Cleethorpes Family Hub - Reynolds and Highgate
October Half Term 2019 Activity Timetable
Bookable from Thursday 10th October

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>Midwifery Clinics are:</strong> Monday, Tuesday, Wednesday and Friday at Reynolds. Monday, Tuesday, Wednesday and Thursday at Highgate. Make your appointment with your Midwife.</td>
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<td><strong>Adult Health &amp; Well Being:</strong> Thursday 9.30 - 12 noon at Reynolds. 1.00 - 4.00 pm at Highgate</td>
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<td><strong>Counselling Services:</strong> Thursday 9.30 - 2.30 pm at Reynolds. Invite only</td>
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<td><strong>Child Health Clinics:</strong> Fortnightly - 1st &amp; 3rd week at Beacon Medical 2nd &amp; 4th week at Clee Medical</td>
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21 Oct
**Breastfeeding Support Group**
(at Reynolds)
1.30 pm - 2.30 pm
Drop in to Reynolds Family Hub, where you can receive support and friendly advice

22 Oct
**Look Say Sing Play**
(formally Mini Rhyme 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 new rhymes and songs to encourage your baby’s early language skills.

23 Oct
**Halloween Fun**
Reynolds - Bookable
Come along to play, create halloween crafts and have fun.
8 months - 8 yrs (younger and older siblings welcome)
10.00 am - 11.30 am
50p per child

24 Oct
**Breastfeeding Support Group**
(at Beacon Medical Centre)
10.00 am – 11.30 am

**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.

25 Oct
**Sensory Room**
(at Highgate)
available Monday - Friday
Donations welcome
Please contact or ask at reception to book

Reynolds Family Hub, Machray Place, Cleethorpes DN35 7LJ 01472 324902
Highgate Family Hub, Trinity Road, Cleethorpes DN35 8UL 01472 324323