



Programme of events

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning	<p>Baby Massage 9.45-11am Four Woods Courses start 9/1/12 and 5/3/12 Booking required</p> <p>Tots Time 9.30-10.45am Bluebells</p> 	<p>Midwives Clinic 9.30-11.30am Four Woods Booking required</p> <p>Latch On, Breastfeeding Support Group 10.30am-12.30pm Tesco Café, Transit Way</p> <p>Little Green Fingers 9.30-11am Starts 17/1/12 Allotment or Bluebells</p> <p>Ready to Go* Booking required</p>	<p>Midwives Clinic 9.30am-12pm Four Woods Booking required</p> <p>Toddler Time 10-11.15am Honicknowle Community Centre</p> <p>Sitters and Signers 9.45-10.45am Four Woods Induction workshops 1/2/12 and 8/2/12 Courses start 22/2/12 Booking required</p>	<p>Midwives Clinic 9.30-11.45am Four Woods Booking required</p> <p>Blooming Buds 9.45-11am Four Woods</p> 	<p>Midwives Clinic 9.30am-12.30pm Four Woods Booking required</p> <p>Walkabout 10am-12pm Call for details 27/1/12 and 10/2/12</p> <p>Childminders 9.30-11.30am Stoke Methodist Church Fortnightly Term time starting 12/1/12 £1 per childminder</p> <p>Adult Learning* More to come in February</p> 	<p>Guys & Games 10am-1.15pm Walk and picnic (wrap up warm!) 28/1/12 Call for details</p>	Morning
	<p>Parent Forum 1.30-2.45pm Four Woods 9/1/12 and 13/2/12</p> <p>Workshops 10/1/12 Story Sacks 27/1/12 Healthy Teeth 26/3/12 Children's Milestone</p> <p>Big Chef Little Chef 3.15-4.30pm Four Woods Booking required £1 per person</p> 	<p>Chatterbox Clinic 1-2.45pm Honicknowle Community Centre Starts 10/1/12</p> <p>Jewellery Making* 1-3pm Four Woods Starts 10/1/12 Booking required</p> <p>Wild about Woods 1-3pm Four Woods 14/2/12 Wear wellies</p>	<p>Taste Buds* 1-3pm Four Woods Booking required £1.50 per session</p> <p>Step by Step 1.45-3pm Bluebells Starts 11/1/12</p> <p>Mums on the Move 1.30-2.30pm Ernesettle Health Centre Booking required £1 per session</p>	<p>Walkabout 12.30-2.30pm Call for details 19/1/12 and 2/2/12</p> <p>Great Expectations 6-8pm Four Woods Starts 22/3/12 Booking required</p> 	<p>Baby Talk 1.30-2.45pm Four Woods Starts 6/1/12 and 24/2/12</p> 		
Afternoon	<p>*Limited childcare available</p> <p>We would be grateful for a 50p donation towards the running of each group unless otherwise stated</p>					Afternoon	

We welcome your feedback and ideas! If you require and further information on the services we offer please contact us on the address at the back.

Baby Talk A group for sitting babies and their parents/carers. A six week course around communication. Booking required.

Baby Massage (for babies up to 6 months) A small group to learn how to massage your baby. Early Booking essential – £5 for five week course.

Latch On Breastfeeding Support Group A weekly drop-in for breastfeeding mums and partners. Access information and advice from peer supporters.

Mums on the Move A ten week post natal exercise programme for mums with babies aged 6 weeks to 6 months. Cost £1 per session, booking essential.

Little Green Fingers A weekly group meeting at our allotment plot to get our hands dirty growing our own fruit, vegetables and herbs. Seasonal group so please note we may offer sessions at Bluebells instead of the allotment.

Blooming Buds Baby Group A drop-in group for parents/carers with babies aged 0-12 months.

Chatterbox A weekly drop-in clinic with local health visitors and Children's Centre team. Play activities to encourage language and communication. plus baby weighing, health advice and information.

Toddler Time/Tot's Time A drop-in group for families/carers with children aged 9 months to 3 years (siblings welcome) providing one hour's free play using our Toy Library.

Step by Step A drop-in group run by our Communications Co-ordinator and the Portage Service for parents/carers with concerns about their under 5s development. Contact Sal on 366 795.

Guys & Games Meeting four times a year, a Saturday group for Dads, Granddads, male carers and their children aged under 5. Please call Sal for more information. £1.50 per family.

Walkabout Out and about group where families can have fun and get active whilst exploring the local and surrounding areas. Some sessions will involve a cost and times may vary so please call Sal to find out what we are doing weekly.

Taste Buds A six week practical cookery course for parents/carers. Apart from cooking and seeing the end result the best bit is taking it home for the family to try. Cost £1.50 per family per week. Crèche provided.

Midwives Ante-Natal Clinic A clinic for expectant parents (Free). For ante-natal advice call the Community Midwives Advice Line on 01752 763 623.

Parent Forum We'd like to invite local parents/carers with children under five to come and join us on the second Monday of every month to have your voice heard. Call Hannah for details.

Jewellery Making A five week course to practice jewellery making techniques, make a range of unique jewellery and take these skills home to use with the rest of the family.

Adult Learning Four Woods Children's Centre works in partnership with Plymouth Adult and Community Learning Service to provide families with children aged 0-5 years with a range of quality learning experiences. Crèches are provided for children 1-5 years

Sitters and Signers A short course for babies aged 6-12 months. Learn signs together in a fun and interactive way. Booking required.

Great Expectations A six week ante-natal programme for parents to be. Early booking essential.

Ready to Go A programme for parents with children who start school in September.



Spring term programme 2012



Our contact details

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