

### **ESOL**

A course for parents/ carers of children under 5 where English is an additional language

### **Other courses to support parent in:**

**Parenting skills**  
**Building resilience**  
**Sewing**  
**Cooking**  
**Healthy eating**  
**Financial & budgeting**  
**English level 1&2**  
**Returning to work**  
**Baby massage**

Ask a member of staff for details of the next course

### **Midwife Clinic**

A chance to see a midwife, and meet other families (Appointments only via your midwife team)

### **Child Health Clinic**

Have your child weighed and chat to the Health Team.

### **Swim for All (Abbey Pool)**

Free swimming for Under 5s and their carers

Ask staff for details and a voucher

### **Stay and Play**

A fun sessions with a variety of tabletop and floor activities for 3s and under

### **Under 25's Group**

Meet other parents under 25, join in with crafts, sensory play and fun activities

### **New Parents**

For parents with babies up to 6 months, Meet and relax while discussing a wide range of parenting issues.

Please see programme

# **Activity Programme**

## **Autumn 2017**

All activities are held at the Children's Centres, unless stated otherwise. Booking (where required) can be done by email, telephone or in person at reception.

### **Romsey Mill Children's Centre**

Hemingford Road, Cambridge, CB1 3BZ

Telephone: **01223 566102** Email: [childrenscentre@romseymill.org](mailto:childrenscentre@romseymill.org)

Office opening hours: **Monday to Friday 9.30am – 12.30pm Wednesday 9am-4pm**

### **Cherry Hinton Children's Centre**

Community Wing of Bewick Bridge Community Primary School,  
Fulbourn Old Drift, Cambridge, CB1 9ND

Telephone: **01223 712082** Email: [cherryhintonchildrenscentre@cambridgeshire.gov.uk](mailto:cherryhintonchildrenscentre@cambridgeshire.gov.uk)

Office opening hours: **Monday to Thursday 9.30am – 12.30pm**

Website: [www.cambridgeshire.gov.uk/childrenscentres](http://www.cambridgeshire.gov.uk/childrenscentres)

Facebook: [www.facebook.com/romseymillandcherryhintonchildrenscentre](http://www.facebook.com/romseymillandcherryhintonchildrenscentre)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>9.30-11.30am</b>	<b>10-11.30am</b>		<b>9.30-11.30</b>	<b>11.45-12.45</b>
<b>ESOL</b> (at Cherry Hinton)	<b>Stay and Play</b> £2.00 per family/carer	<b>Stay and Play</b> £2.00 per family/carer		<b>Various Courses</b> See back page and ask staff for details	<b>Swim For All</b> (at Abbey Pool) Ask staff for a free voucher
		<b>1-2.30pm</b>	<b>12.30-2.00</b>		
		<b>Under 25's Group</b>	<b>New Parents</b> £2.00 per family/carer		
		<b>1-2.30pm</b>			
		<b>Clothes and Book Swap</b> Dates see separate flyer			
		<b>1.30-3pm</b>	<b>2-3.30</b>		
		<b>Swim For All</b> (at Abbey Pool)	<b>Child Health Clinic</b> Weekly drop-in At Romsey mill		

For Mothers 19 + Under & Fathers 25 + Under The **Romsey Mill Young Parents Programme** offers 1:1 support, antenatal classes, courses & drop in groups. Contact Romsey Mill or Cherry Hinton Children's Centre for more information.

## CHERRY HINTON

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>9.30-11.30am</b>	<b>9.30-11.00</b>	<b>10-11.30</b>	<b>9.30-11.30</b>	<b>9.30-1.00</b>
<b>ESOL</b>		<b>Child Health Clinic</b> Weekly Baby/Toddler Clinic	<b>Stay and Play</b> £2.00 per family/carer	<b>Various courses</b> See back page and ask staff for details	<b>Midwife Clinic</b> Appointments available through Sienna Team 01223 349314
		<b>1-2.30pm</b>			<b>11-45-12.45pm</b>
		<b>Under 25's Group</b> (at Romsey Mill)			<b>Swim For All</b> (at Abbey Pool) Ask staff for a free voucher
		<b>1-2.30pm</b>			
		<b>Clothes and Book Swap</b> Dates see separate flyer			
		<b>1.30-3pm</b>			
		<b>Swim For All</b> (at Abbey Pool)			