

Baby Cafe - Support, advice and information for parents on infant feeding.

Baby Massage - A 5 week baby massage course which aims to strengthen the emotional bond between you and your baby. £25 for a 5 week course

To book contact Leigh on 07528161716 or email leighw_2810@hotmail.co.uk

Ages & Stages; 2 age groups

Bumps to 9 months & Little Movers- 9mths-18mths.

A friendly group for you and your baby with advice and information. Weekly play activities supporting infants development.

Child Health Clinic - A Health Visitor run clinic for baby weighing and health checks.

Confidence To Change - Enabling parents to build confidence and assertiveness and to help make positive life choices.

FIPCAN -

Family Information and Play for Children with Additional Needs.

A Portage focused session providing sensory play, emotional support, advice and sign posting from experienced staff.

Lets Talk & Play - A one to one session offering advice & Support for Speech, Language and Communication development. By referral and appointment.

Light Group - (Supported by TDAS) referral only.

Collect your Free Vitamins at our Children's Centres

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



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

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

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 - Sessions focus on the importance of play in a child's development. This group is for children 0-5, 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 recommended 6 months plus.

Parents to Be - A 3 week course provided by Sling Library. For more information and to book a place please see details below

<https://bookwhen.com/parentstobetorbay61>

Team Well Being - A fun netball session with a creche available. Helping mums to get out and active. Great for low mood. The group is open to all skill levels and a creche is available if needed

What's Next Course - The 4 week course, in Partnership with South Devon College. To support you in developing your confidence and to begin thinking about the next steps in your life whether volunteering, employment or education.



**HOW
ACTION FOR
CHILDREN
WORKS**

**Torbay Children's
Centres
ACTIVITY TIMETABLE
JANUARY-MARCH 2019**

Paignton

The Beehive
Paignton Enterprise Centre
Paignton
TQ3 3DZ

Brixham

The Barn
Brixham Enterprise Estate
Rea Barn Road
Brixham
TQ5 9DF
01803 883143

For any last minute updates/cancellations keep in touch through our Facebook page or just 'like' us on Facebook



Facebook Page:
Friends of Torbay Children's Centres
Please visit our new website:

www.torbay.childrencentres.org



For all bookings and more information please
Tel: 01803 210200

**ALL CENTRES WILL BE CLOSED FROM
MONDAY 24th DECEMBER AND RE OPENS ON
THURSDAY 3rd JANUARY 2019.
SESSIONS WILL RESTART ON
W/C 7th JANUARY**

	Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">The Beehive Paignton Enterprise Centre Bishops Place Paignton TQ3 3DZ</p>	<p align="center">BABY CAFE 10 - 11.30am</p> <p align="center">TRIPLE P COURSE (by Referral Only) Day and venue may differ</p>	<p align="center">LETS TALK & PLAY TOGETHER (Previously named as Story Club) 9.30am - 11.00am Term Time Only</p> <p align="center">STAY & PLAY 1pm - 2.30pm</p> <p align="center">PREPARING FOR JOBMARKET 3 week course Day & Venue Differ (Bookable Session)</p>	<p align="center">CHILDMINDERS 9.30 - 11.30am 9th, 23rd Jan / 6th, 20th Feb / 6th, 20th March Term Time Only</p> <p align="center">FIPCAN FAMILY INFORMATION & PLAY FOR CHILDREN WITH ADDITIONAL NEEDS 16th, 30th Jan / 13th, 27th Feb / 13th, 27th March 10.00 - 11.30am</p> <p align="center">LETS TALK & PLAY Fortnightly (Referral only)</p>	<p align="center">AGES & STAGES Bumps to 9 mths 11.30 - 12.30pm Little Movers 9mths to 18 mths 1.30pm - 3.00pm Term Time Only</p> <p align="center">BABY MASSAGE £25 for a 5 week course To book contact Leigh on 07528161716 or email leighw_2810@hotmail.co.uk</p> <p align="center">WHATS NEXT COURSE 4 week course Day & Venue Differ (Bookable Session)</p>	<p align="center">BLUE BELLS Day & Venue Differ (By Referral Only)</p> <p align="center">*WEANING PARTY 1.00pm– 2.30pm 11th Jan / 8th Feb / 8th March</p>
<p align="center">Brixham The Barn Brixham Enterprise Estate Rea Barn Road Brixham TQ5 9DF</p>	<p align="center">*CHILDMINDERS 9.30 - 11.30am 21st Jan / 18th Feb / 18th March Term Time Only</p> <p align="center">LETS TALK & PLAY Fortnightly (Referral only)</p>	<p align="center">*CHILD HEALTH CLINIC 9.00 - 10.30am</p> <p align="center">AGES & STAGES Bumps to 9 mths 10.30am - 11.30am Little Movers 9mths to 18mths 1pm - 2.30pm Term Time Only</p>	<p align="center">STAY AND PLAY 9.30am - 11.00am</p> <p align="center">*WHATS NEXT COURSE 4 week course Day & Venue Differ (Bookable Session)</p>	<p align="center">SOLIHULL COURSE (By Referral Only) Day and venue may differ</p> <p align="center">BABY MASSAGE £25 for a 5 week course To book contact Leigh on 07528161716 or email leighw_2810@hotmail.co.uk</p> <p align="center">PREPARING FOR JOBMARKET 3 week course Day & Venue Differ (Bookable Session)</p>	<p align="center">*WEANING PARTY Monthly Dates announced at Ages & Stages Group 12.30pm-2.30pm (Bookable session) More dates to follow</p> <p align="center">*YOGA ANTENATAL Every Sunday (Excluding Bank Holidays) 5pm-6.30pm £6 per session or £30 for a 6 week block Please phone/email Gill to book a space 07403404054 or babymoon16@outlook.com</p>
<p align="center">Stay & Play + Other Venues</p>		<p align="center">*BAMBINO 11am - 1pm Parent Led Great Parks Community Centre</p>	<p align="center">TEAM WELL BEING 10 week course starting 16th Jan 9.30-11.30am (with Creche) Court time 10am-11am YMCA, Dartmouth Road, Clennon Park Paignton Term Time Only (Bookable Session)</p>	<p align="center">*STAY & PLAY 9.30 - 11am St Boniface Church Hall Foxhole</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](tel:01803210200)