East Marsh
A Sure Start Children's Centre

Activity Timetable

Jan 2012 - March 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning	Baby and Children's Weighing Clinic 9.30am - 12 noon Weaning information available Community Kitchen Use 9.30am - 11.30am (Booking required) Baby Massage (Booking Required) 9.45am - 10.30am Baby Yoga 10.45am - 11.30am (Booking required)	Parent Drop-In 9.30am - 11.30am (Crèche available) Please book Monkey Music Strand Community School 9.30am - 11am	Jumping Jacks Weelsby School 9.15am - 10.30am (Starting in October) New Year New You 9.30am - 11.30am (Creche available) Ante Natal Booking Clinic 9.30am - 12.30pm (Bookings by appointment only)	Parent Drop-In 9.30am - 11.30am (Crèche available) Please book Ante-Natal/Post natal Clinic (Bookings only) 9.30am - 5.00pm	Funky Friday 9.30am - 11.00am (Starting in October) Home from Home 1st Friday of ea month 1pm - 2.30pm	**Little Borrowers Library** We have a wide range of children's books available for you to borrow from the centre. Opening times:- Monday to Friday 9am to 5pm No need to book
To book crèche places, please contact the centre on: (01472) 326860						
Afternoon	Community Kitchen Use 12.30pm - 2.30pm (Booking required) Ante-Natal Clinic 1.30pm - 5.00pm (By appointment only) Tiny Tiggers (For ages 0-15 months) 12.30pm - 2pm	Community Kitchen Use 12.30pm - 2.30pm (Booking required) Butterflies & Stars 12.30 pm - 2.00 pm Ante Natal Clinic 12pm - 4.30pm (By appointment only) Inside out (Parent & Toddler Group) 3.30pm - 4.30pm (Starting in October)	Family Links Nurturing Course (Bookable) 12.30pm - 2.30pm (Crèche available) Parent & Toddler Session Strand Community School 1pm - 2.30pm Choices Health Clinic 4.00pm - 6.00pm Groovers 'n' movers Weelsby School 3.30pm - 4.30pm (Starts in October)	Bosom Buddies Peer Support Group 1.00pm - 2.30pm Community Kitchen Use 12.30pm - 2.30pm (Booking required)	EMU Group 3rd Friday of each month 12.30pm-2.30pm (Crèche available) Parent's Forum Last Friday of each month 12.30pm - 2.30pm (Crèche available) Ante Natal Clinic 12.30pm - 5.00pm (By Appointment only) Home Safety Session 1st Friday of each month 1.00pm -1.30pm Young Parent's Group 2nd Friday of each month 1pm - 3pm	**Nintendo Wii** If you are registered with East Marsh Childen's Centre, you and your family can come along and use our Nintendo Wii at the following times:- **Monday** 3.30pm - 5.30pm **Tuesday** 3.30pm - 5.30pm **Wednesday** Not available **Thursday** 3.30pm - 5.30pm **Friday** 3.30pm - 5.30pm Please call the centre on 326860 to book your session

Activities and events are based at East Marsh Children's Centre, unless otherwise stated.