


Bookable from Thursday 10th October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Midwifery Clinics are: Monday, Tuesday, Wednesday and Friday at Reynolds. Monday, Tuesday, Wednesday and Thursday at Highgate. <i>Make your appointment with your Midwife.</i></p> <p>Adult Health & Well Being: Thursday 9.30 - 12 noon at Reynolds. 1.00 - 4.00 pm at Highgate</p> <p>Counselling Services: Thursday 9.30 - 2.30 pm at Reynolds. Invite only</p> <p>Child Health Clinics: Fortnightly - 1st & 3rd week at Beacon Medical 2nd & 4th week at Clee Medical</p>				
<p>21 Oct</p> <p>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</p>	<p>22 Oct</p> <p>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.</p>	<p>23 Oct</p> <p>Halloween Fun Reynolds - Bookable Come along to play, create halloween crafts and have fun. 8 months - 8yrs (younger and older siblings welcome) 10.00 am - 11.30 am 50p per child</p> <p>Payment on booking only</p>	<p>24 Oct</p> <p>Breastfeeding Support Group (at Beacon Medical Centre) 10.00 am - 11.30 am</p> <p>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.</p>	<p>25-Oct</p> <p>Sensory Room (at Highgate) available Monday - Friday Donations welcome Please contact or ask at reception to book</p> 

Reynolds Family Hub, Machray Place, Cleethorpes DN35 7LJ 01472 324902

Highgate Family Hub, Trinity Road, Cleethorpes DN35 8UL 01472 324323