

Tunbridge Wells District Children's Centres



WINTER TIMETABLE Starting 6 January 2020



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	Stay & Play 9.30-11.00	Midwife 9.15-4.30	Baby Stay & Play 9.30-11.00	Messy Play 1.30-3.00	SEN Midwife 9.00-4.30 Sing Time 1.45-2.30	Baby Stay & Play 9.30-11.00
Tuesday	NHS-led Breastfeeding Drop-In Support 9.30-11.00 + Kent Sling Library 3rd Tuesday of each month 9.30-12.00		Midwife 12.30-4.30	Physical Play Christchurch, Prospect Road, TN4 OEG 2 Sessions 9.00-9.45 & 10.00-10.45 Child Health Clinic 9.30-11.30 (last entry 11.20) Cuppa, Chat & Cheer-up SEN Group 1.00-2.30 1st Tuesday of each month Starting 7/1	S O R Y R O O M	Stay & Play 9.30-11.00
Wednesday	Child Health Clinic 9.00-11.00 Baby Stay & Play 1.30-3.00	Baby Stay & Play 9.30-11.00	Childminding Group 9.30-12.00 Kinship Carers 10.30-12.30 1st Wednesday of each month Starting 8/1 Midwife 12.30-4.30 Messy Play 1.00-2.15	Sing Time 2 sessions 9.00-9.30 & 10.00-10.30	a v a i l a b l e f o r b o o k i n g s	Physical Play 9.30-11.00 NHS-led Breastfeeding Drop-In Support 11.30-12.30 Woodland's Health Centre
Thursday	Sing Time 9.00-9.45 Twins/Multiple Births Group 10.00-12.00 4th Thursday of each month Moving on to Solid Foods 10.30-11.30 (Please see Health Visiting Information on page 4 for dates) BOOKING REQUIRED	Messy Play 9.30-11.00	Child Health Clinic 9.30-11.15 Weekly Stay & Play with Monthly Physical Play Session 1st Thursday of each month 10.00-11.30 Midwife 12.30-4.30	Baby Stay & Play 1.30-3.00	Hawkhurst Primary School Monthly Early Help Drop-in Sessions 8.30-11.00am Thursdays 16/1, 13/2, 12/3, 26/3 Hawkhurst Primary School Child Health Clinic 9.30-10.30 NHS-led Breastfeeding Drop-In Support 1.00-2.30	Sing Time 9.30-10.15 Story Time 10.45-11.15
Friday	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	Stay & Play 9.30-11.00			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
1st Saturday of each month			Daddy & Me Stay & Play 1st Saturday of each month 10.00-11.30 However, 1st session for 2020 will be 11/1			

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.

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

Homestart - Fun on Friday - 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 at The Ark.

Health Visiting Services

in the Tunbridge Wells District Children's Centres

HEALTH VISITING DUTY LINE

Monday to Friday, 9.00 to 5.00 (excluding bank holidays)

0300 790 0243

For further information about the Health Visiting service, please visit:

www.kentcht.nhs.uk/service/kent-baby/

MOVING ON TO SOLID FOODS

These workshops are aimed at families with babies between 4-6 months old.

Booking is required.

THURSDAYS, 10.30 to 11.30

- Little Forest Children's Centre

09 January	16 July
20 February	13 August
19 March	10 September
16 April	15 October
21 May	12 November
18 June	10 December

BREASTFEEDING DROP-IN GROUPS

Our trained breastfeeding champions will be able to provide information and help if you have breastfeeding concerns.

TUESDAYS, 9.30 to 11.00

- Little Forest Children's Centre

WEDNESDAYS, 11.30 to 12.30

- Woodlands Health Centre, Paddock Wood

THURSDAYS, 1.00 to 2.30

- Cranbrook Children's Centre

BABY HUB PARENTING SESSIONS

Baby hubs are aimed at supporting families with babies under the age of one. We run regular workshops from our baby hubs which cover topics such as:

- *infant wellbeing*
- *managing minor illness and reducing accidents*
- *introducing solid foods*

Baby Hubs run from Harmony Children's Centre and Cranbrook Children's Centre.

Session dates for 2020 to be confirmed.

HEALTHY CHILD CLINICS

Drop in and see your local health visiting team who will be able to weigh your baby or child and offer you support and advice.

TUESDAYS

- Southborough Children's Centre, **9.30 to 11.30**
- Hawkhurst Baptist Church Hall, (*1st Tuesday of each month*), **1.00 to 3.00**

WEDNESDAYS

- Little Forest Children's Centre - **9.00 to 11.00**
- Woodlands Health Centre, Paddock Wood - **9.15 to 11.15**

THURSDAYS

- The Ark Children's Centre - **9.30 to 11.15**
- Cranbrook Children's Centre - **9.30 to 10.30**

Please arrive 10mins before the end of the Session and remember to bring your child's red (PCHR) book.