



Tunbridge Wells District

Children's Centres

Little Forest, The Ark, Southborough, Harmony,
Cranbrook & Paddock Wood



WEEKLY TIMETABLE

2nd January - 9th February





Welcome to the Tunbridge Wells District Children's Centres

Little Forest, The Ark, Southborough, Harmony, Cranbrook & Paddock Wood

Please see below a brief description of the activities we run throughout the Tunbridge Wells District Children's Centres, if you would like any more information please phone the relevant Centre.



Sensory Room – our Sensory room is available for hire, free of charge, at Cranbrook Children's Centre, booking is required via the centre.

Physical Play - Creative, physical exercise and movement class for children, all ages welcome.

Sing-Time - An interactive music group that encourages communication and literacy skills through participating in songs and activities.

Stay & Play with Messy Play - A range of activities available, including messy play, for you to enjoy with your child.

Stay & Play with Physical Play - A range of activities available, including physical play, for you to enjoy with your child.

Parent & Baby Time - For Parents and Carers with new babies and pre-walking children. The group incorporates sensory play activities together with information and guidance from our experienced staff on a range of different topics for you and your young child.

Story Time - Come along with your child and enjoy an interactive story session.

Young Parents - This group is for all Mums and Mums-to-be, aged 23 or under. Hosted by Children's Centre Staff and Youth Workers in conjunction with Midwives and the Health Visiting Team.

Daddy & Me - Stay & Play - Open to all fathers to come along and enjoy with their children.






Amazing Angels - open to all women who need support with their emotional well-being - referral not required, please just turn up.

Kinship Group - Support group for grandparents and family carers, 1st Wednesday of each month.

*Breastfeeding support and breast pump hire - Family support with parenting and family issues
Information about local services and amenities - Support for parents looking for work or training*



Like our Tunbridge Wells District Children's Centre page to find out about the latest events & activities happening at a Children's Centre near you

	Little Forest Friars Way Tunbridge Wells TN2 3UA Tel 03000 420 892	Harmony High Street Rusthall TN4 8RZ Tel 03000 420 890	The Ark Broadwater Lane Tunbridge Wells TN2 5RP Tel 03000 414 600	Southborough Broomhill Park Road Southborough TN4 0JY Tel 03000 420 891	Cranbrook Carriers Road Cranbrook TN17 3JZ Tel 03000 411 035	Paddock Wood Wesley Centre Commercial Road Paddock Wood, TN12 6DS Tel 03000 411 035
Monday	Stay & Play with Physical/Messy Play 2 sessions 9.15-10.30 & 10.45-12.00 BOOKING REQUIRED	Child Health Clinic 9.15-11.00 Midwife Appointments 9.15-4.30	Parent & Baby Time 9.30-11.00 Sing Time 1.45-2.30		Midwife Appointments 9.00-4.30 Sing Time 1.45-2.30	Breast Feeding Group (Breastfeeding peer support volunteers available, pre-school siblings welcome) 9.30-11.00 Wesley Centre Parent & Baby Time 9.30-11.00 STARTS 15/1
Tuesday	Breastfeeding Drop-In 9.30-12.00 (Specialist-led breastfeeding support) Amazing Angels 10.00-12.00			Physical Play Christchurch, Prospect Road, TN4 0EG 9.15-10.30 STARTS BACK 9/1 Child Health Clinic 9.30-11.30	Physical Play and Toy Library 9.30-11.00	
Wednesday	Child Health Clinic 9.00-11.00 Kinship Carers 9.45-11.45 1st Wednesday of each month Parent & Baby Time 1.30-3.00	Sing Time 9.30-10.15 Parent & Baby Time 10.45-12.15	Childminding Group 9.30-12.00	Sing Time 10.00-10.45 Parent & Baby Time 1.30-3.00		Physical Play 9.30-11.00
Thursday	Sing Time 9.00-9.45 Twins/Multiple Births Group 10.00-12.00 4th Thursday of each month Understanding your Teenager <i>(in conjunction with Adult Education)</i> 6.30-8.30pm 5 week course starting 11 Jan Booking required Family First Aid (crèche available) <i>(in conjunction with Adult Education)</i> 12.15-2.15pm 3 week course starting 18 Jan Booking required		Child Health Clinic 9.30-11.15  Young Parents Group 1.00-2.30	Midwife Appointments 9.00-11.30 	Breastfeeding Drop-In (Specialist-led breastfeeding support) 1.30-3.00	Sing Time 9.30-10.15 
Friday	Midwife Appointments 9.00-12.00 Japanese Toddler Group 1.00-3.00	Stay & Play Physical/Messy Play alternating weekly 9.30-11.00 BOOKING REQUIRED	Midwife Appointments 1.40-4.00 Physical Play 1.30-2.45		Parent & Baby Time 9.30-11.00 Stay & Play with Messy Play 1.00-2.30	Stay & Play with Messy Play 9.30-11.00
1st Saturday of each month			Daddy & Me Stay & Play 10.00-11.30			

Child Health Clinics

Health Visitor led clinics for babies and children 0 to 5 years old. Get your baby/child weighed and speak to health professionals for advice and guidance on health and development matters.

Local Health Visitors Team contact numbers

Cranbrook 01580 714935

Paddock Wood 01892 839458

Tunbridge Wells 0300 790 0243

Monday	Harmony Children's Centre - 9.15-11.00
Tuesday	Cranbrook at Jockey Lane Clinic - <u>2nd</u> & <u>4th</u> Tuesday of each month 9.00-11.00 Southborough Children's Centre - 9.30-11.30 Hawkhurst at the Baptist Church Hall, TN18 4BT - <u>1st</u> & <u>3rd</u> Tuesday of each month 1.00-3.00
Wednesday	Little Forest Children's Centre - 9.00-11.00 Paddock Wood at Woodlands Health Centre , TN12 6AX - 9.15-11.15 (last entry 11.00)
Thursday	The Ark Children's Centre - 9.30-11.15 Pembury Baptist Church, TN2 4HT - <u>1st</u> & <u>3rd</u> Thursday of each month 2.00-3.30 (BY APPOINTMENT ONLY - please ring 01892 839 451 to book)
Friday	