

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 – 11:45 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 1 st 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 3 rd Saturday of month Come and join this friendly group
Address: Quaggy Children's Centre, Orchard Hill, Lewisham, SE13 7QZ. Telephone 020 8465 9785					





Quaggy @ Rachel McMillan Children's Centre – Timetable Spring Term

Monday	Music Makers 11.00 – 12.00 Fun music session for children up to 5 years (£1 per child per session) Term time only			
Tuesday	Stay and Play 9.30 – 11.30 Drop-in session (£1 per child per session)			
Wednesday	We are developing services over the coming term here at Rachel McMillan. See below a new lifestyle group where you can try out new activities while your child is cared for in the creche.			 http://goo.gl/xZtBhH
Thursday	Lifestyle Group 9.30-11.30 Parent's social group with 'taster activities'. Crèche provided. Term time only (£1 per child per session)		 Scan for Scan website	 @Quaggycc
Friday	For information on all classes, events and activities www.quaggydevelopmenttrust.org			
Address: Rachel McMillan Nursery School and Children's Centre, McMillan Street, Deptford SE8 3EH Bookings Telephone: 020 8465 9785 Enquiries Telephone 020 8465 9785				

Quaggy @ Sherington Children's Centre Area – Timetable Spring term 2018

Monday	Stay and Play at THE SPACE 9.30-11.30 Friendly drop-in session for under 5 (£1 per child per session)	Bumps and Babies 9.30 – 11.30 Pregnancy - 18 months Friendly drop in session.	Breastfeeding Drop In 10am – 12pm Friendly group where you can get support and advice on breastfeeding	 http://goo.gl/xZtBhH	
Tuesday	Stay and Play at THE SPACE 9.30-11.30 FOREST SCHOOL session for under 5 (£1 per child per session)	Midwife Session 10.00 – 4.00 Appointment only	Personal Development 1.00– 3.00 20 th February – 27 th March A fun and interactive workshop that can help you build confidence, manage stress and become more assertive. Booking necessary for places and creche		
Wednesday	Stay and Play at THE SPACE 9.30 – 11.00 Friendly drop-in session for under 5 (£1 per child per session)	Health Visitor Advice Session Come along to talk to a health visitor about any concerns or advice. 9.30 – 12.30		Making Toys Craft Session 1.00 – 3.00 10 th Jan – 7 th Feb Come along and learn how to make some great toys for your under 5. Free creche	BCG clinic 10.00 – 2.00 Appointment only Best Beginnings Midwife 2.30 – 4.30 Appointment only
Thursday	Stay and Play at THE SPACE 9.00 – 11.00 Friendly drop-in session for under 5 (£1 per child per session)	Story Rhyme Time 10.00 – 11.30 Come and enjoy songs, rhymes and stories and a great craft activity too.	Boys Talk 1.00 – 3.00pm 11 th Jan – 8 th Feb Understanding the differences in behaviour between boys and girls and much more. Please book, crèche available.	 @Quaggycc	Scan for website 
Friday	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)	The Space Langhorne House Springfield Grove Charlton SE7 7TL	Invicta Children's Centre Invicta Primary School Invicta Road Blackheath SE3 7HE	Please note that activities unshaded are at Sherington Blue are at The Space Green are at Invicta Children's Centre	
Address: Sherington Children's Centre, Sherington Rd, Charlton SE7 7JW. Telephone 020 8305 3140					

Quaggy @ Robert Owen Children's Centre – Timetable Spring Term 2018

Monday	Midwife Ante-natal and post-natal appointments 9.00 – 4.00	Integrated Review 2 year old checks 9.00 – 1.00 By appointment only	Toy Library 9.30 – 11.30 Term time only £1 per session per child	 @Quaggycc	
Tuesday	Bumps and Babies 9.30 – 11.30 Pregnancy - 18 months (£1 per child per sessions)	New Baby Group 9.30 – 11.30 with Joan Lee Clinical Psychologist Share your parenting experiences with other new parents.	Functional Skills 9.30 – 11.30 Term time only Crèche provided Improve your Literacy, Math's & ICT skills Please enquire	Scan for website 	
Wednesday	Stay and Play 9.15 – 11.15 Drop in For parents and children 18 months – 4years (£1 per child per)	English Class ESOL 9.30 – 11.30 Term time only English classes for adults with English as second language. Crèche available		Debt Advice Citizens advice 2.30 – 3.30 drop in 3.30 – 4.30 appointment only	 http://goo.gl/xZtBhH
Thursday	Quaggy Counselling 9.00 – 12.00 Booking necessary 020 8465 9785	Baby Music 9.30 – 10.15 Drop-in music session for under 2's Music Makers 10.30 – 11.30 Drop-in music session for under 5's Term time only (£1 per child per sessions)	Best Beginning Midwife 10.00 – 12.00 Appointment only	Nursery Nurse Advice Session 12.30 – 3.00 Have your baby weighed and talk with the nursery nurse	Talk to your baby 1.00-3.00 22 nd February – 15 th March Themed workshops to encourage and support responsive interactions with your baby. Please book.
Friday	For information on all classes, events and activities www.quaggydevelopmenttrust.org.uk				To book places for a course call 020 8465 9785
Address: 43 Commerell St, Greenwich SE10 0EA. Enquiries Telephone 020 8858 0529					