### Activity Timetable - Term Time Only

**9 May 2019 to 19 July**

<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td><strong>Morning</strong></td>
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| Midwifery Clinic  
At: Nunsthorpe, Scartho  
Ready for Nursery  
Stay and Play  
9:30 - 11:00 am  
At Nunsthorpe  
2 years onwards, younger siblings welcome. | Midwifery Clinic  
At Riverside, West Marsh  
10 Month & 2 Year Health Contacts  
9:00 - 4:30 pm  
At West Marsh  
Invite only  
Baby Clinic & Breast Feeding Support  
9:30 - 11:30 am  
At Scartho  
1st & 3rd Tuesday | 10 Month & 2 Year Health Contacts  
9:00 - 4:30 pm  
At Nunsthorpe  
Invite only  
Baby Clinic & Breast Feeding Support  
9:30 - 11:30 am  
At Scartho - 1st & 3rd Tuesday | Midwifery Clinic  
At West Marsh  
Look, Say, Sing, Play  
9:30 - 10:30 am  
At West Marsh  
7-18 months | Midwifery Clinic  
At: Nunsthorpe, Scartho, Riverside, West Marsh  
10 Month & 2 Year Health Contacts  
9:00 - 4:30 pm  
At Scartho  
Invite only | |
| **Sensory Rooms**  
available to book at Nunsthorpe and Riverside | 10 Month & 2 Year Health Contacts  
9:00 - 4:30 pm  
At Nunsthorpe  
Invite only  
Parenting Pop-In  
1:00 - 2:00 pm  
At Nunsthorpe  
Ready for Nursery  
Stay and Play  
1:30 - 3:00 pm  
At West Marsh  
2 years onwards, younger siblings welcome. | NELC Down's Syndrome Communication Group  
12:00 - 2:30 pm  
At Scartho  
Bump to Baby  
1:00 - 3:00 pm  
At Nunsthorpe  
Appointment only  
Bump to Baby  
3:00 - 5:00 pm  
At Scartho  
Appointment only  
Sleep Tight  
1:30 - 3:00 pm  
At West Marsh  
Invite only | Parents Supporting Parents  
12:00 - 2:00 pm  
At Riverside  
A support group for parents who have children with additional needs  
Baby Massage  
1:30 - 2:30 pm  
At Nunsthorpe  
Invite only  
Parent Drop-In  
2:00 - 3:00 pm  
At West Marsh  
Come and join us each week for a 5-week rolling programme.  
Covering a wide range of topics |_locality 4 incorporates:  
Nunsthorpe & Bradley Park Family Hub  
Sutcliffe Avenue  DN33 1AN  01472 326600  
Riverside Family Hub  
Central Parade  DN34 4HE  01472 324303  
Scartho Family Hub  
Mendip Avenue  DN33 3AE  01472 324280  
West Marsh Family Hub  
Macaulay Street  DN31 2ES  01472 326810 |
| **Afternoon** | | | | |
| | | | | |