


**New Spring Programme**

# Tamar FOLK Children's Centre Spring Activity Programme 2012

## At Tamar FOLK - Victoria Road

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Jewellery for Beginners</b> A 6 week course. Come and make your own necklaces, bracelets and more!</p> <p>At Tamar FOLK CC 9.30-11.30 am 20/02/12 - 26/03/12</p>	<p><b>Snugglies</b> A group especially for parents/carers with children aged 0 - 18 months.</p> <p>At Tamar FOLK CC 9.30 - 11.30 am 10/01/12 - 27/03/12</p>	<p><b>Incredible years</b> A 14 week parenting course <b>Note: Confidential referrals only</b></p> <p>At Tamar FOLK CC 12:15-2:30 pm 18/01/12 - 9/05/12</p>	<p><b>Little Angels</b> For parents/carers with children aged 0 - 5 years. Fun activities, messy play and lots more</p> <p>At Tamar FOLK CC 9:15 - 11:15 am 12/01/12 - 29/03/12</p>	<p><b>Step by Step</b> Concerned about your 0 - 4 year old's development? This group offers early support through fun play activities</p> <p>At Tamar FOLK CC 9:30 - 10:45 am 06/01/12 - 30/03/12</p>
<p><b>Baby Resuscitation Course</b> A 2 hour course teaching you what to do if baby is choking or has difficulty breathing</p> <p>At Tamar FOLK CC 9:30 - 11:30 am Spring term</p>	<p><b>Numeracy Course</b> A chance to develop your skills in Numeracy. Morning &amp; afternoon courses</p> <p>At Tamar FOLK CC 9:30 - 11:30 am 12:30-2:30pm 10/01/12 - 27/03/12</p>	<p><b>Domestic Abuse is a Crime</b> For confidential support please call us on 01752 431600</p>	<p><b>Midwife Clinic</b> This clinic is for Stirling Road patients. Please call 431600 to make an appointment</p> <p>At Tamar FOLK CC 1:30 - 3:30 pm</p>	<p><b>Literacy Course</b> Brush up on your English literacy skills. All learners welcome</p> <p>At Tamar FOLK CC 9:30 - 11:30 am 13/01/12 - 30/03/12</p>
<p><b>Midwife Clinic</b> For Chard Road patients Call 431600 for an appointment</p> <p>At Tamar FOLK CC 9:30 - 12:30 pm</p>	<p><b>Midwife Clinic</b> This clinic is for Stirling Road patients. Call 431600 to make an appointment</p> <p>At Tamar FOLK CC 9:30 - 12:30 pm</p>	 <p><b>TAMAR FOLK</b> For Our Local Kids Children's Centre A Sure Start Children's Centre</p>	<p><b>Kingzy Kids</b> For parents/carers with children aged 0 - 5 years. Fun activities, messy play and lots more</p> <p>12.45 - 14.45 Kings Tamerton Hall 12/01/12 - 29/03/12</p>	<p><b>Incredible years</b> A 14 week parenting course <b>Note: Confidential referrals only</b></p> <p>At Tamar FOLK CC 12:15-2:30 pm 20/01/12 - 11/05/12</p>
<p><b>Make Your Experience Count</b> A 7 week course aimed at developing your strengths. Gain confidence, be ambitious in seven fun relaxed sessions!</p> <p>At Tamar FOLK CC 9:30 - 11.30 am Spring Term</p>	<p><b>Let's Get Healthy with HENRY</b> An 8 week course covering Health, Exercise and Nutrition for the Really Young</p> <p>At Tamar FOLK CC Ask reception for more details</p>		<p><b>Chatterbox +</b> Come and play with Charlie Chatterbox. Includes health visitor and baby weighing advice</p> <p>At Tamar FOLK CC 2:00 - 3:30 pm Every Thursday starting 05/01/2012</p>	<p><b>Parasol</b> A meeting for parents to have a say on children's activities in the local area. Limited free crèche places available</p> <p>At Tamar FOLK CC 12:30 - 2:30 pm 27/01/12 24/02/12 30/03/12</p>
<p><b>Baby Massage</b> A relaxing 5 week course for Mum and baby. Benefits include calming, bonding and relieving colic, teething problems etc</p> <p>At Tamar FOLK CC 1:00 - 3:00 pm 06/02/12 - 05/03/12 12/03/12 - 23/04/12</p>				
<p><b>Home Safety</b> A 2 hour workshop providing help and advice for making the home a safer place</p> <p>At Tamar FOLK CC 1.00 - 3.00 pm Spring Term</p>				

**Coming soon this Spring!**  
**NEW COURSES**  
**First Aid**  
**Food Hygiene**  
Please book your place at reception



**Remember to book your place on courses!**  
**Limited free crèche spaces available**

**For more information, please phone Tamar FOLK on 01752 431600**  
Next to Victoria Road Primary School, Trelawney Avenue, St Budeaux, PL5 1RH