





Quaggy Children's Centre – Timetable Spring Term 2018

Monday	English Class 9.45 - 11.45 at HTC (crèche provided) Needs to be booked Term time only		Counselling Service 9.00 – 1.00 & 18.00 – 21.00 Please contact centre for details of how to access this service		Xplore 4.00 – 5.00 Fun, keep fit session for parents and children aged 4 to 8 year olds. Contact Centre for start date and details.		Young Peoples Group 4.00 - 6.00 Fun group for 8 to 18 year olds @ Holy Trinity Centre			
	Tuesday	Nursery Nurse Advice Session 9.30 – 12.00 Have your baby weighed and talk with the nursery nurse		 http://goo.gl/xZtBhH		 @Quaggycc		Baby Music 2.45 – 3.15 Fun drop-in music session for babies up to 18 months (£1 per session per child) Term time only		Music Makers 3.30 – 4.30 Fun drop-in music session for under 5's (£1 per session per child) Term time only
Wednesday		Stay and Play 9.30 – 11.30 Drop-in session (£1 per session per child)		Lifestyle Group 9.30 – 11.30 Parent's drop-in social group with taster activities and crèche. Term time only. £1		Parent Forum Meeting 11.30 – 12.30 Monthly on 1 st Wednesday of month With crèche		Integrated Review 2 year developmental checks 1.30-4.30 By appointment only		Counselling Service 9.00 – 3.00 18.00 – 21.00 Please contact centre for details
	Thursday	Midwife Session 9.00 – 5.00 appointment only	Functional Skills 9.30 – 11.30 Learn English and Maths at the HTC. Need to book. Crèche provided Term time only		Older People's Lunch Club 12.00 – 2.00 For over 60's. £4 for a 2 course meal @ Parkside Community Centre		Young People's Group 5.30 – 7.30 Fun group for 8 to 18 year old @ Parkside Community Centre Also 1st Tuesday of the month we hold a Young People's Forum. Contact for details			Zumba Class 6.30 – 7.30 £4 per session Come and enjoy a lively Zumba class and get fit @ Holy Trinity Centre
Friday		For classes at HTC the address is Holy Trinity Centre Bennett Grove Lewisham SE13 7RF		For information on all classes, events and activities www.quaggydevelopmenttrust.org		Scan for Website 		Breastfeeding Group 12.00 – 2.00 Advice, support and social drop-in group (£2 per session per family) @ Holy Trinity Centre		SATURDAY Dad's Brunch 10.00 – 12.00 3rd Saturday of month Come and join this friendly group
	Address: Quaggy Children's Centre, Orchard Hill, Lewisham, SE13 7QZ. Telephone 020 8465 9785									



QUAGGY DEVELOPMENT TRUST
Improving the lives of
local children and families