



	Monday	Tuesday	Wednesday	Thursday	Friday
SWANLEY CHILDREN'S CENTRE Northview BR8 7BT TEL. 03000 413333	Family Learning: First Aid (24/4-22/5) 9.30-11.30 Development checks 9.00 - 12.00 Bounce and Rhyme Swanley Library 10.00-10.30 and 11.00-11.30	Midwife Clinic 8.00-4.00 Stay and Play 9.30-11.00 Development Checks 9.30-4.00 Post-Natal Group 1.30-3.00 Baby Massage —Referral Only 2.00-2.45 Kent Parenting Programme (25/4-27/6) 12.30-3.00	Midwife Clinic 9.00-4.00 Development checks 9.00 - 12.30 Small World 9.30-11.00 Child Minders Drop-in 1.00-3.00	Midwife Clinic 8.00-1.30 Development Checks 9.00 – 12.30 Child Health Clinic 1.00-3.00 Breastfeeding Support with Specialist 1.00-3.00	Development Checks 9.00 – 12.00 and 1.00-4.00 Baby Group 10.30 - 11.30
NEW ASH GREEN CHILDREN'S CENTRE Meadow lane DA3 8JH TEL. 01474 872411	Development Checks 1.00-3.30	Child Health Clinic 9.15 - 11.30 (2nd & 4th) Bounce and Rhyme New Ash Green Library 10.00 - 10.30 am (0-2yrs) 11.00-11.30am (2-5 yrs) Stay and Play 1.30-3.00	Stay and Play 9.30-11.00 Breastfeeding Support 12.30-2.30	Development Checks 9.00-12.00 Baby Group 1.30 - 2.30	Bounce and Rhyme Hartley Library 9.45-10.15 Childminders Drop-in 9.30-11.30
WEST KINGSDOWN CHILDREN'S CENTRE Fawkham Road TN15 6JP TEL. 01474 854624	Baby Group 10.30 - 11.30 Stay & Play 1.30 - 3.00		Ante-natal Clinic 9.30 - 1.00 Child Health Clinic 1.00 - 2.30 (1st of the month) Development Checks 1.00-2.30 (2nd & 4th of the month)	Ante-natal Clinic 9.30 - 12.00 Bounce and Rhyme West Kingsdown Library 1.30-2.00	
SPRING HOUSE CHILDREN'S CENTRE Hospital Road TN13 3PT TEL. 03000 421137	Development Checks 9.15-1.15 Baby Group 1.30 - 2.30	HERO Project 9.00-4.00 Small World 9.30-11.00 Child Minders Drop-in 11.15-12.45 Development Checks 1.00-4.00	Breastfeeding Support with specialist 9.30-11.30 Bounce and Rhyme Kemsing Library 10.00-10.30 Introducing Solids Drop-in 2.00-3.30 (1st Wed of the month)	Child Health Clinic 9.30—11.15 Stay and Play Dunton Green Pavilion 9.30— 11.00 Bounce and Rhyme Riverhead Library 10.30-11.00 Family Learning: Flying Start (4/5-22/6) 12.30-2.30	Stay & Play 9.30—11.00 Bounce and Rhyme Seal Library 10.00-10.30 and 11.00-11.30 Baby Massage—Referral Only 2.00-2.45
EDENBRIDGE CHILDREN'S CENTRE High Street TN8 5AB TEL. 03000 420995	Baby Group 2.00-3.00	HERO Project 9.00-4.00 Baby Massage —Referral Only 10.00-10.45 Development Checks 9.30-11.30 Bounce and Rhyme Edenbridge Library 10.00-10.30 and 11.00-11.30	Child Minders Drop-in 9.30-11.30 Stay and Play @ Westerham Hall 9.30—11.00 Development Checks @ Westerham Hall 9.30-11.00 Child Health Clinic @ Westerham Hall (1st and 3rd of the month) 9.30-11.00 Speech Therapy 9.00-4.00	Stay and Play 9.30-11.00 Development Checks 11.30-4.00	Child Health Clinic 9.30 - 11.30 Breastfeeding Support with Specialist 9.30-11.30

What Groups do we Offer?

Baby Group

Friendly stay & play groups for parents and carers with babies aged up to 12 months. Come along to meet other new parents!

Stay & Play

Friendly groups with structured activities to support your child's learning in preparation for nursery and school (Ages 0-5).

Bounce and Rhyme (Libraries)

Musical fun to support your child's speech, language and communication skills. Come along and join in! (Ages 0-5)

Small World

A group for families with limited English to provide an opportunity to practise English whilst having fun with your child. (Ages 0-5)

Child minder Drop-In

For any local registered child minders. Come and meet with other child minders, exchange ideas and get support from the local Prospect coordinator.

Other Services for Parents / Carers:

Freedom Programme

Run in Children's Centres, this is a 12 week support group for women who have experienced domestic abuse. Call **01892 570538** or visit **www.freedomprogramme.co.uk**

HERO Project

A free advice service providing information and guidance on various topics including housing, financial, benefits, employment and further education.

Introducing Solids Drop-in

An informal chat with health visitors offering advice and good practice around weaning

Child Health Clinics

Drop in clinics led by the Health Visiting Team, for advice on child health, weight and nutrition. To speak to your local Health Visiting Team call: Swanley—0300 1233168 Sevenoaks—01732 470345, Edenbridge—01732 869825

Breast Feeding Peer Support Groups

For any breast feeding mothers or for pregnant women wanting to find out more about breastfeeding.

Volunteering and Adult Education Courses

For parents interested in developing their skills, or who are looking for experience to help them enter employment.

NB: Groups listed in **blue** are drop-in groups. Those listed in **red** must be booked in advance. Please speak to reception to find out more.

Sure Start
Children's Centres
Sevenoaks District

Sevenoaks District Children's Centres



Sevenoaks District Children's centres are local community centres which support babies, pre-school children and their families.

Each centre offers different services, including:

- early education
- training or finding a new job
- antenatal classes
- baby clinics
- support with breastfeeding,
- support with parenting and speech and language
- drop-in sessions for parents and children
- Adult Education and Family Learning Courses

For further details, visit or local centre or visit our website:

<http://www.kent.gov.uk/education-and-children/childcare-and-pre-school/childrens-centres/swanley-and-sevenoaks-childrens-centre>



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