9.30-11.00 BOOKING REQUIRED 	Midwife 12.40-4.00 Twins/Multiple Births Group 12.30-3.00 2 nd Friday of each month		Baby Stay & Play 9.30-11.00 Sunshine Café 9.30-11.00 Messy Play 1.00-2.30	Messy Play 9.30-11.00

	<u>Little Forest</u> Friars Way TN3 EUA	<u>Harmony</u> High Street, Rushall TN4 8RZ	<u>The Ark</u> Broadwater Lane TN2 5RP	<u>Southborough</u> Broomhill Park Road TN4 0JY	<u>Cranbrook</u> Carriers Road TN17 3JZ	<u>Paddock Wood</u> Wesley Centre TN12 6DS	
Monday 15th April	EASTER THEMED Stay & Play (Ages 0-8) 2 sessions 9.15-10.30 & 10.45-12.00 BOOKING REQUIRED SOFT PLAY at Physical Play 2.00-3.30	NHS led Baby Hub Parenting Information Sessions <i>(see description for dates)</i> 9.15-11.15 BOOKING REQUIRED Midwife 9.15-4.30	Baby Stay & Play 9.30-11.00 Sing Time 11.30-12.15	Messy Play 1.30-3.00	S E N S O R Y R O O M a v a i l a b l e f o r b o o k i n g s	Midwife 9.00-4.30 Sing Time 1.45-2.30	Baby Stay & Play 9.30-11.00
Tuesday 16th April	NHS-led Breastfeeding Drop-In Support 9.30-11.00		SEN Easter FUN (Ages 0-11) 10.00-12.00 BOOKING REQUIRED	Child Health Clinic 9.30-11.30 (last entry 11.20)		EASTER THEMED Stay & Play (Ages 0-8) with Toy Library 9.30-11.00	EASTER THEMED Stay & Play (Ages 0-8) 9.30-11.00
Wednesday 17th April	Child Health Clinic 9.00-11.00 Baby Stay & Play 1.30-3.00	Sing Time 9.30-10.15 Baby Stay & Play 10.45-12.15	Childminding Group 9.30-12.00 Physical Play 1.45-2.45	Sing Time 2 sessions 9.15-9.45 & 10.15-10.45 BOOKING REQUIRED Baby Stay & Play 1.30-3.00		Sunshine Café 8.45-10.45 Nourish Foodbank Community Hub 9.00-11.00 (fortnightly)	Physical Play 9.30-11.00 NHS-led Breastfeeding Drop-In Support 11.30-1.00 Woodland's Health Centre
Thursday 18th April	Sing Time 9.00-9.45	Messy Play 10.00-11.30 BOOKING REQUIRED	Child Health Clinic 9.30-11.15 EASTER THEMED Stay & Play (Ages 0-8) 10.00-11.30	EASTER THEMED Stay & Play (Ages 0-8) 1.30-3.00		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 Story Time 10.45-11.15



**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 - 4/4, 6/6, 8/8, 10/10, 5/12 **Introducing Solids** - 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, 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

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

21/3 - **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**