

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

Post Natal Exercise - a gentle yoga based exercise to help aid Postnatal recovery, as well as time to concentrate on yourself and relax. Suitable from Postnatal check up to 2 years Postnatal. £2.50 a session with additional £1 for creche provision

To book phone Gill Hault on 07403 404054 or email babymoon16@outlook.com

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



HOW
**ACTION FOR
CHILDREN**
WORKS

Torbay Children's Centres
ACTIVITY TIMETABLE

JANUARY - MARCH 2019

Torquay

Zig Zags Children's Centre

32 Market Street

Torquay TQ1 3AQ

01803 210200

Watcombe Children's Centre

Moor Lane

Torquay TQ2 8NU

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 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
Zigzags Market Street		<p>AGES & STAGES Little Movers 9mths-18mths 9.30 - 11am Bumps to 9mths 11.30am - 12.30pm <i>Term Time Only</i></p>	<p>LETS TALK & PLAY Fortnightly 1 - 4pm (Referral only)</p> <p>*BABY MASSAGE £25 for a 5 week course To book contact Leigh on 07528161716 or email leighw_2810@hotmail.co.uk</p> <p>*POST NATAL EXERCISE 12 weeks with creche available £2.50 a session with additional £1 for creche provision 9th January 2019 1pm-2.00pm To book phone Gill Hault on 07403 404054 or email babymoon16@outlook.com <i>Term Time Only</i> (Bookable Session)</p>		<p>*BABY CAFÉ 10 - 11.30am</p> <p>LETS TALK & PLAY TOGETHER (Previously named as Story Club) 1.00 - 2.30pm <i>Term Time Only</i></p>
Stay & Play + Other Venues			<p>STAY & PLAY UPTON VALE 10 - 11.30am</p>	<p>*PARENTS TO BE CLASSES £30 for 3 week course For more information and to book please see below https://bookwhen.com/parentstobetorbay61</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 <i>Term Time Only</i></p>	<p>CHILDMINDERS 9.30am-11.30am 16th, 30th Jan / 13th, 27th Feb / 13th, 27th March <i>Term Time Only</i></p> <p>*WEANING PARTY 9th Jan / 13th Feb / 13th March 12.30pm-2pm (Phone 210200 to book a space) Medway Centre Watcombe</p>	<p>FIPCAN FAMILY INFORMATION & PLAY FOR CHILDREN WITH ADDITIONAL NEEDS 1 - 2.30pm 10th, 24th Jan / 7th, 21st Feb / 7th, 21st March</p> <p>ECZEMA CLINIC Book on through your Health Visitor</p>	<p>*MOTHER AND BABY YOGA 12 weeks 11th January 2019 1pm-2.00pm To book phone Gill Hault on 07403 404054 or email babymoon16@outlook.com £5 per session <i>Term Time Only</i> (Bookable Session)</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)