

For more information or to book email: Swaleccgroups@kent.gov.uk

# **Group Information**

**Stay and Play** 

Stay and Play is a group for parents and

carers with children who are 0 - 5yrs. This

group provides children with a chance to

play, learn and explore.

**Term Time Only** 

## **Bumps to Walkers**

For expecting parents and carers and babies from birth until they are mobile. This group is an opportunity for carers to get to know each other and gain advice and support. Term Time Only

### Messy Play

This group provides an opportunity for children to explore their senses through a range of messy materials. Remember to bring a change of clothes! Suitable for ages 6m - 5yrs. **Term Time Only** 

# **Twins Club**

Home Start provides an excellent range of activities for you to share in your child's learning and development. If you would like more information please call 01795 429007.

# **Baby Massage**

4 week course suitable for ages 8 weeks to 6 months. Learn different techniques to massage your baby to improve communication, sleep and aid digestion.

### **Midwifery Team:**

St Mary's - Monday, Tuesday, Wednesday and Friday (Faversham Midwives: 01277 864152 or 01277 783105)

Woodgrove - Monday - Friday (Swale Midwives: 01795 879100 ext 5223)

## **Nature Group**

This group gives children the opportunity to explore, discover and learn from nature. Remember to wear suitable clothing for the weather. Suitable for ages 2.5 - 5yrs. Term Time Only

## **Story Tellers**

In this 3-week course we will introduce a story and provide a range of fun activities to allow your child to explore their imagination. Suitable for ages lyr - 5yrs.

**Baby Yoga** 

4 week course suitable for ages 8 weeks to 20 $^{12}$ weeks. Baby yoga uses gentle stretches and movements for you to do with your baby. Your baby will need to have had their 6 to 8 week check before starting .

Health Visiting Team: St Mary's - Thursday Ladybird - Wednesday and Friday Murston - Monday and Tuesday Milton Court - Wednesday and Thursday (Swale Health Visiting Team: 0300 1234 014)

# Swale Children's Centres Timetable 17th April - 21st July 2023

Managing Children's

Behaviour

Ladybird Children's Centre

Wednesday 19th April for 3wks 9.30am - 11.30am

**Grove Park Children's Centre** 

Thursday 8th June for 3wks 12.30pm - 2.30pm

Modelling Beaches Children's Centre

Monday 12th June for 1wk

12.30pm - 2.30pm

**Beaches Children's Centre** 

Thursday 27th April for 4wks

Baby Yoga - 1.30pm - 2.30pm

Murston Children's Centre

Wednesday 28th June for 4wks

Baby Yoga - 12pm - 1pm

Baby Massage - 2pm - 3pm

Grove Park Children's Centre

Thursday 29th June for 4wks

Baby Massage - 10am - 11am

Friday 30th June for 4wks

NHS

issage - 10am - 11am Monday 26th June for 4wks

# **Upcoming Courses**

Family First Aid Ladybird Children's Centre Friday 12th May for 3wks 12.30pm - 2.30pm

St Mary's Children's Centre Friday 9th June for 3wks 12.30pm - 2.30pm

Cooking on a Budget Ladybird Children's Centre Wednesday 14th June for 5wks 9.30am - 11.30am

# **Baby Massage and Baby Yoga**

Milton Court Children's Centre Friday 21st April for 4wks Baby Massage - 10am - 11am

Woodgrove Children's Centre Thursday 27th April for 4wks Baby Yoga - 9am - 10am Baby Massage - 11am - 12pm Thursday 29th June for 4wks Baby Yoga - 9am - 10am Baby Massage - 11am - 12pm

Ladybird Children's Centre Wednesday 10th May for 4wks Baby Yoga - 9am - 10am Baby Massage - 10.30am - 11.30am

St Mary's Children's Centre **Bysing Wood Children's Centre** Monday 12th June for 4wks Baby Yoga - 12.30pm - 1.30pm Baby Yoga - 12.30pm - 1.30pm Baby Massage - 1.45pm - 2.45pm Baby Massage - 1.45pm - 2.45pm

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### **Tax Free Childcare**

Tax-Free Childcare pays 20% of childcare costs up to a maximum of £2,000 each year

of £2,000 each year for working families with children under 12 (or 17 if disabled).

### Free Early Education

Some 2 year olds can get up to 15 hours of free childcare per week for 38 weeks of the year.



### **Healthy Start**

If you're at least 10 weeks pregnant or have a child under 4 years old, you could get help to

buy milk, fruit and vegetables. Check to see if you are eligible.



#### **Born to Move**

Laying the foundation for healthy, confident children in Kent. Download the free

Born to Move app to support your child on their journey.



### Useful contact numbers

Family Foodbank: 01233 500477 SATEDA: 01795 417251

