




	<p>Tel. 01422 434006</p> 	<p>Tel. 01422 243941</p> 	<p>Tel 01422 243633</p> 	<p>Tel 01422 248222</p> 	<p>Tel 01422 252209</p> 	<p>Tel 01422 434006</p> 
MONDAY	<p><u>Antenatal Clinic</u> 9:00am - 4:30pm Appointment Only Tel 01422 251095</p> <p>COMING SOON</p> <p>Get Creative 9.15am - 10.45am Thursday 14th July Tel 04122 251090 ESSENTIAL TO BOOK</p>	<p><u>2-year Development check</u> EVERY SECOND MONDAY Ash Green Vicarage 9.00am - 1.00pm Appointment only</p>	 <p>Virtual online courses available Click on QR code to go to website</p>	<p><u>Antenatal Clinic</u> 9:00am - 4:00pm Appointment only Tel 01422 261351</p>	<p>"Have your say"</p> <p>We have regular meetings of our Parents forum and Advisory Board Panel. Anyone interested in attending should contact Leanne Hartney on 01422 252209</p>	<p>COMING SOON</p> <p>Family First Aid 9.30am - 11.00am Monday 4th July 2x week course Tel 04122 251090 ESSENTIAL TO BOOK</p>
TUESDAY	<p><u>Baby & Toddler Group</u> 9.15am - 10.45am Up to 4 yrs. old Term time only *Cost £1.60 per family</p>  <p>CAMHS Referrals only BOOKING ONLY</p>	<p><u>Midwife Clinic</u> Ash Green - Vicarage Site Every Tuesday from 9am Clinic runs by appointment only For more information, please contact the midwife team on Tel 01422 261351</p>	<p>Mental health & well being E-safety Customer car First aid at work Fire Safety Level 2 Food safety COSHH AND MANY MORE</p>	<p><u>Dads R US</u> contact Tel 07751 253430 David Hackett For more information</p>  <p>CAMHS Referrals only BOOKING ONLY</p>	<p><u>North & East Family Support Team</u> Parent call back service Offering Support for numerous things Inc. school worries letter writing, money management. Every Tuesday All Day 01422 251090</p>	<p><u>Well Baby Clinic</u> Appointment only 9.00am-3.00pm Tel. 0300 3045 076</p>
WEDNESDAY	<p><u>Antenatal Clinic</u> 9:00am - 4:30pm Appointment Only Tel 01422 251095</p> <p><u>Health Visitor</u> 9.00am - 2.00pm Appointment Only Tel 0300 3045 076</p>	<p><u>Dads R US</u> contact Tel 07751 253430 David Hackett For more information</p>	<p><u>Antenatal Clinic</u> 9:00am - 4:00pm Appointment only Tel 01422 261351</p> <p><u>Baby & Toddler Group</u> 9.30am - 11.00am Every Wednesday *Cost £1.60 per family Drop in stay and play activity session 0-3 yrs.</p> <p><u>Breastfeeding Support Group</u> 1.00pm - 2.00pm Every Wednesday Ring Locala Tel 03009045076</p>	<p><u>Baby Massage</u> 9.30am - 10.30am Thursday 9th June 4x week course Tel 04122 251090 Suitable for 6weeks to crawling ESSENTIAL TO BOOK</p>	<p><u>North & East Family Support Team</u> Parent call back service Offering Support for numerous things Inc. school worries letter writing, money management. Every Wednesday All Day 01422 251090</p>	<p><u>Well Baby Clinic</u> Appointment only 9.00am-3.00pm Tel. 0300 3045 076</p>
THURSDAY	 <p>CAMHS Referrals only BOOKING ONLY</p> <p><u>Baby Yoga</u> 10.00-11.00am Thursday 9th June 4x week course Tel 04122 251090 ESSENTIAL TO BOOK</p>	<p><u>Stay and Play</u> @ Holy Nativity Every week term time only Starting March 3rd 9.30am - 11.00am</p>	<p><u>Well Baby Clinic</u> Appointment only 9.30am - 11.30am Tel. 0300 3045 076</p> <p><u>Baby & Me</u> Starts 28th April 10.00am-11.00am 5 week programme By invitation only for mums with new babies NO CHARGE</p> <p><u>Baby Club</u> 11.30am -12.30pm Every Thursday bookings only Cost £1.60 per family Activity session for 0-1year</p>	<p><u>Well Baby Clinic</u> Appointment only 9.00am - 4.00pm Tel. 0300 3045 076</p>	<p><u>Antenatal & Postnatal Clinic</u> 8.30am - 2:00pm Appointment only Tel 01422 261351</p> <p><u>Healthy Cooking</u> 9.30am- 11.30am Monday 6th June 4x weeks THE HUB NURSERY LANE OVENDEN</p> <p>Booking essential Tel 01422 251090</p>	<p><u>Baby & Toddler Group</u> 1.30pm-3.00pm Term time only Up to 2 years *Cost £1.60 per family BOOKING ONLY Ring 01422 434006</p>
FRIDAY	 <p>CAMHS Referrals only BOOKING ONLY</p>	<p><u>Dads R US</u> contact Tel 07751 253430 David Hackett For more information</p>		<p><u>Baby & Toddler Group</u> 9.15am-10.45am Term time only Cost £1.60 per family</p>	<p><u>Baby & Toddler Group</u> At Lee Mount Baptist Church Term time only Friday 1.20pm - 2.40pm First session Free then *Cost £1.60 per family</p>	<p><u>North & East Family Support Team</u> Parent call back service Offering Support for numerous things Inc. school worries letter writing, money management. Every Friday 01422 251090 9.30am-11.30am</p>

