


# Children Centre Activities

East & West Locality: January 2019

For queries about activities please call: 0191 5614127

This timetable runs Term Time Only Play Activities Start 7<sup>th</sup> January until 5<sup>th</sup> April

[www.facebook.com/SunderlandChildrenCentres](http://www.facebook.com/SunderlandChildrenCentres)

	Monday	Tuesday	Wednesday	Thursday	Friday	Other Activities
<b>AM</b>	<p><b>Baby Massage</b> Hudson Road 9.30-10.30 Booking required</p> <p><b>Weaning</b> Hudson Road Booking required 10.45-11.30</p> <p><b>Time for Rhyme</b> Thorney Close Action and Enterprise Centre 9.30-10.15</p> <p><b>Time for Rhyme</b> Thorney Close Action and Enterprise Centre 10.30-11.15</p> <p><b>Sensory Space</b> Thorney Close 9.00-12.00</p>	<p><b>Time for Rhyme</b> Hudson Road 9.30-10.15</p> <p><b>Mini Movers (2-5 yrs)</b> Thorney Close 10:45-11:30</p> <p><b>Sensory Space</b> Thorney Close 9.00-12.00</p>	<p><b>Sensory Space</b> Thorney Close 9.00-12.00</p> <p><b>Baby Days</b> Grindon Lane Primary Care 9.30-11.00</p>	<p><b>Stay &amp; Play</b> Thorney Close 9.30-11.00</p> <p><b>Baby Days</b> Hudson Road Primary 9.15-10.45</p> <p><b>Sensory Space</b> Thorney Close 9.00-12.00</p>	<p><b>Sensory Space</b> 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 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>						<p><b>Live Life Well</b> Making a difference together</p>

	Monday	Tuesday	Wednesday	Thursday	Friday	Other Activities
PM	<p><b>Weaning</b> Thorney Close Booking required 1.30-2.30</p> <p><b>Sensory Space</b> Thorney Close 1.00-3.00</p> <p><b>Baby Days</b> Hudson Rd 1.00-2.30</p>	<p><b>Ready, Steady, Play</b> Hudson Road 1.30-2.30</p> <p><b>Baby Days</b> Thorney Close 1.00-2.30pm</p> <p><b>Sensory Space</b> Thorney Close 1.00-3.00</p>	<p><b>Baby Days</b> Richard Avenue Primary 2.00-3.00 (Term time only)</p> <p><b>Sensory Space</b> Thorney Close 1.00-3.00</p> <p><b>Bosom Buddies</b> Thorney Close 1.00-3.00</p> <p><b>Baby Sign Course</b> Thorney Close Booking required 1.00 - 1.45</p>	<p><b>Little Sparks</b> (Sparking Imagination through movement, music &amp; messy play) Hudson Road Primary 1.30-2.30</p> <p><b>Baby Days</b> South Hylton surgery 1.30-2.30 (Fortnightly starting 10th January 2019)</p> <p><b>Sensory Space</b> Thorney Close 1.00-3.00</p>	<p><b>Breastfeeding drop in clinic</b> 12.30-2.30 Thorney Close</p> <p><b>Sensory Space</b> Thorney Close 1.00-3.00</p>	<p>Are you interested in attending a parenting course?</p>  <p>Ask your local Children Centre today about what's on in your area.</p>
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