

Monday	Tuesday	Wednesday	Thursday	Friday
20th July: Crawlers 12.30-2.30	21st July:	22nd July: CAB 9-5 Midwife Clinic 9-5 Movers & Groovers 1-2.30	23rd July: Stop Smoking 9-12 Midwife clinic 9-12 Fun On The Beach 10-12	24th July: CAB 9-5 Breastfeeding Support 10-12 Wads 12.30-2.30
27th July: Crawlers 12.30-2.30	28th July: Community Day 10-12	29th July: CAB 9-5 Midwife Clinic 9-5 People Who Help Us 10-12 Movers & Groovers 1-2.30	30th July: Stop Smoking 9-12 Midwife Clinic 9-12 Dentist Day 10-12	31st July: CAB 9-5 Breastfeeding Support 10-12 Smile 12.30-2.30 Wads 12.30-2.30
3rd August: Crawlers 12.30-2.30	4th August: Healthy Eating For All 10-12	5th August: CAB 9-5 Midwife Clinic 9-5 Funny Food 10-12 Movers & Groovers 1-2.30	6th August: Stop Smoking 9-12 Parent Craft 12-2.30 Shaker Maker 10-12	7th August: CAB 9-5 Breastfeeding Support 10-12 Wads 12.30-2.30
10th August: Crawlers 12.30-2.30	11th August: Summer Ball! 4-7pm	12th August: CAB 9-5 Midwife Clinic 9-5 Sunflower Day 10-12 Movers & Groovers 1-2.30	13th August: Stop Smoking 9-12 Parent Craft 12-2.30 Bug Hunt! 10-12	14th August: CAB 9-5 Breastfeeding Support 10-12 Smile 12.30-2.30 Wads 12.30-2.30
17th August: Crawlers 12.30-2.30	18th August: THE BIG ONE!! 10-12	19th August: CAB 9-5 Midwife Clinic 9-5 Mucky Fun 10-12 Movers & Groovers 1-2.30	20th August: Stop Smoking 9-12 Parent Craft 12-2.30 Messy Food 10-12	21st August: CAB 9-5 Breastfeeding Support 10-12 Wads 12.30-2.30
24th August: Crawlers 12.30-2.30	25th August: Around The World Day 10-12	26th August: CAB 9-5 Midwife Clinic 9-5 Around The World 10-2 Movers & Groovers 1-2.30	27th August: Stop Smoking 9-12 Midwife Clinic 9-5 Around The World 10-12	28th August: CAB 9-5 Breastfeeding Support 10-12 Smile 12.30-2.30 Wads 12.30-2.30
31st August: Bank Holiday!	1st September:	2nd September: CAB 9-5 Midwife Clinic 9-5 Movers & Groovers 1-2.30	3rd September: Stop Smoking 9-12 Midwife Clinic 9-5	4th September: CAB 9-5 Breastfeeding Support 10-12 Wads 12.20-2.30

SUMMER TIMETABLE

CAB

Citizens Advice Bureau
Wednesdays and Friday 9-5
To book to see an adviser please
call Reception on 856200

CRAWLERS Monday 12.30-2.30

Come and have your baby weighed
And spend sometime with other mums
For more information please call
Reception on 856200

WADS

12.30-2.30

Every Friday
Through out the
holidays
Call Sam for more
Details on 856206

SMILE

12.30-2.30

Every other
Friday through out the
holidays
More details call
Michelle on 856202

Midwife Clinic

Every Wednesday 9-5

And

Parent Craft

Thursday 12-3

For more information please
contact your midwife.

Movers / Groovers

Over the summer we are bringing
together both groups on a
Wednesday 1-2.30
For details please call
Reception 856200

BREASTFEEDING SUPPORT

EVERY FRIDAY
10-12

Support for all
breastfeeding mothers
For more information please
call Sarah on 856223

Stop Smoking

Thursday 9-12

Need support to quit
why not contact
0800 849 4444
For more help

