



	Morning	Afternoon
Monday	<p>Baby Mini Rhyme Time (0-8 months) 9:30am-10:30am (starts 11 Sept) A session to meet other parents and support your baby's development, through interaction and exploration and music</p> <p>Midwifery Antenatal Clinic * 9:00am-12:00pm</p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:30pm</p> <p>Infant Feeding Peer Support 1.00pm-2.00pm</p> 
Tuesday	<p>Midwifery Antenatal Clinic * 9:00am- 12:00pm</p> <p>Speech and Language Support * 8:30am-12:30pm</p> <p>ASQ Health Development Checks* 9:00-12:00pm</p> <p>Language Through Listening (health Visiting)* 9:30am-10:30am</p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:00pm</p> <p>Health Visiting Baby Massage* 11:00pm-12:00pm</p> <p>PEEPS Play (2-4 years) with Climb4-12.30pm -1.30pm Interactive play to encourage your child's development and learn fun ways to use ready-made resources</p> <p>Boogie Babies (0- 10 months) with Climb4 – 1:45pm-2:45pm Fun session to connect with your baby.</p> <p>ASQ Health Development Checks * 12:30-4:00pm</p>
Wednesday	<p>Midwifery Antenatal Clinic * 9:00am- 12:00pm</p> <p>ASQ Health Development Checks* 9:00am-12:00pm</p>	<p>Midwifery Antenatal Clinic * 1:00pm-4:00pm</p> <p>Learning Through Play (0-5 years) 1.00pm-2.00pm starts 13 September Discover fun activities to support all areas of your child's development and learn new ways to play</p> <p>ASQ Health Development Checks * 12:30pm-4:00pm</p> 
Thursday	<p>Tea and Toast (0-5 years) 9:30am-11:00am (starts 14th Sept) Come along for a chat and a chill</p> <p>Midwifery Bumps to babies monthly from 11 Sept 9.30am-12 noon (monthly at Central from 25 Sept)</p> <p>ASQ Health Development Checks* 9:00am-12:00pm</p>	<p>SEND Drop in 12:00-2:00pm</p> <p>By Appointment Growth Check Clinic* Health visiting - 9.00am-4:00pm (3rd Thursday of the month, next one is on 21st September)</p>
Friday	<p>Midwifery Antenatal Clinic* 9:00am-12:00pm</p> <p>Infant Feeding Support 10:00am-11:00am</p> <p>ASQ Health Development Checks* (Fortnightly) 9:00am-12:00pm</p>	<p>Stay & Play Rhyme-Time (1- 5 years) 12:30pm-1:30pm starts 15 Septmeber. A fun session to meet other families and support your child's language and social development</p> <p>Midwifery Antenatal Clinic* 1:00pm-4:00pm</p> <p>Health Development Checks * (Fortnightly)12:30pm-4:00pm</p>

*All sessions marked with a * are by appointment only. Non-booking Activities for the local community only