

**Sure Start  
Children's Centres**

**Tunbridge Wells**

# **Tunbridge Wells District**

## **Children's Centres**

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



# **WEEKLY TIMETABLE**

## **Spring 2018**



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.

**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 19 or under. Facilitated by Kent Creches and supported 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 Drop-In** - Social drop-in groups that have a focus on problem-solving with peer supporters and specialists (either Lactation Consultant or a Breastfeeding Counsellor) present. 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.

**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 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 real test drive (those receiving Healthy Start pay no fees).

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



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	<b>Little Forest</b> Friars Way Tunbridge Wells TN2 3UA Tel 03000 420 892	<b>Harmony</b> High Street Rusthall TN4 8RZ Tel 03000 420 890	<b>The Ark</b> Broadwater Lane Tunbridge Wells TN2 5RP Tel 03000 414 600	<b>Southborough</b> Broomhill Park Road Southborough TN4 0JY Tel 03000 420 891	<b>Cranbrook</b> Carriers Road Cranbrook TN17 3JZ Tel 03000 411 035	<b>Paddock Wood</b> Wesley Centre Commercial Road Paddock Wood, TN12 6DS Tel 03000 411 035
Monday	<b>Stay &amp; Play</b> 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	<b>Baby Stay &amp; Play</b> 9.30-11.00  <b>Sing Time</b> 1.45-2.30		<b>S E N S O R Y</b> Midwife Appointments 9.00-4.30  <b>Sing Time</b> 1.45-2.30	Breast Feeding Group with peer support <i>(for more information please see page 2)</i> 9.30-11.00  <b>Baby Stay &amp; Play</b> 9.30-11.00
Tuesday	Breastfeeding Drop-In + Kent Sling Library every 3rd week <i>(for more information please see page 2)</i>  9.30-12.00  Amazing Angels 10.00-12.00	Family Maths 12 week course starting 20/2 9.30-12.00 BOOKING REQUIRED		<b>Physical Play</b> Christchurch, Prospect Road, TN4 0EG 9.15-10.30  Child Health Clinic 9.30-11.30	<b>R O O M</b> <b>Stay &amp; Play</b> with Toy Library 9.30-11.00	<b>Stay &amp; Play</b> 9.30-11.00
Wednesday	Child Health Clinic 9.00-11.00  Kinship Carers 9.45-11.45 1st Wednesday of each month  <b>Baby Stay &amp; Play</b> 1.30-3.00	<b>Sing Time</b> 9.30-10.15  <b>Baby Stay &amp; Play</b> 10.45-12.15	Childminding Group 9.30-12.00	<b>Sing Time</b> 10.00-10.45  <b>Baby Stay &amp; Play</b> 1.30-3.00	<b>a v a i l a b l e</b> Family First Aid 3 week course starting 7/3 10.00-12.00 BOOKING REQUIRED	<b>Physical Play</b> 9.30-11.00
Thursday	<b>Sing Time</b> 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 <i>"a discussion on moving on to solid foods for parents/carers of babies 4-6months old"</i> BOOKING REQUIRED 15/3, 12/4, 31/5, 19/7, 16/8, 13/9, 11/10, 15/11, 13/12		Child Health Clinic 9.30-11.15  <b>Stay &amp; Play</b> 10.00-11.30  Young Parents Group 1.00-2.30	Midwife Appointments 9.00-11.30  <b>Stay &amp; Play</b> 1.30-3.00	<b>e f o r b o o k i n g s</b> Breastfeeding Drop-In <i>(for more information please see page 2)</i> 1.30-3.00  Moving on to Solid Foods 9.30-10.30 <i>"a discussion on moving on to solid foods for parents/carers of babies 4-6months old"</i> BOOKING REQUIRED 12/4, 14/6, 9/8, 11/10, 13/12	<b>Sing Time</b> 9.30-10.15  <b>Story Time</b> 10.45-11.15
Friday	Midwife Appointments 9.00-12.00  Japanese Toddler Group 1.00-3.00	<b>Stay &amp; Play</b> 9.30-11.00 BOOKING REQUIRED	Midwife Appointments 1.40-4.00  <b>Physical Play</b> 1.30-2.45		<b>Baby Stay &amp; Play</b> 9.30-11.00  <b>Messy Play</b> 1.00-2.30	<b>Messy Play</b> 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

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