

PERIOD: **Autumn Term**

## Lighthorne Heath, Wellesbourne & Southam Timetable

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<b>MONDAY</b>	10:00am – 11:00am 1:15pm – 2:45pm 1:00pm – 3:00pm	<b>WEEKLY</b> from 3/9/18 <b>Weekly 10/9 – 8/10/18</b> <b>15<sup>th</sup> October</b>	♥ ♥ ★	<b>Boogie Tots</b> <b>Let's Play</b> <b>Save a Baby's Life</b>	<b>Lighthorne Heath</b> Children & Family Centre <b>Southam</b> – The Grange Hall, Coventry Road <b>Southam</b> – The Grange Hall, Coventry Road
<b>TUESDAY</b>	10:00am – 11:00am 1:15pm – 2:45pm 1:30pm – 2:30pm	<b>Starts 11<sup>th</sup> Sept</b> – 5wks <b>WEEKLY</b> <b>11<sup>th</sup> Sept &amp; 9<sup>th</sup> Oct</b>	★ ♥ ♥	<b>Baby Chatter Matters</b> <b>Stay &amp; Play</b> <b>Speech &amp; Language Drop-in</b>	<b>Lighthorne Heath</b> Children & Family Centre <b>Southam</b> – The Grange Hall, Coventry Road <b>Southam</b> – The Grange Hall, Coventry Road
<b>WEDNESDAY</b>	9:30am – 10:30am 1:30pm – 3:00pm 1:30pm – 2:30pm 2:00pm – 3:00pm	<b>3<sup>rd</sup> October</b> <b>WEEKLY</b> from 12/9/18 <b>26<sup>th</sup> Sept &amp; 24<sup>th</sup> Oct</b> <b>Weekly 12/9 – 10/10/18</b>	♥ ♥ ♥ ♥	<b>Speech &amp; Language Drop-in</b> <b>Stay &amp; Play</b> <b>Boogie Tots</b> <b>Let's Play</b>	<b>Lighthorne Heath</b> Children & Family Centre <b>Temple Herdewyke</b> – The Link <b>Bishops Itchington</b> - The Blue Butterfly Centre <b>Wellesbourne</b> Library, Kineton Road
<b>THURSDAY</b>	10:00am – 11:00am 10:00am – 11:00am 9:30am – 11:00am 9:30am – 12:00pm	<b>Starts 20<sup>th</sup> Sept</b> – 5wks <b>Starts 20<sup>th</sup> Sept</b> – 5wks <b>WEEKLY</b> <b>27<sup>th</sup> September</b>	★ ★ ♥ ★	<b>Baby Massage</b> <b>Baby Massage</b> <b>Stay &amp; Play</b> <b>Physiotherapy Advice Clinic</b>	<b>Southam</b> – The Grange Hall, Coventry Road <b>Lighthorne Heath</b> Children & Family Centre <b>Lighthorne Heath</b> Children & Family Centre <b>Lighthorne Heath</b> Children & Family Centre
<b>FRIDAY</b>	9:30am – 11:30am 10:30am – 11:30am 10:30am – 11:30am	<b>WEEKLY</b> <b>WEEKLY</b> <b>5<sup>th</sup> October</b>	♥ ♥ ♥	<b>Baby Play</b> <b>Stay &amp; Play</b> <b>Speech &amp; Language Drop-in</b>	<b>Lighthorne Heath</b> Children & Family Centre <b>Wellesbourne</b> Library, Kineton Road <b>Wellesbourne</b> Library, Kineton Road

Lighthorne Heath Children and Family Centre is open for you to drop-in and play  
Tuesday 10am – 12pm; Monday, Tuesday, Wednesday & Friday 1:30pm – 3pm

 INVITATION ONLY



PLEASE BOOK



JUST COME!

**HEALTH VISITOR CONTACT NUMBERS**
**HEALTH VISITING TEAM CLINICS - DAYS & TIMES**
**Suggested Donation:**

Baby Play	£ 1.50 per session
Stay & Play	£ 1.50 per session
Let's Play	£1.50 per session
Boogie Tots	£1.50 per session
Baby Massage	£10.00 per course
Chatter Matters	£10.00 per course

Southam: 01926 815045

Kineton: 01926 626559

Wellesbourne: 01789 412844

 Southam Clinic 2<sup>nd</sup> & 4<sup>th</sup> Tuesday 9:30am – 11am

 Fenny Compton Surgery 3<sup>rd</sup> Tuesday 9:30am – 11am

 Temple Herdewyke The Link Centre 2<sup>nd</sup> Wednesday 1:30pm -3pm

 Bishops Itchington Early Years Centre 1<sup>st</sup> Wednesday 1:00pm – 2:30pm

 Kineton Methodist Church Hall 2<sup>nd</sup> Monday 10am – 11:30am

 Wellesbourne St Peters Church Rooms 1<sup>st</sup> & 3<sup>rd</sup> Thursday 9:30am – 11am

Lighthorne Heath Children &amp; Family Centre Last Friday of month 9:30am – 11am

**CHILDREN AND FAMILY CENTRE SESSIONS**

<b>Health Visiting Team Clinic</b>	Drop in to see a Health Visitor, weigh your baby and join in with special activities run by a staff member from the Children's Centre – breastfeeding support available
<b>Let's Play</b>	Session run for 5 weeks - Paint & Print, Sound & Music, Outdoor Play, Messy Play and Malleable Play, 0-5 years
<b>Boogie Tots</b>	Music and movement 0-5 years
<b>Baby Chatter Matters</b>	5 week course of fun through songs, rhymes and sensory activities for babies to support their early communication skills, 4-7 months
<b>Toddler Chatter Matters</b>	5 week course of fun through songs, rhymes & fun activities for toddlers to help develop their speech, language & communication skills, from 12 months or walking
<b>Baby Play</b>	Play sessions including sensory, messy and physical activities for families with children, 0- 12 months
<b>Stay &amp; Play</b>	Play sessions with a weekly themed activity for families with children 0-5 years
<b>Speech &amp; Language Drop in</b>	Drop in to discuss your child's speech development with a therapist
<b>Baby Massage</b>	5 week 'touch learn' programme teaching parents the skills of massage which has many benefits for baby & helps to create a close bond, suitable from 8 week or after HV check
<b>One-to-one Support</b>	Chat to a member of staff if there is anything you would like individual support with, or complete an Initial Request for Services form (IRS)
<b>Save a Baby's/Child's Life</b>	A "hands-on" course based on first aid for children provided by experience trainers in what to do in an emergency (Adults ONLY to attend)
<b>Group Triple P</b>	Positive parenting programme
<b>Nurturing</b>	A 10 week parenting programme that looks at family life in a thoughtful & fun way. It also helps support positive behavior in children
<b>Courses by Adult &amp; Community Learning</b>	Check timetable for latest courses
<b>Physiotherapy Advice Clinic</b>	If you have concerns with pre-school child's physical development
<b>Counselling</b>	The aim of the service is to help clients explore issues they may be experiencing. Counselling can help with a variety of problems and can help when a person has become 'stuck' or troubled with their current situation