

Baby Cafe - Support, advice and information for breastfeeding .

Baby Massage - A 5 week baby massage course which aims to strengthen the emotional bond between you and your baby. £15 for a 5 weekly course. (Free if on certain benefits).

Ages & Stages - 2 age groups Bumps-9mths and Little Movers 9mths-18mths. A friendly group for you and your baby with advice and information, Treasure Baskets and other activities.

Confidence To Change - enabling parents to build confidence and assertiveness- making positive life choices.

FIPCAN - If you have a child with additional needs this group provides sensory play, emotional support, advice and sign posting from experienced and familiar staff for parents/ carers.

Freedom - A 10wk programme facilitated by (TDAS) Torbay Domestic Abuse Service (referral only) 01803 698869

Lets Talk & Play - Advice & Support for Speech, Language and Communication development. By referral and appointment.

Light Group - (Supported by TDAS) referral only.

Nurture Programme - Nurture promotes emotional literacy, emotional health, self-esteem, self-awareness and empathy. Helping to develop communication and relationship skills, cooperation, responsible behaviour and managing challenging behaviour in children.

**Collect your Free Vitamins at
Zig Zags**

**Sessions are accessible to all families
Everyone welcome!**



One Step at a Time - a group for mum's of children under one experiencing low mood or feelings of being overwhelmed.

PABS - Parent Advisory Board – An informal group where parents can be involved with the development of our Children's Centres.

Small Steps - Run by Family Learning, this group supports parents with understanding and preparing to meet their child's changing world i.e. transitions

Lets Talk & Play Together (Previously named as Story Club)-
An interactive story and singing session to promote child development focusing on language and communication skills through sharing stories, singing and other area related activities. For ages 12 months plus

Stay and Play - These sessions focus on the importance of play in a child's development. This group is for children 0-5 and they can enjoy craft activities, physical play, stories and singing.

Weaning Party - A bookable session offering support and advice on when to introduce solid food to your baby.

Parents to Be—A 3 week course provided by Sling Library. For more information and to book a place please see details below
<http://www.southdevonslinglibrary.com/parents-to-be-torbay.html>



HOW |
**ACTION FOR
CHILDREN**
| WORKS

Torbay Children's Centres
ACTIVITY TIMETABLE

APRIL - JUNE 2018

Torquay

Zig Zags Children's Centre
32 Market Street
Torquay TQ1 3AQ
01803 210200

Watcombe Children's Centre
Moor Lane
Torquay TQ2 8NU

Facebook Page: 
Friends of Torbay Children's Centres

Please visit our Website:

www.torbay.childrencentres.org



For all bookings and more information please
Tel: 01803 210200

	Monday	Tuesday	Wednesday	Thursday	Friday
Zigzags Market Street	<p>*FREEDOM 10wk course Torbay Domestic Abuse Service (By Referral Only) Day & Venue Differ To Book 01803 698869</p> <p>TRIPLE P (By Referral Only) Day and Venue Differ</p>	<p>AGES & STAGES Little Movers 9mths-18mths 9.30 - 11am Bumps to 9mths 11.30am - 12.30pm Term Time Only</p>	<p>LETS TALK & PLAY Fortnightly 1 - 4pm (Referral only)</p>	<p>NURTURE PROGRAMME (By Referral Only) Day & Venue Differ</p>	<p>*LIGHT GROUP (By Referral Only) Day & Venue Differ</p> <p>*BABY CAFÉ 10 - 11.30am</p> <p>LETS TALK & PLAY TOGETHER (Previously named as Story Club) 1.00 - 2.30pm Term Time Only</p>
Stay & Play + Other Venues	<p>*TEDDY TALES Stories, songs & crafts Torquay Library 9.45 & 11.00 To Book 01803 208300</p>	<p>*CONFIDENCE TO CHANGE Day & Venue Differ (By Referral Only)</p>	<p>STAY & PLAY UPTON VALE 10 - 11.30am</p> <p>*WEANING PARTY 18th April / 16th May / 20th June 11.30am-1pm (Phone 210200 to book a space) Medway Centre Watcombe</p>	<p>*PARENTS TO BE CLASSES Starting from May onwards £30 for 3 week course For more information and to book please see below http://www.southdevonslinglibrary.com/parents-to-be-torbay.html</p>	<p>*RHYTHM & RHYME Torquay Library 9.45 & 11.00 To Book 01803 208300</p> <p>STAY AND PLAY Medway Centre 9.30 - 11am</p> <p>STAY AND PLAY Cockington Centre 9am-12pm</p>
Watcombe Centre Moor Lane		<p>PARENT & TODDLER GROUP Parent Led 9.30-11.00am Term Time Only</p>	<p>CHILDMINDERS 9.30am-11.30am 18th April / 2nd, 16th May / 6th, 20th June Term Time Only</p>	<p>FIPCAN FAMILY INFORMATION & PLAY FOR CHILDREN WITH ADDITIONAL NEEDS 1 - 2.30pm 12th, 26th April / 10th, 24th May / 14th, 28th June</p> <p>ECZEMA CLINIC Book on through your Health Visitor</p>	

*These groups are facilitated with partner agencies.
e.g. Library Staff, Health Visitors, Parent Champions.

For All Bookable Session Availability Please Contact
01803 210200