## Cleethorpes Family Hub - Reynolds and Highgate
### February Half Term 2020 Activity Timetable

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

#### 18 February
- **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 rhymes and songs to encourage your baby’s early language skills.

- **Bump to Baby**
  - (at Reynolds)
  - Invite only (by midwife)
  - 3.00 pm - 5.00 pm

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

#### 20 February
- **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

- **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.

#### 21 February
- **Community Midwives**
  - Tel: 0303 330 5231

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**Highgate Family Hub, Trinity Road, Cleethorpes, DN35 8UL - 01472 324323**
Reynolds Family Hub, Machray Place, Cleethorpes. DN35 7LJ - 01472 324902
Beacon Medical Centre, St. Hugh’s Avenue, Cleethorpes, DN35 8EB - 01472 694054
The Pavilion, Sussex Recreational Ground, Brereton Avenue, Cleethorpes, DN35 8AB
Clee Medical Centre, Grimsby Road, Cleethorpes DN35 7XE - 01472 697257