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<b>MORNING</b>	<p><b>9.30 – 10.30am</b>  <b>RHYME TIME</b>                      (School Site- Toy Library)                      Come and join in with our songs and rhymes (0 -5yrs)</p>  <p><b>12.30 – 1.30</b>  <b>ANTENATAL DROP IN</b>                      (Children Centre) (Adeola Filani)                      Come in &amp; talk to our wonderful midwife about anything to do with your pregnancy.</p> 	<p><b>10.00 -11.30am</b>  <b>MESSY PLAY</b>  <b>£1 Per Family</b>                      (School Site–Clare &amp; Maryam)</p>  <p>A chance for you and your child to have a go at a range of creative activities.</p> <p><b>9.30 – 11.30am</b>  <b>BREASTFEEDING SUPPORT</b>                      (Children Centre -Adeola Filani)                      Pregnant? Come in and learn more about breastfeeding, meet other new mums and have a chat.</p> 	<p><b>10.00 – 11.30am</b>  <b>STAY AND PLAY PLUS TOY LIBRARY</b>  <b>£1 per Family</b>                      (School Site –Sharron &amp; team)</p> <p>A safe and welcoming environment for you and your child to play!</p> <p>Play activities for 0-3's. Also Toys, books, puzzles to borrow.</p> 	<p><b>10.00- 11:30am</b>  <b>ROLLERS &amp; CRAWLERS</b>  <b>50p per family</b>                      (Children Centre, with our Community Nursery Nurses George &amp; June)                      Includes play, stimulation, exploring and interaction. Refreshments provided! Just drop in!</p>  <p><b>9.00 -11.30am</b>  <b>FAMILY FINANCE*</b>                      (School Site)                      Plan your family budget and learn some money saving tips! (10 weeks from 21/01/10)</p> 	<p><b>10.00 – 11.30am</b>  <b>BABY MASSAGE</b>  <b>£2 per Family</b>                      (Children Centre 26/02/10 5wks)                      Guidance and information on the background &amp; benefits of Baby Massage. Soothes &amp; helps babies sleep better, helps to develop muscle tone, co-ordination and (pre-booking essential)</p>
	<b>AFTERNOON</b>	<p><b>1.00 – 3.00pm</b>  <b>ESOL CLASS*</b>                      (School Site- Sharron T)  <b>English for Speakers of Other Languages.</b>                      Improve your basic English; listening, speaking &amp; writing in a friendly atmosphere.</p> <p><b>2.00 – 2.45pm</b>  <b>MEET YOUR MIDWIFE</b>                      Meet you local CC Midwife, other local pregnant mums &amp; find out about our groups.</p> <p><b>4.00 -5.30pm</b>  <b>FRENCH FAMILY LEARNING</b>                      (School Site)                      Come &amp; learn another language through games &amp; songs! (Families with children age4-7)</p>	<p><b>11.30am -1.30pm</b>  <b>POSTNATAL DROP IN</b>                      (Children Centre -Adeola )                      Drop in and have a chat with our friendly midwife about your new life with baby.</p>  <p><b>1.00 – 2.30</b>  <b>TOPS GROUP</b>                      (School Site- Sharron)                      Concerned about your child's speech &amp; Language development or other issues? Speak to Sharron &amp; join us.</p> 	<p><b>1.00 – 2.30pm</b>  <b>STAY AND PLAY PLUS TOY LIBRARY</b>  <b>£1 per Family</b>                      (School Site –Sharron &amp; team)</p> <p>A safe and welcoming environment for you and your child to play!</p> <p>Play activities for 0-3's. Also Toys, books, puzzles to borrow.</p> 	<p><b>1.00pm -3.00 pm</b>  <b>WELL BABY CLINIC AND FOOD DIETICIAN</b>                      (School Site; George Sibthorp-C.N.Nurse and Sophie Beverley-Dietician)</p> <p>Discuss your baby's health &amp; development needs, have your baby weighed and chat with our health visitors!</p> <p>Any concern about your child's eating? Come and see our Dietician Sophie for a chat!</p> 