






## Quaggy @ Sherington Children's Centre Area – Timetable Summer Term 2018

Monday	<p><b>Stay and Play at THE SPACE</b> 9.30-11.30 Friendly drop-in session for under 5 (£1 per child per session)</p>	<p><b>Bumps and Babies Stay and Play</b> 9.30 – 11.30 Pregnancy - 18 months Friendly drop in session.</p>	<p><b>Breastfeeding Drop In</b> 10am – 12pm Friendly group where you can get support and advice on breastfeeding</p>	 <a href="http://goo.gl/xZtBhH">http://goo.gl/xZtBhH</a>	
Tuesday	<p><b>Stay and Play at THE SPACE</b> 9.30-11.30 <b>FOREST SCHOOL</b> session for under 5 (£1 per child per session)</p>	<p><b>Midwife Session</b> 10.00 – 4.00 Appointment only</p>	<p><b>Personal Development</b> 1.00– 3.00 A fun and interactive workshop that can help you build confidence, manage stress and become more assertive. Booking necessary for places and creche Starting after May half term times TBC</p>		
Wednesday	<p><b>Stay and Play at THE SPACE</b> 9.30 – 11.00 Friendly drop-in session for under 5 (£1 per child per session)</p>	<p><b>Health Visitor Advice Session</b>  Come along to talk to a health visitor about any concerns or advice. 9.30 – 12.00</p>		<p><b>BCG clinic</b>  10.00 – 2.00 Appointment only</p>	<p><b>Best Beginnings Midwife</b> 2.30 – 4.30 Appointment only</p>
Thursday	<p><b>Stay and Play at THE SPACE</b> 9.00 – 11.00 Friendly drop-in session for under 5 (£1 per child per session)</p>	<p><b>Story Rhyme Time</b> 10.00 – 11.30 Come and enjoy songs, rhymes and stories and a great craft activity too.</p>	<p><b>No Rush to Mush</b> Starting Solids Session Monthly for parents with babies 4 months and over Contact Sherington Children's Centre</p>	 @Quaggycc	<p>Scan for website</p> 
Friday	<p>Story, Rhyme at INVICTA SCHOOL 9.15 – 10.45 Come and enjoy songs, rhymes and stories and a great craft activity too (£1 per child per session)</p>	<p><b>The Space Langhorne House</b> Springfield Grove Charlton SE7 7TL</p>	<p><b>Invicta Children's Centre</b> Invicta Primary School Invicta Road Blackheath SE3 7HE</p>	<p>Please note that activities unshaded are at Sherington Children's Centre <b>Blue</b> are at The Space <b>Green</b> are at Invicta Children's Centre</p>	
<p><b>Address: Sherington Children's Centre, Sherington Rd, Charlton SE7 7JW. Telephone 020 8305 3140</b></p>					