
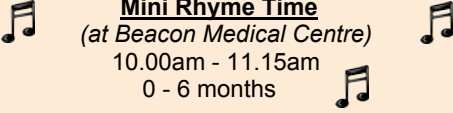

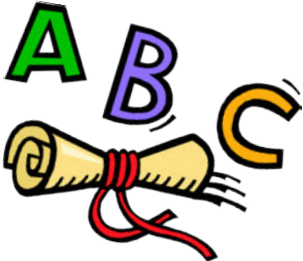


	Morning	Afternoon
Monday	<p><b><u>Lets Get Messy</u></b> (at Reynolds) 9.30am - 10.30am 0 - 4 years</p> <p><b><u>Midwife Clinic</u></b> (at Reynolds and Highgate) 9.00am - 3.00pm Appointment only</p> <p><b><u>Little Readers</u></b> (at Cleethorpes Library) 9.30am - 11.00am</p>	<p><b><u>*Baby and Toddler Yoga</u></b> (Pavilion, Sussex Recreational Ground) 1.30pm - 2.30pm 6 - 18 months Invitation only/waiting list</p> <p><b><u>Breastfeeding Support Group</u></b> (at Reynolds) 1.45pm - 2.45pm</p> 
Tuesday	<p><b><u>*Baby Massage</u></b> (at Highgate) £1.50 per session Invite only/waiting list</p> <p><b><u>Midwife Clinic</u></b> (at Reynolds and Highgate) 9.00am - 3.00pm Appointment only</p>	<p><b><u>Baby and Toddler Health Clinic</u></b> (at Clee Medical Centre) 1.00pm - 2.30pm</p> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p>Groups marked * are bookable Please call: Reynolds (01472) 324902 Highgate (01472) 324323</p> </div>
Wednesday	<p> <b><u>Mini Rhyme Time</u></b> (at Beacon Medical Centre) 10.00am - 11.15am 0 - 6 months</p> <p><b><u>Little Readers</u></b> (at Cleethorpes Library) 9.30am - 11.00am</p> <p><b><u>Midwife Clinic</u></b> (at Reynolds and Highgate) 9.00am - 3.00pm Appointment only</p>	<p>Available Monday to Friday... (at Highgate ) £1 per family Please contact or ask at reception to book</p> <div style="text-align: center;">  <p><b>The Sensory Room</b></p> </div>
Thursday	<p><b><u>Baby and Toddler Health Clinic</u></b> (at Beacon Medical Centre) 10.00am - 12.00 noon</p> <p><b><u>Breastfeeding Support Group</u></b> (at Beacon Medical Centre) 10.00am - 11.30am</p> <p><b><u>Counselling Service</u></b> (at Reynolds) 9.30am - 2.30pm Appointment only, please ring 01472 324902 to book</p>	<p><b><u>Midwife Clinic</u></b> (at Highgate only) 9.00am - 3.00pm Appointment only</p> <p><b><u>*Parenting Advice (Drop In)</u></b> (at Reynolds) 1.00pm - 3.00pm Behaviour support for parents, carers and families for children and young people (0-19)</p>
Friday	<p><b><u>Midwife Clinic</u></b> 9.00am - 3.00pm (at Reynolds only) Appointment only</p> <p><b><u>Health and Wellbeing</u></b> (at Reynolds) 9.30am - 12 noon Drop in sessions. Offering support around health</p>	<p><b><u>Stay and Play</u></b> (at Reynolds) 1.15pm - 2.45pm 0 to 4 years</p>

	MORNING	AFTERNOON
Monday		<p><b>*Sleep Tight Workshop</b>                      5 week programme starting 22 Jan 2018                      1.15pm - 2.45pm</p>
Tuesday	<p><b>Functional Skills – Maths Level 1 &amp; 2</b>                      9.30am – 12.00 noon                      (19 Sep 2018 - Jul 2018)</p> <p><b>NEW</b>  <b>Helping in Schools</b>  <b>Level 2 Teaching Assistant</b>                      9.30am - 12.30pm, then 1.00pm - 2.30pm</p> <p>Starts 9 Jan 2018                      (Requires 20 hours volunteering in a primary school)</p>	<p><b>Family Links Nurturing Programme (FLNP)</b>                      1.00pm - 3.00pm                      How to get the best out of family life                      11 week course</p> <p><b>Bump to Baby</b>                      3.00pm – 5.00pm                      Invite only</p>
Wednesday	<p><b>NEW Level 1 Certificate in Mental Health &amp; Wellbeing</b>                      Mental Health, dementia, stress, substance &amp; alcohol misuse                      21 weeks starting 21 Feb 2018                      9.30am - 11.30am</p> <p><b>Functional Skills English Level 1 &amp; 2</b>                      9.30am – 12.00 noon                      Jan - Jul 2018</p> <p><b>Paediatric First Aid Awareness</b>                      7 Feb 2018                      9.30am - 12.30pm</p>	<p><b>ESOL (English for speakers of other languages)</b>                      1.00pm - 3.00pm                      Are you learning English as a second language?                      Do you need help in speaking, reading and writing English?                      11 week course</p> <p><b>Level 1 Psychology &amp; Personal Development</b>                      1.00pm - 3.00pm</p> <p><b>NEW Get Ready For Work Level 1 Award</b>                      10 weeks, starts 2 May 2018                      1.00pm - 3.00pm                      CV Writing, Interview skills, confidence building</p>
Thursday	<p><b>Mental Health Awareness Level 2</b>                      9.30am - 11.30am                      Sept 2017 - 7 June 2018</p> <p><b>Functional Skills Maths Level 1 &amp; 2</b>                      9.30am - 11.30am                      Sep - Jul 2018</p>	
Friday	<p><b>Triple P Stepping Stones Group</b>                      9.30am - 11.30am                      10 week programme starting 19 Jan 2018</p>	

All training courses/sessions are held at Reynolds Family Hub, Machray Place, Cleethorpes, DN35 7LJ. Please call 01472 324902 for more information.