

Tunbridge Wells District Children's Centres



WEEKLY TIMETABLE Winter - starting 7 January 2019



Little Forest
Friars Way
Tunbridge Wells
TN2 3UA
Tel 03000 420 892

Harmony
High Street
Rusthall
TN4 8RZ
Tel 03000 420 890

The Ark
Broadwater Lane
Tunbridge Wells
TN2 5RP
Tel 03000 414 600

Southborough
Broomhill Park Road
Southborough
TN4 0JY
Tel 03000 420 891

Paddock Wood
Wesley Centre
Paddock Wood
TN12 6DS
Tel 03000 411 035

Cranbrook
Carriers Road
Cranbrook
TN17 3JZ
Tel 03000 411 035



To register or for more details visit our Website: www.kent.gov.uk/childrens-centres

Like us on Facebook: Tunbridge Wells District Children's Centre to find out about the latest events & activities

	Little Forest	Harmony	The Ark	Southborough	Cranbrook	Paddock Wood	
Monday	<p>Stay & Play 2 sessions 9.15-10.30 & 10.45-12.00 BOOKING REQUIRED</p> <p>Physical Play 2.00-3.00 21 Jan, 4 & 18 Feb, 4 & 18 Mar, 1 & 15 Apr</p>	<p>NHS led Baby Hub 9.15-11.00 Workshops 10.00-11.00 (see description) BOOKING REQUIRED for Workshops</p> <p>Midwife 9.15-4.30</p>	<p>Baby Stay & Play 9.30-11.00</p> <p>Sing Time 1.45-2.30</p>	<p>Food is Fun 3 week course starting 21/1 9.30-11.30</p> <p>Messy Play 1.30-3.00</p>	S E N S O R Y R O O M a v a i l a b l e f o r b o o k i n g s	<p>Midwife (by appointment only) 9.00-4.30</p> <p>Sing Time 1.45-2.30</p>	<p>Baby Stay & Play 9.30-11.00</p>
Tuesday	<p>NHS-led Breastfeeding Drop-In Support 9.30-11.00 + Kent Sling Library 3rd Tuesday of each month 9.30-12.00</p> <p>Amazing Angels 10.00-12.00</p>	<p>Confident Parent/Child 5 week course starting 26/2 9.30-11.30</p>		<p>Physical Play Christchurch, Prospect Road, TN4 OEG 2 sessions 9.15-10.00 & 10.15-11.00 BOOKING REQUIRED</p> <p>Child Health Clinic 9.30-11.30</p>		<p>Stay & Play with Toy Library 9.30-11.00</p>	<p>Stay & Play 9.30-11.00</p>
Wednesday	<p>Child Health Clinic 9.00-11.00</p> <p>Baby Stay & Play 1.30-3.00</p> <p>Understanding your Teenager 5 week course starting 16/1 6.00-8.00pm</p>	<p>Sing Time 9.30-10.15</p> <p>Baby Stay & Play 10.45-12.15</p>	<p>Childminding Group 9.30-12.00</p> <p>Kinship Carers 9.45-11.45 1st Wednesday of each month</p> <p>Physical Play 1.45-2.45</p>	<p>Sing Time 2 sessions 9.15-9.45 & 10.15-10.45 BOOKING REQUIRED</p> <p>Baby Stay & Play 1.30-3.00</p>		<p>Sunshine Café 9.00-11.00</p> <p>Chatter Matters 6 week course starting 27/2 9.30-12.00</p>	<p>Physical Play 9.30-11.00</p>
Thursday	<p>Sing Time 9.00-9.45</p> <p>Twins/Multiple Births Group 10.00-12.00 4th Thu of each month</p> <p>Managing Children's Behaviour 5 week course starting 17/1 12.30-2.30</p>	<p>Messy Play 10.00-11.30</p>	<p>Child Health Clinic 9.30-11.15</p> <p>Stay & Play 10.00-11.30</p> <p>Young Parents Group 1.00-3.00</p>	<p>Stay & Play 1.30-3.00</p>		<p>NHS led Baby Hub Workshops 9.30-10.30 Child Health Clinic 10.30-11.30 BOOKING REQUIRED for Workshops</p> <p>NHS-led Breastfeeding Drop-In Support 12.30-2.30</p>	<p>Sing Time 9.30-10.15</p> <p>Story Time 10.45-11.15</p>
Friday	<p>Midwife 9.00-12.00</p> <p>Homestart - Friday Fun (for all Mums under 25) 10.00-12.00</p> <p>Japanese Toddler Group 1.00-3.00</p>	<p>Stay & Play 9.30-11.00 BOOKING REQUIRED</p>	<p>Family English 12 week, term time course starting 11/1 9.30-12.00</p> <p>Midwife 1.40-4.00</p> <p>Twins/Multiple Births Group 12.30-3.00 2nd Friday of each month</p>			<p>Baby Stay & Play 9.30-11.00</p> <p>Sunshine Café 9.30-11.30</p> <p>Messy Play 1.00-2.30</p>	<p>Messy Play 9.30-11.00</p>
1st Saturday of each month			<p>Daddy & Me Stay & Play 10.00-11.30</p>				

Weekly Sessions

Please see below a brief description of the activities we run, if you would like any more information please phone the relevant Centre.

Sensory Room – our Sensory room is available for hire, free of charge, at Cranbrook Children’s Centre, **BOOKING REQUIRED** via the centre.

Physical Play - Creative, physical exercise and movement class for children, all ages welcome.

Sing-Time - An interactive music group that encourages communication and literacy skills through participating in songs and activities.

Stay & Play - A range of activities available for you to enjoy with your child.

Baby Stay & Play - Sensory Play for new babies and pre-walking children.

Messy Play - A wide range of messy related play for you to enjoy with your child, baby area also available.

Story Time - Come along with your child and enjoy an interactive story session.

Daddy & Me - Stay & Play - Open to all fathers and male carers to come along and enjoy with their children.

Sunshine Cafe - Come along, chat and meet new friends while enjoying free tea/coffee in a relaxed friendly environment, sensory play available for your child.

Adult Education Courses - please ring the relevant Centre to book your place on all Adult Education courses – **BOOKING REQUIRED**

Young Parents - This group is for all Mums and Mums-to-be, aged 19 or under. Facilitated by Kent Crèches and supported by Children’s Centre Staff and Youth Workers in conjunction with Midwives and the Health Visiting Team.

Homestart - Friday Fun Aimed at all mums aged 25 and under, a wide range of craft activities to enjoy with your child, alongside different discussion topics each week.

Amazing Angels - Open to all women who need support with their emotional well-being - referral not required, please just turn up.

Kinship Group - Support group for grandparents and family carers, 1st Wednesday of each month.

Kent Sling Library - A drop-in session where you can come to find out more about using a sling to carry and care for your baby, toddler or pre-schooler.

**Local Health Visitors Team
Contact Numbers**
Paddock Wood 01892 839 458
Tunbridge Wells 0300 790 0243
Cranbrook 01892 839 458

Health Visiting Services in the Tunbridge Wells District Children's Centres

Kent Community Health 
NHS Foundation Trust

NHS led Baby Hub

An opportunity to drop in and see a Health Visitor to ask advice regarding sleeping, colic, feeding etc.

Workshops will be alternating monthly between Harmony and Cranbrook Children's Centre

Harmony Children's Centre - 9.15-11.00 - every Monday

Workshops will take place **10.00-11.00** on the following dates:

7/1 Emotional well-being, 14/1 Introducing Solids, 21/1 Minor Ailments, 28/1 Learning Through Play

Please note that during workshops the drop-in session will take place from 9.15-10.00

BOOKING REQUIRED for workshops

Cranbrook Children's Centre - 9.30-11.30 - every Thursday

Workshops will take place **9.30-10.30** on the following dates:

7/2 Emotional well-being, 14/2 Introducing Solids, 21/2 Learning Through Play, 28/2 Minor Ailments,

Please note Child Health Clinic will take place from 10.30-11.30 weekly

BOOKING REQUIRED for workshops

You and Your Baby

A 2 day ante-natal course for all 'Parents-to-be' covering various aspects of preparing for parenthood, including:
Infant Feeding - Health, well being and immunisations - Safer Sleeping - Minor Illness - Baby Development - Nappies and washing/bathing

Cranbrook Children's Centre

1.30-3.30

Dates TBC

Little Forest Children's Centre

1.30-3.30

Dates TBC

BOOKING REQUIRED

Moving on to Solid Foods - Workshop

For babies between 4-6 months old

Little Forest Children's Centre

10/1, 21/2, 21/3 - **1.30-2.30**

BOOKING REQUIRED

NHS Led Weekly Breast Feeding Drop-In Support Groups

Little Forest Children's Centre - **Tuesdays** 9.30-11.00

Woodland's Health Centre - Paddock Wood - **Wednesdays** 11.30-1.00

Cranbrook Children's Centre - **Thursdays** 12.30-2.30

Child Health Clinic

Health Visitor led clinics for babies and children 0-5 years old.

Get your baby/child weighed and speak to health professionals for advice and guidance on health and development matters.

Tuesday

Southborough Children's Centre - **9.30-11.30** (last entry 11.20)

Hawkhurst at the Baptist Church Hall, TN18 4BT - **1st & 3rd** Tuesday of each month **1.00-3.00**

Wednesday

Little Forest Children's Centre - **9.00-11.00**

Paddock Wood at Woodlands Health Centre, TN12 6AX - **9.15-11.15** (last entry 11.00)

Thursday

The Ark Children's Centre - **9.30-11.15**