



Near Leckhampton C of E Primary School  
Hall Road  
Cheltenham, GL53 0HP  
Tel/fax: 01242 239832



Up Hatherley Library  
Hulbert Crescent, Caernarvon Road  
Cheltenham, GL51 3BW  
Tel/Fax: 01242 863997



Charlton Kings Library  
Church Street  
Cheltenham, GL53 8AR  
Tel/Fax: 01242 235788 Mob: 07971 938340

# Spring Timetable, 2012

	Leckhampton CC	Up Hatherley CC	Charlton Kings CC
Monday	Contact centre or call Gardners Lane on 252185	Contact centre or call Gardners Lane on 252185	<b>Baby Group</b> 10:30-12:00
Tuesday	<b>Family Time</b> 1:00-2:30 Millennium Hall, Bishop Road, GL51 4TB  Health Visitor Clinic 1 <sup>st</sup> Tuesday of Month	<b>Information Point</b> 9:00-12:00 <b>Baby Bounce and Rhyme @Library</b> 10.15-10.45	Contact centre or Gardners Lane on 252185
Wednesday	Contact centre or call Gardners Lane on 252185	<b>Baby Group</b> 10:00-11:30	<b>Information Point</b> 9:30-12:30 <b>Baby Bounce and Rhyme @Library</b> 10.30-11.00
Thursday	<b>Information Point</b> 12:30-2:30pm Leckhampton Children's Centre Office	<b>Stay and Play</b> 1:30-3:00 St Margaret's Hall, Health visitor Clinic Coniston Road, GL51 3NU	<b>Health Visitor Clinic 10-1</b> With Community Nursery Nurse. Invitation Only.
Friday	<b>Baby Group</b> 1:00-2:30 Leckhampton Baptist Church, Pillely Lane, GL53 9EP	<b>Antenatal Sessions</b> 10:00-12:30 Up Hatherley Children's Centre	Contact centre or Gardners Lane on 252185

## Baby Massage

Baby massage courses are delivered by qualified staff in community venues on a rolling programme. Please contact your local children's centre to book.

## Dads Group

Don't forget about Dads Group on a Saturday from 10:00-12:00.  
The sessions alternate at Gardners Lane and Oakwood Children's Centres.  
Please call for further details.

# Family Support Team

## Antenatal

### Drop in

A drop in rolling programme of two antenatal sessions for pregnant families to attend around their 28<sup>th</sup> week of pregnancy for information and advice to support the journey to parenthood and meet new people.

### Baby Group:-

For pregnant women or carers with a baby age 0-12months. This is a supportive, friendly group with Community Family Workers on hand to answer any questions or worries concerning child development. There is also self-weighing available.

### Family Time/

### Stay and Play:-

The aim of this group is to provide a positive play environment for families and carers with children aged 0-5 who are welcome to stay and play. Different activities are available at this group each week.

## Parent Support

### Drop-In:-

This is an opportunity for carers with school age children to gain advice, information and support from our Parent Support Advisor.

## Information

### Point:-

An opportunity to come and talk to family workers on an informal basis for signposting to other services in your area or any family information and advice you may need and opportunity to self weigh babies.

## Baby

### Massage:-

Promotes bonding, encourages better sleeping, improves resistance to infection and aids circulation. Please enquire at your nearest children's centre for details.

### Childminding

Available once a month across the sites. Please enquire at your nearest centre for details.

### Support:-

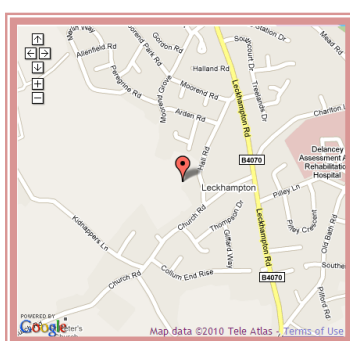
Also available at Charlton Kings and Up Hatherley Library during term time

## Baby Bounce

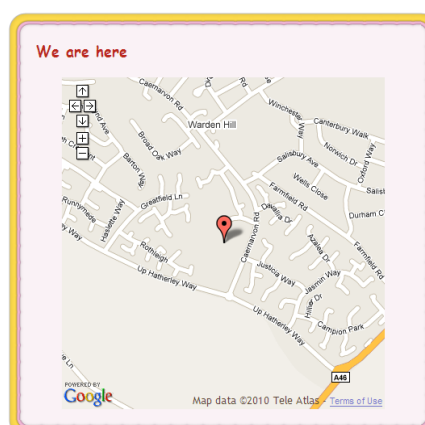
### and Rhyme:-

Nursery rhymes, songs, wiggling and jiggling for babies up to 18 months and their carer's.

### Leckhampton



### Up Hatherley



### Charlton Kings

