

**Sure Start
Children's Centres**

Tunbridge Wells

Tunbridge Wells District

Children's Centres

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



WEEKLY TIMETABLE

SUMMER

Tuesday 26 June - Friday 20 July



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.

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 - A range of activities available for you to enjoy with your child.

Messy Play - A range messy related play for you to enjoy with your child.

Baby Stay & Play - Sensory Play for new babies and pre-walking children

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

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



Sunshine Cafe - Come along, chat and meet new friends while enjoying free tea/coffee in a relaxed friendly environment, sensory play available for your child.

Young Parents - This group is for all Mums and Mums-to-be, aged 19 or under. Facilitated by Kent Crèches and supported by Children's Centre Staff and Youth Workers in conjunction with Midwives and the Health Visiting Team.

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.

Kent Sling Library - A drop-in session where you can come to find out more about using a sling to carry and care for your baby, toddler or pre-schooler. You and your family are welcome to attend before or after your baby arrives. Come along to try out all the different types of slings available, bring your own carrier with you if you need help using it, or even have the opportunity to take one home for a small fee to give it a try (those receiving Healthy Start pay no fees).



Health Visiting Services




NHS led Baby Hub - An opportunity to drop in and see a Health Visitor to ask advice regarding sleeping, colic, feeding etc. Workshops will take place 10.00-11.00am on the following dates: **30/7** Emotional well-being, **6/8** Introducing Solids, **13/8** Learning Through Play, **20/8** Minor Ailments - **BOOKING REQUIRED**

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

Breastfeeding Drop-In - Social drop-in group. All pregnant & breastfeeding women and their families welcome, meet other local families and make new friends. Trained volunteer peer supporters are always available to answer any questions and specialist support available as listed on the Timetable



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	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 TN12 6DS Tel 03000 411 035
Monday	Stay & Play 2 sessions 9.15-10.30 & 10.45-12.00 BOOKING REQUIRED	 NHS led Baby Hub 9.15-11.00 An opportunity to drop in and see a Health Visitor to ask advice regarding sleeping, colic, feeding etc including various Workshops which will run from 10.00-11.00 (see description page for more information and workshop dates) BOOKING REQUIRED for Workshops Midwife <i>(by appointment only)</i> 9.15-4.30	Baby Stay & Play 9.30-11.00 Sing Time 1.45-2.30	Messy Play 1.30-3.00	S E N S O R Y Midwife <i>(by appointment only)</i> 9.00-4.30 Sing Time 1.45-2.30	Breast Feeding Group with peer support 9.30-11.00 Baby Stay & Play 9.30-11.00
Tuesday	Specialist Breastfeeding Drop-In 9.30-12.00 + Kent Sling Library 3rd Tuesday of each month 9.30-12.00 Amazing Angels 10.00-12.00	Story Time 9.30-10.00		Physical Play Christchurch, Prospect Road, TN4 OEG 2 sessions 9.15-10.00 & 10.15-11.00 BOOKING REQUIRED Child Health Clinic 9.30-11.30	R O O M Stay & Play with Toy Library 9.30-11.00	Stay & Play 9.30-11.00
Wednesday	Child Health Clinic 9.00-11.00 Kinship Carers 9.45-11.45 1st Wednesday of each month Baby Stay & Play 1.30-3.00	Sing Time 9.30-10.15 Baby Stay & Play 10.45-12.15	Childminding Group 9.30-12.00	Sing Time 10.00-10.45 Baby Stay & Play 1.30-3.00	Sunshine Café  9.30-11.30 a v a i l a b l e	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 Moving on to Solid Foods 1.30-2.30 BOOKING REQUIRED 19/7, 16/8, 13/9, 11/10, 15/11, 13/12		Child Health Clinic 9.30-11.15 Stay & Play 10.00-11.30 Young Parents Group 1.00-2.30	Midwife-led Breastfeeding Support <i>(by appointment only via your Midwife)</i> 9.00-11.30 Stay & Play 1.30-3.00	f o r Moving on to Solid Foods 9.30-10.30 "BOOKING REQUIRED 9/8, 11/10, 13/12 Specialist Breastfeeding Drop-In 12.30-2.30 b o o k	Sing Time 9.30-10.15 Story Time 10.45-11.15
Friday	Midwife <i>(by appointment only)</i> 9.00-12.00 Japanese Toddler Group 1.00-3.00	Stay & Play 9.30-11.00 BOOKING REQUIRED	Midwife <i>(by appointment only)</i> 1.40-4.00 Physical Play 1.30-2.45		i n g s Baby Stay & Play 9.30-11.00 Sunshine Café 9.30-11.30  Messy Play 1.00-2.30	Messy Play 9.30-11.00
1st Sat of each month			Daddy & Me Stay & Play 10.00-11.30			

Child Health Clinics/Baby Hubs

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	<p style="text-align: center;"><u>Baby Hub</u> Harmony Children's Centre - 9.15-11.00</p> <p style="text-align: center;">An opportunity to drop in and see a Health Visitor to ask advice regarding sleeping, colic, feeding etc. Workshops will take place 10.00-11.00am on the following dates: 30/7 Emotional well-being, 6/8 Introducing Solids, 13/8 Learning Through Play, 20/8 Minor Ailments.</p>
Tuesday	<p style="text-align: center;"><u>Child Health Clinics</u> Cranbrook at Jockey Lane Clinic - <u>2nd</u> & <u>4th</u> Tuesday of each month 9.00-11.00</p> <p style="text-align: center;">Southborough Children's Centre - 9.30-11.30</p> <p style="text-align: center;">Hawkhurst at the Baptist Church Hall, TN18 4BT - <u>1st</u> & <u>3rd</u> Tuesday of each month 1.00-3.00</p>
Wednesday	<p style="text-align: center;"><u>Child Health Clinics</u> Little Forest Children's Centre - 9.00-11.00</p> <p style="text-align: center;">Paddock Wood at Woodlands Health Centre , TN12 6AX - 9.15-11.15 (last entry 11.00)</p>
Thursday	<p style="text-align: center;"><u>Child Health Clinics</u> The Ark Children's Centre - 9.30-11.15</p>
Friday	