

ESOL

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

New Parents

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

Please see programme

Under 25's Group

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

Child Health Clinic

Have your child weighed and chat to the Health Team

Stay and Play

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

Midwife Clinic

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

Swim for All

(Abbey Pool)

Free swimming for Under 5s and their carers

Ask staff for details and a voucher

Other courses to support parents 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

Activity Programme

Summer 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

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

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

Website: www.cambridgeshire.gov.uk/childrenscentres

Facebook: www.facebook.com/romseymillandcherryhintonchildrenscentre

	Monday	Tuesday	Wednesday	Thursday	Friday
	9.30-11.30am	10-11.30am	10.30-12.30	9.30-11.30	11.45-12.45
ESOL (at Cherry Hinton)	Stay and Play £2.00 per family/carer	Midwife Clinic Appointments available through Sky Team 01223 348943	Various Courses See back page and ask staff for details	Swim For All (at Abbey Pool) Ask staff for a free voucher	
	1-2.30pm	12.30-2.00			
	Under 25's Group	New Parents £2.00 per family/carer			
	1-2.30pm				
	Clothes and Book Swap Dates to be confirmed				
	1.30-3pm	2-3.30			
	Swim For All (at Abbey Pool)	Child Health Clinic 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

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