

Map & Contact Information



HEALTHY START

Get your child's FREE Vitamins here - they will grow up strong and healthy, also suitable for pregnant and new Mums

Bookstart Corner

This programme offers intensive support for parents and carers so that they may read together for pleasure with their children with confidence

Free Early Education for Two year olds (FEET)

Your two year old could qualify for up to 15 hours of free childcare a week

Ask about our Lending Library & Story Sack hire
Ask about free legal and debt advice

Clarendon Children's Centre
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**SPRING
TIMETABLE**
2nd Jan -
29th March 2018

Mums, Dads,
Grandparents
and Carers

Play
with your
children

Learn
new
skills

Meet
new
friends

Find
help &
advice

Opening Hours
Mon-Fri 8.30-5pm



A Sure Start Children's Centre

Clarendon Children's Centre offers you a warm welcome and year-round support, with information and advice for all parents and carers with children up to 5 years old.

Weekly Sessions

Appointments required for Midwife and Well Baby Clinic. The remaining sessions you can just turn up and there is no need to book!

Monday

Play and Learn Fun play session with a range of activities including crafts, stories, songs and free play time. Suitable for children 0-5 years at **Ashford Baptist Church (behind Tesco Express, Ashford)**. 1-2.30pm - Term time only. £2.00 per family.

Breastfeeding Support For expectant and breastfeeding families. Professionally trained staff available to support mums on all aspects of breastfeeding, suitable for babies up to 28 days old. 2-3.30pm.

Midwife Clinic Appointment only 2.30-5pm.

Tuesday

Well Baby Clinic - Opportunity to get your child weighed. 12.30-2.15pm
Appointment only. Please book via the Children's Centre.

Baby Time - Suitable for babies from birth until pre-crawling. A relaxed session for parents/carers and their babies to enjoy together. Activities to support babies' learning, play and to develop communication. 1-2.30pm £2 per family

Wednesday

Play and Learn Fun play session with a range of activities including crafts, stories, song and free play time. Suitable for children 0-5 years - 1-2.30pm. £2.00 per family.

Thursday

Breastfeeding Cafe Refreshments and weekly social support for expectant or breastfeeding families. Professionally trained staff are available to support and provide advice on all aspects of breastfeeding. 12.30-2pm.

Little Treasures The chance to meet and share experiences with parents/carers who have experienced time in special care with their premature or poorly baby. 2-3.30pm - 25th Jan, 22nd Feb, 22nd March.

Friday

Active Tots Suitable for children who are walking and under 5 years. Small baby area provided for younger siblings at **Ashford Baptist Church. (Behind Tesco Express Ashford)** 9.30-10.30am - Term time only. £2.00 per family.

Bookable Courses & Workshops

Courses are free of charge unless stated. Concessions apply, please speak to a member of staff.

Monday

Post Natal - Suitable for first time parents, topics include routines and adapting to your new arrival, communication, safety and baby massage. Course starts 8th January 10.30-11.30am for 6 weeks.

Hear Me Chatter - A fun programme of activities for children with mild to moderate language delay. Starting 19th February 9.30-10.45am for parents/carers only. Then 26th February with parents and children for 5 weeks.

Tuesday

Understanding Your Child's Early Development - A fun course looking at why it is important for children to play, learn how to support your child's communication skills, explore ways of playing talking and listening to your child. Suitable for children aged 6 months to 3 years, crèche provided. Starting 27th February 9.30-11.30am for 5 weeks.

Pottery and Painting for Wellbeing - Back by popular demand. A course for Parents and Carers to bring their children to who are aged 3 and above. Crèche provided. Starting 16th January 9.30-11.30 for 3 weeks.

Wednesday

The Parenting Puzzle - For parents and carers to build on existing parenting skills and to get the most out of family life. Learn different strategies for management of behaviour and implementing clear boundaries. Come and find out more at our coffee morning on Wednesday 10th January at 9.30. Course starts 17th January for 10 weeks.

Thursday

Princess Alice Hospice Compassionate Neighbours - Compassionate neighbours are trained volunteers offering friendship and a listening ear to older people living in their community. You will receive training, volunteering experience, a DBS check and a reference - all great for your CV. You can take your child with you while you volunteer. Find out more at our Coffee Mornings on 25th Jan or 8th Feb 10-11am. A crèche is provided whilst you train and course starts on 22nd Feb 9.30-11.30am for 6 weeks.

Introducing Solids Workshop - Giving your baby a healthy start in life. When and how to start first foods, care of teeth, good habits, allergies and foods to avoid. 9.30-11.30am on 18th Jan or 1-3pm on 15th March.

Friday

Baby Massage - Learn the strokes of baby massage so you can massage your baby at home, may help to relieve colic and encourage better sleep through nurturing touch. Course starts 19th January 11-11.45am for 4 weeks. Cost £20.00

Baby Yoga - Fun and relaxing session for you and your baby. Suitable for babies from 4 months to one year. Course starts 19th January 10-10.45am for 4 weeks. Cost £20.00.

Cook With Me - A fun cooking course for you and your child. Lots of ideas and inspiration for good value, healthy, tasty meals. Cook together and stay for lunch. 5 week course starting 23rd February 11am-1pm for 5 weeks. Cost £10.00