



Children Centre Activities

East & West Locality: September 2018

For queries about activities please call: 0191 5614127

This timetable runs Term Time Only Play Activities Start 3rd September until

	Monday	Tuesday	Wednesday	Thursday	Friday	Other Activities
AM	<p>Baby Massage Hudson Road 9.30-10.30 Booking required</p> <p>Weaning Hudson Road Booking required 10.45-11.30</p> <p>Time for Rhyme Thorney Close Action and Enterprise Centre 9.30-10.15</p> <p>Time for Rhyme Thorney Close Action and Enterprise Centre 10.30-11.15</p> <p>Sensory Play Thorney Close 9.00-12.00</p>	<p>Time for Rhyme Hudson Road 9.30-10.15</p> <p>Move to Rhyme (1-2 yrs) Thorney Close 9.30-10.15</p> <p>Mini Movers (2-5 yrs) Thorney Close 10:45-11:30</p> <p>Sensory Play Thorney Close 9.00-12.00</p>	<p>Sensory Play Thorney Close 9.00-12.00</p> <p>Baby Days Grindon Lane Primary Care 9.30-11.00</p>	<p>Stay & Play Thorney Close 9.30-11.00</p> <p>Bosom Buddies Thorney Close 9.30-11.30</p> <p>Baby Days Hudson Road Primary 9.15-10.45</p> <p>Sensory Play Thorney Close 9.00-12.00</p>	<p>Sensory Play Thorney Close 9.00-12.00</p>	<p>Baby Massage (0-6 months) runs at various times and days during the week.</p>  <p>To book a place contact Thorney Close Children Centre on: 0191 5614127</p>
<p>Do you want to stop smoking? Speak to your local Children's Centre about how you can be referred to the City's Smoking Cessation service or for more advice and support ring the Live Life Well team on 0800 107 0741.</p>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Other Activities
PM	<p>Weaning Thorney Close Booking required 1.30-2.30</p> <p>Sensory Play Thorney Close 1.00-3.00</p> <p>Baby Days Hudson Rd 1.00-2.30</p>	<p>Ready, Steady, Play Hudson Road 1.30-2.30</p> <p>Baby Days Thorney Close 1.00-2.30pm</p> <p>Sensory Play Thorney Close 1.00-3.00</p> <p>Play, Learn & Grow Together (Make new friends with other parents while your children play, learn and grow together) Thorney Close 1.30-2.30</p>	<p>Baby Days Richard Avenue Primary 2.00-3.00 (Term time only)</p> <p>Sensory Play Thorney Close 1.00-3.00</p> <p>Bosom Buddies Thorney Close 1.00-3.00</p> <p>Baby Sign Course Thorney Close Booking required 1.30 - 2.30</p>	<p>Little Sparks (Sparking Imagination through movement, music & messy play) Hudson Road Primary 1.30-2.30</p> <p>Baby Days South Hylton surgery 1.30-2.30 (Fortnightly starting 6th September 2018)</p> <p>Sensory Play Thorney Close 1.00-3.00</p> <p>Mini Movers (2-5 yrs) Thorney Close 2:15-3:00</p>	<p>Breastfeeding drop in clinic 12.30-2.30 Thorney Close</p> <p>Sensory Play Thorney Close 1.00-3.00</p>	<p>Are you interested in attending a parenting course?</p>  <p>Ask your local Children's Centre today about what's on in your area.</p>
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