<table>
<thead>
<tr>
<th>Day</th>
<th>Morning Activities</th>
<th>Afternoon Activities</th>
</tr>
</thead>
</table>
| Monday    | **Ready for Nursery**  
(at Reynolds)  
2 yrs onwards  
By invitation only  
These sessions are for children, who are identified with speech and language needs, to come along with their parent/carer. Relevant information is also given to families around toilet training, sleep advice, healthy eating and behaviour. Please contact Reynolds / Highgate Family Hub for more details.  
**Breastfeeding Support Group**  
(at Reynolds)  
1.00 pm - 2.00 pm  
Drop in to Reynolds Family Hub, where you can receive support and friendly advice. | **Child Health Clinic**  
(at Beacon Medical Centre)  
1st and 3rd Thursday of the month  
10.00 am – 12.00 noon  
**Bump to Baby**  
(at Reynolds) Invite only (by midwife)  
3.00 pm - 5.00 pm |
| Tuesday   | **Look Say Sing Play**  
(formally Mini Rhythm Time)  
(at The Pavilion, Sussex Recreational Ground)  
10.00 am - 11.15 am  
For ages 0-7 months. Parents have the opportunity to discuss and share new experiences within a supportive environment. Learn rhymes and songs to encourage your baby’s early language skills. | **Child Health Clinic**  
(at Beacon Medical Centre)  
2nd and 4th Tuesday of the month  
1.00 pm - 2.30 pm  
**Parenting Advice and Support (Drop In)**  
(at Reynolds)  
10.00 am - 12 noon  
By invitation only |
| Wednesday | **Active Tots**  
(at Reynolds)  
9.45 am - 10.45 am  
For ages 8 months - 2 years (older siblings welcome)  
Fun, active session. Come along with your child and develop coordination and movement through a variety of physical activities, songs and rhymes.  
**Stop Smoking**  
10.00 am - 12 noon  
(at Reynolds)  
By invitation only | **Stop Smoking**  
(at Reynolds)  
10.00 am - 12 noon  
By invitation only |
| Thursday  | **Child Health Clinic**  
(at Beacon Medical Centre)  
1st and 3rd Thursday of the month  
10.00 am – 12.00 noon  
**Breastfeeding Support Group**  
(at Beacon Medical Centre)  
10.00 am – 11.30 am  
**Health and Well Being Sessions (Adults only)**  
(at Reynolds)  
9.30 am - 12 noon  
By Invitation only  
Do you want to improve your health and well being? Do you want to make positive changes in your life? If yes, you can benefit from our free and confidential service. Please enquire at Reception for further details.  
**Parenting Advice and Support (Drop In)**  
(at Reynolds)  
1.00 pm - 3.00 pm  
Support for parents, carers and families for children and young people (0-19)  
Information, advice and guidance around behaviour, sleep, and any other issues. Children welcome. | **Sensory Room**  
(at Highgate)  
available Monday - Friday  
Donations welcome  
Please contact or ask at reception to book |
| Friday    | Community Midwives  
Tel: 0303 330 5231 | **For activities in your local community see:**  
fis@nelincs.gov.kk;  
www.nelincsfis.co.uk;  
www.facebook.com/FamiliesFirstNEL |
# Cleethorpes Training Timetable

**Term Time (September - December 2019)**

Starts week commencing Monday 9th September

<table>
<thead>
<tr>
<th></th>
<th>Morning</th>
<th>Afternoon</th>
</tr>
</thead>
</table>
| **Monday** |                                              | **Sleep Workshop**  
5 week programme  
Please ring for further information and dates.  
A programme designed to help parents support their children in gaining a goodnight’s sleep and provides positive approaches to bedtime, routines and understand causes of sleep issues. |
| **Tuesday** | **Functional Skills – Maths Level 1 & 2**  
9.30 am – 12.00 noon  
**Helping in Schools SEND 14 weeks**  
9.30 am - 12 noon, then 1.00 pm - 2.30 pm | **ESOL (English for speakers of other languages)**  
1.00 pm - 3.00 pm  
11 week course  
**Bump to Baby**  
3.00 pm – 5.00 pm  
Invite only - Book through your midwife |
| **Wednesday** | **Functional Skills English Level 1 & 2**  
9.30 am – 12.00 noon  
**GCSE English**  
9.30am - 12.00 noon | **GCSE Maths**  
12.30pm - 3.00pm |
| **Thursday** |                                              |                                                             |
| **Friday** | **Stepping Stones**  
9.30 - 11.30 am  
Invite Only  
Parenting course for those with children who have disabilities.  
Please ring for further information and dates. |                                                             |

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