

WHAT'S ON AT EVERGREEN CHILDREN'S CENTRE ?

	MORNING	AFTERNOON
MONDAY	ALL ACTIVITIES ARE HELD AT THE CHILDREN'S CENTRE, UNLESS SPECIFIED OTHERWISE	HEALTH VISITORS DROP IN CLINIC (no appointment necessary) - 1.30 – 3.00 pm PARENTS 2 BE COURSE - 1.00 – 4.00 pm bi monthly (next courses October and December). BOOKING ESSENTIAL!
TUESDAY	INTRODUCTION TO SOLIDS 10.30 – 11.30 am (1 st Tuesday of month, starting 4 th October) HEALTHY WALKS - walks are suitable for buggies and last 45mins – meet at centre. 12.00 – 1.00 pm	LITTLE MOVERS - Toddler Group Activities, time for adults to chat, healthy snack 1.30 – 3.00 pm @ Evergreen Children's Centre
WEDNESDAY	SPEECH AND LANGUAGE WALK IN CLINIC Once a month – contact centre for further details SING AND SIGN – 2 sessions (10.00 – 12.00 noon) For further details and to book a place please visit : www.singandsign.co.uk	MIDWIVES CLINIC - all day Call centre to book your appointment CITIZENS ADVICE BUREAU – morning appointments available with an adviser, twice a month. BOOKING ESSENTIAL! BABY MASSAGE COURSES – 1.30 – 2.30 pm (courses throughout year) BOOKING ESSENTIAL! WILD WEDNESDAY STAY AND PLAY - 1.30 – 3.00 pm
THURSDAY	PLAY AWAY AT ST JOSEPH'S SCHOOL Newtown Road - 9.00 – 10.30 am (<i>term time only</i>) TEENY TRAIN - Music and Movement for under 3s 10.30 – 11.15 am - £2.50 per child BABY LATTE - Breastfeeding Support - 11.00 – 12.30 pm	MIDWIVES CLINIC - all day Call centre to book your appointment COUNSELLING – appointments once a month, 1.00 – 5.00 pm BUMP TO BABY GROUP – for Parents to Be and Parents with a baby Baby play, advice, support and occasional speakers - 2.00 – 3.30 pm
FRIDAY	FRIDAY FUN AT RODWAY HALL SCOUT HUT, Redland Road - 10.00 – 11.30 am (<i>Health Trainers available for advice on healthy lifestyles</i>) NCT DOTS ANDTOTS – 10.30 – 12.00 noon	For further information about our services, to book a place on one of our courses or to book an appointment , please contact the centre.
SATURDAY	DADS' GROUP- for dads, grandads and carers 10.00 – 11.30 am - first Saturday of month	BABY FIRST AID – 10.00 – 12.00 noon - 1 st October or 3 rd December CHILDHOOD FIRST AID (over 1s) – 10.00 – 12.00 noon - 5 th November

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💻 www.worcestershire.gov.uk/evergreen