


**New Spring Programme**

# Tamar FOLK Children's Centre Spring Activity Programme 2012

## At Tamar FOLK - The Barn

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Tumble Teds</b> Come and have fun at our soft play sessions for under 5's.</p> <p>At the Barn 9:30 - 11:00 am 09/01/12 - 26/03/12</p>	<p><b>Jump and Jive</b> Join in the fun. Dance to action songs for children under 5</p> <p>At the Barn 10:00 - 11:30 am 09/01/12 - 27/03/12</p>	<p><b>Latch On</b> A great social group for expectant and breastfeeding mums.</p> <p>At The Barn 9:30-11:00 am 11/01/12 - 28/03/12</p>	<p><b>Stop Smoking Support</b> A session run by NHS specialists providing advice and support for those who want to quit smoking. Call 01752 314040 to book an appointment</p> <p>At the Barn 1.00 - 3.00 pm 12/01/12 - 29/03/12</p>	<p><b>Cook be Healthy</b> A 15 week course where you can learn some useful tips on healthy cooking at home</p> <p>At the Barn 9:30 - 11:30 am 06/01/12—16/03/12</p> <p><b>This group has already started. For more information on future cookery courses please contact us at reception</b></p>
<p><b>Shinin Starz</b> All new stay and play for young parents and carers under 25, and their children</p> <p>At The Barn 12.30 - 2.30 pm 16/01/12 - 26/03/12</p>	<p><b>2 Year Development Checks</b> Every fortnight, from 10/01/12 Health Visitor appointments only</p> <p>At the Barn 12.30 - 4.00 pm</p>	<p><b>Chatterbox</b> Come and play with Charlie Chatterbox. Includes health visitor and baby weighing advice</p> <p>At The Barn 1:00 - 3:00 pm Every Wednesday from 04/01/12</p>		
<p><b>Young People's Advice and Wellbeing Drop-in</b> Young people aged 13-19 advice and wellbeing drop-in. Come and talk to your local youth worker</p> <p>At the Barn 3.00 - 5.00 pm 09/01/12 - 26/03/12</p>	 <p><b>TAMAR FOLK</b> For Our Local Kids Children's Centre</p>	<p><b>Midwife antenatal/postnatal drop-in Clinic</b> Advice and support for prospective and new mums</p> <p>At Barne Barton Community Flat, Roberts Road 1.30 - 3.00 pm Every Wednesday</p>	<p><b>Saturday Group!</b> <b>Great Expectations</b> Ante/Postnatal classes for expectant Mums</p> <p>At The Barn 9:30 - 11:30 am 23/01/12—27/02/12</p>	<p><b>Home Safety Checks</b> Speak to a member of staff and book a home safety check including fitting of safety Equipment</p>

## A Sure Start Children's Centre

Remember to book your place on courses!  
Limited free crèche spaces available  
For more information, please phone  
Tamar FOLK on 01752 431600

