

INFORMATION AND ADVICE

Even when we do not have a group running, the team are always happy to try and answer questions and offer you advice. Feel free to drop in and speak to us. You may need a Foodbank voucher or some information about local groups. Just drop in and we will try to help.

FAMILY SUPPORT

We can offer support in your home for issues such as bedtime routines, toilet training, healthy eating, domestic abuse, access to support for additional needs and many other problems both small and large.

To find out more or to request support, ring Helen on 01306 740095

BUMP TO BABY

A fun, relaxed, practical session for expectant Mums and Dads, exploring bath time, nappy changing and safe sleep. Ring us to book on to the next session.

SPEECH AND LANGUAGE ADVICE

The team are happy to offer advice to families about children's speech and language development in any of the Stay and Play sessions or drop-in groups. We also have a monthly advice session on a Thursday morning at Goodwyns Rd

BABY MASSAGE COURSES-4 week course

Baby massage courses run regularly throughout the year at both sites. These popular sessions can be booked at the Centre. £15 per course.

EARLY DAYS DROP IN

A relaxed and informal weekly drop-in session for expectant parents and Mums/Dads and their new-borns. Feeding support available at every session. Ideal first group for babies. Friday morning 11.30am-1pm. Light lunch provided.

BALANCING FAMILY LIFE- Praise, Positivity and Practical Parenting

Wednesday afternoons at Goodwyns Road 12.45pm-2.45pm starting on 16th January. This is a fun and friendly 4 week group where you can learn and share ideas about how to develop parenting skills for under 5s

VITAMINS

Healthy Start vitamins available at both sites



FOODBANK

Foodbank Vouchers available at Goodwyns Road.



Dorking Nursery School and Children's Centre

www.dorkingnurserychildrenscentre.org.uk



Spring term programme 2019

West Street Children's Centre Site (Term time only)

West Street, Dorking, RH4 1BY
01306 882397

West Street site opens after
Christmas on January 7th

No groups at half term

Last Group at West Street 5th April
Closed for Easter Holidays

Goodwyns Road Children's Centre Site

Goodwyns Road, RH4 2LR
01306 740095

Centre is open after Christmas for
information and advice on
31st December and 2nd January.

Groups start again on
Monday 7th January

A Sure Start Children's Centre

Monday

9.30am-11.15am
Under 5s Stay and Play Drop-in

9.30am-11.30am
EAL Workshop
14th January to 11th February
For parents of children under 11 years who speak English as an additional language



12.30pm-2.30pm
Post Natal Depression support group. For more information ring 01306 740095



9.30am-11.30am
First Aid Course
5 week course
25th February to 25th March




Crèche (booking essential)

West Street RH4 1BY

Goodwyns Road RH4 2LR

Tuesday

9.30am-11.15am
Registered Childminders Group

9.30am-11.15am
Under 5s Stay and Play Drop-in

10am-11am
Baby Massage
4 week course
January 22nd for 4 weeks
£15 per family

10am-12pm
Caring about Carers
1st and 3rd Tuesday of the month. Informal support group for carers.

1pm-4pm
Midwife Discharge Clinic

1pm-2.30pm
Portage Sensory Sessions
For children age 0-3 years
26th February for 6 weeks




£1.50 donation for all groups

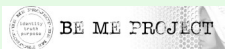
Wednesday

9.30am-10.30am
Beginners English Class
For speakers of other Languages
Starts 16th January
£20 for 10 weeks

12.45pm-2.45pm
Balancing Family Life
Praise, Positivity and Practical Parenting
4 week course starts on 16th January



12.45pm-2.45pm
Be Me
Self Esteem course focusing on truth, identity and purpose.
Starts 27th February for 6 weeks



Mobile Farm Day
10th April
More information to follow

Caring about Carers
1st Wednesday in the month
7pm-8.30pm
Informal support group run by parents for carers of children with additional needs.

Thursday

9.30am-11.15am
Under 3s Stay and Play Drop-in

9.30am-10.30am
Speech and Language Advice
Ring to book a session
Jan 10th, February 7th, March 7th and 25th April



1pm-2.45pm
Kickers and Crawlers Breast feeding support available

1pm-3pm
Child Health Drop-in
Includes self weigh
For more information ring the advice line on 0208 979 6464 or go to: www.childrenshealthsurrey.nhs.uk



Friday

9.30am-11.15am
Under 3s Stay and Play Drop-in

10.15am-11.15am
Breathe Easy
Mum and Baby yoga and relaxation class £15
Starts 8th March for 4 weeks

10am-11am monthly
Introducing solid foods
2nd Friday of the month
Booking required

10am-12pm
Forest School
4 weeks from 15th March

11.30am-1pm
Early Days
A relaxed drop-in session for expectant parents and Mums/Dads and their new-borns.

Saturday

10am-2pm
Parent Craft
Book with your Midwife
5th January or 2nd March

10.30am-12.30pm
Bump to Baby
Antenatal workshop
19th January or 16th March