











Children's

Open Wednesday and Thursday Tel. 03000 420898 WETO ITS Johnson Road, Sittingbourne, Woodgrove Children's Centre

Open Monday and Wednesday Tel. 03000 417740 **MET3 JAN** Lower Road, Faversham, Bysing Wood Children's Centre

Open Monday and Thursday Tel. 03000 421277 **METS 4NA** Warden Bay Road, Leysdown, Beaches Children's Centre

District Email Address: Swaleccgroups@kent.gov.uk

Open Tuesday and Thursday Tel. 03000 420991 **METO 1PT** Hilton Drive, Sittingbourne, Grove Park Children's Centre

Open Monday - Friday Tel. 03000 411033 MET3 8PP Orchard Place, Faversham, St Mary's Children's Centre

**METO SEE** Brewery Road, Sittingbourne, Milton Court Children's Centre Open Monday - Friday

Open Wednesday and Friday

First Avenue, Queenborough,

Ladybird Children's Centre

Open Monday - Friday

Tel. 03000 420899

Tel. 03000 411313

**WETT 21E** 

Tel. 03000 420896 **METO 3NT** Tonge Road, Murston, Murston Children's Centre

### Excluding Contact Information Friday 8.30am - 4.00pm Swale Children's Centre

# mq0£.4 - ms0£.8 Monday - Thursday :samiT prinago

Bank Holidays





Look out for the booking balloon! These groups require booking

Kent

County Council kent.gov.uk

# Children's Centres



Register with Kent

# Swale Children's Centres Timetable

Wednesday 13th September - Friday 8th December 2023

#### Useful information

### Family Foodbank: 01233 500477 Laying the foundation for healthy, SATEDA: 01795 417251

Download the free Swale Youth Hub: 03000 421590 Facebook @SwaleYouthHub

Born to Move app to support your child Swale Libraries: 03000 413131 Facebook @SwaleLibraries on their journey.

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**Born to Move** 

confident children in Kent

you could get help to buy milk, fruit and

#### If you're at least 10 weeks pregnant or have a child under 4 years old,

**Healthy Start** 

vegetables. Check to see if you are eligible.

#### Some 2 year olds can get up to 15 hours of free childcare per week

Free Early Education

for 38 weeks of the year. Check to see if you are eligible.

childcare costs up to a maximum of £2,000 each year for working families with children under 12

Tax Free Childcare

Tax-Free Childcare pays 20% of (or 17 if disabled).



# **Golden Rules**

Parental Supervision is required at all times.

No food or drink is allowed to be consumed in the playroom due to allergies.

Please treat other centre users and staff with respect.

We ask that you do not use your mobile phone. If you wish to take a picture please ask a member of staff first.

If you are booked on to a session/course and you are no longer able to attend, please cancel your space to allow for someone else to take your place.

Swale Children's Centres promote a positive environment therefore, it is important for staff and parents/carers to role model appropriate behaviours.

Please do not attend our sessions if you or your child are unwell. Please notify a member of staff if you become aware of any contagious infection

#### Stay and Play

Stay and Play is a group for parents and carers with children who are 0 - 5yrs. This group provides children with a chance to play, learn and explore.

**Term Time Only** 

#### **Twins Club**

Home Start provides a range of activities for you to share in your child's learning and development. If you would like more information please call 01795 429007.

# **Group Information**

#### **Messy Play**

An opportunity for children to explore their senses through a range of messy materials.
Remember to bring a change of clothes!
Suitable for ages
6m - 5yrs.
Term Time Only

#### **Bumps to Walkers**

For expecting parents and carers and babies from birth until they are walking. This group is an opportunity for carers to get to know each other and gain advice and support.

Term Time Only

Wellbeing Library

Swale CC's wellbeing Library are offering families to borrow stories on a range of topics to support your child's mental health and wellbeing.

For more information email Swaleccgroups@kent.gov.uk

### Baby Yoga

**Story Tellers** 

An opportunity to

introduce a story and a

range of fun activities to

allow your child to explore

their imagination.

Suitable for ages 1 - 5yrs.

**Term Time Only** 

4 week course suitable for ages 8 weeks to 20 weeks. Baby yoga uses gentle stretches and movements for you to do with your baby. Your baby will need to have had their 6 to 8 week check.

#### **Toddler Time**

Toddler Time is a group for children who are walking until the age of 3yrs. This group supports curiosity and independence through play.

Term Time Only

#### **Nature Group**

This group gives children the opportunity to explore, discover and learn from nature. Remember to dress weather appropriate. Suitable for ages 2 - 5yrs. Term Time Only

#### **Activity Roundabout**

This outdoors group will introduce theme each week that will support your child's development and help build their confidence.
Remember to dress weather appropriate.
Suitable for ages 2 - 5yrs.
Term Time Only

#### **Baby Massage**

4 week course suitable for ages 8 weeks to 6 months. Learn different techniques to massage your baby to improve communication, aid digestion and sleep.



# **Upcoming Courses**

# **Family Courses**

#### Keeping up with the Children - Maths

Milton Court Primary School Friday 8th September - 4wks

12:30pm - 2:30pm

#### **Multi-Skills Family Sports**

Saturday 9th September 9.30 - 11.30am 3 - 8yrs

#### **Kite Making** Oare Gunpowder Works **Country Park**

Tuesday 12th September 10am - 12pm 2 - 5yrs

### **Mini Green Warriors**

ton Children's Centre Friday 15th September - 3wks 12:30pm - 2:30pm . 3 - 5yrs

#### **Chemistories**

Woodgrove Children's Centre

Saturday 23rd September 9.30 - 11.30am 3 - 8yrs

#### **Exploring Behaviour Strategies**

**Milton Court Primary School** 

Friday 6th October 12.30 - 2.30pm

#### Restoring Family Relationships

Milton Court Primary Friday 20th October

12.30 - 2.30pm

### Family First Aid

Ladybird Children's Centre

Friday 3rd November - 3wks 12:30pm - 2:30pm

To book email swaleccgroups@kent.gov.uk

### **Baby Massage and Baby Yoga**

#### <u>Baby Massage</u>

#### Woodgrove CC

Wednesday 13th September for 4wks Baby Massage 1pm - 2pm

#### St Mary's CC

Monday 18th September for 4wks 1.30pm - 2.30pm

Thursday 28th September for 4wks 9am - 10am

## Booking Scan the QR code below



#### **Baby Yoga**

#### **Woodgrove CC**

Thursday 14th September for 4wks 10am - 11am

#### St Mary's CC

Monday 18th September for 4wks 12pm - 1pm

#### Ladybird CC

Friday 24th November for 4wks 12pm - 1pm

code below

Baby Yoga Booking Scan the QR

Please be aware that Baby Yoga and Massage cannot be booked on the same day due to overstimulation.

# **Health Information**

### **Introducing Solids Courses**

Swale Children's Centres and the Health Visiting Team are offering Face to Face & virtual session via Microsoft Teams workshops to guide you through your weaning journey.

Wednesday 30th August 9:30am - 11:am

Tuesday 21st November 1:30pm - 3pm

Milton Court CC Friday 27th October 9:30am - 11am

Beaches CC Thursday 14th December 1:30pm - 3pm

To book email swaleccgroups@kent.gov.uk

### You and Your Baby 0-6 months

A free six-week programme for parents with a baby under six months. Supporting you to:

• develop a close relationship with your baby
• look after yourself as a parent and make friends
• build confidence as a new parent.

Woodgrove CC Friday 7th September - 6wks 12:30pm - 2pm

Woodgrove CC Friday 2nd November - 6wks 12:30pm - 2pm

To book email swaleccgroups@kent.gov.uk



**Kent Baby** 



#BesideYou **Breastfeeding Support** 

#### **Swale Health Visiting Team** (appointment only)

#### Beaches

Development Reviews - 1st Monday of the month

#### **Ladybird CC**

Development Reviews - Wednesday and Friday

#### Milton Court CC

Development Reviews - Wednesday and Thursday Breastfeeding Drop in - Every Wednesday lpm - 3pm (Except the 3rd Wednesday of the month)

#### Grove Park C

Development Reviews - Tuesday and Thursday

#### Murston CO

Development Reviews - Tuesday and Thursday

Development Reviews - Thursday Healthy Child Clinic - Thursday 9:30am - 11:30am

To Book Contact: 0300 123 4014

# Swale Midwifery Appointments (appointment only)

**Woodgrove CC - Monday - Friday** Contact Number: 01795 879100 ext 5223

Faversham Midwifery Appointments

(appointment only) St Mary's CC - Monday - Friday

Contact Number: 01277 864152 or 01277 783105

# **Swale Children's Centre Timetable**

Monday + Thursday Sensory Time 9am - 3pm

#### **Beaches Children's Centre**

Monday Stay and Play 10am - 11am Thursday
Bumps to Walkers
10am - 11am

Thursday Messy Play 1.30pm - 2.30pm

Wednesday +
Friday
Sensory Time

9am - 3pm

Wednesday Toddler Time 10am - 11am Wednesday Stay and Play 1.30pm - 2.30pm Friday Bumps to Walkers 10am - 11am

Milton Court Children's Centre

**Ladybird Children's Centre** 

Tuesday Milton Creek Activity Roundabout 10am - 11am

Tuesday Twins Club 10am - 11.30am Every other Week

**Friday** Stay and Play 10am - 11am

**Grove Park Children's Centre** 

Tuesday Bumps to Walkers 10am - 11am Thursday Stay and Play 10am - 11am

**Woodgrove Children's Centre** 

Wednesday + Thursday Sensory Time 9am - 3pm

Wednesday Bumps to Walkers 1.30pm - 2.30pm **Thursday** Messy Play 1.30pm - 2.30pm

**Murston Children's Centre** 

Monday Messy Play 1.30pm - 2.30pm Wednesday
Bumps to Walkers
10am - 11am

Thursday
Childminding
Group
9.30am - 11am
2nd Thursday of the Month

Friday Stay and Play 1.30pm - 2.30pm

**Bysing Wood Children's Centre** 

Monday Story Tellers 10am - 11am Tuesday
Oare Gunpowder
works
Nature Group
10am - 11am

**Wednesday** Stay and Play 10am - 11am Monday + Wednesday Sensory Time 12pm - 3pm

St Mary's Children's Centre

Wednesday Messy Play 1.30pm - 2.30pm Thursday
Bumps to Walkers
10am - 11am

Friday Stay and Play 10am - 11am