

Monday

Big Messy Toddlers	2.00 - 3.30	Drop-in
---------------------------	--------------------	----------------

Tuesday

ESOL English	9.30 - 11.30	Drop-in
Baby Bounce and Rhyme	10.30 - 11.00	Edenbridge Library, Drop-in
JobCentre Plus	10.00 - 1.00	By appointment
English for English	1.00 - 3.00	Drop-in Creche provided
HERO (Housing and Welfare Benefits Advice)	1.30 - 5.00	By appointment 01732 227386 or call us 01732 864045

Wednesday

Family Action Coffee Morning	9.30 - 11.00	Drop-in
Job Club (new from Feb)	11.00 - 12.00	Drop-in
Mini Explorers (new day)	2.00 - 3.30	Drop-in
Antenatal Classes (2nd and 4th Wednesdays)	2.00 - 4.00	Contact midwives directly 01732 869820)
Polish Speaking Group (1st Wedensdays)	2.00 - 3.30	Contact health visitors 01732 869825
Twins Club (3rd Wednesdays)	2.00 - 3.30	Contact Health visitors 01732 869825
Pregnancy Yoga	6.00 - 7.15 pm	Weekly book 01732 864045
Antenatal Evening Classes (1st Wednesdays)	7.00 - 9.30pm	Contact Midwives directly 01732 869820)

Thursday

Child Minders Network Meeting	9.00 - 10.30	Contact Tracey Roe 01732 867074
Sleep Clinic	9.00 -12.00	Book an appointment with health visitors 01732 869825
Stay and Play	9.30 - 11.00	Drop- in
Aqua Bump	9.30 - 10.15	Edenbridge Leisure Centre
Aqua Bump Away	10.30 - 11.15	Edenbridge Leisure Centre
Baby Massage	11.00 -12.00	By invitation or contact 01732 864045 (4 week course)
Numeracy (new from Feb)	1.00 - 3.00	Drop-in Creche provided

Friday

Midwifery Care by Appointment	9.15 - 12.00	Contact midwives 01732 869820
Morning Café	9.30 - 11.15	Registered families Only
Health Visitor Baby Clinic	9.30 -11.30	Drop-in
Breast Feeding Support	10.00 -12.00	Drop- in
Young Parents Lunch (under 25)	12.30- 2.30	Drop in
Baby Sensory	2.00 - 2.30	By invitation or contact 01732 864045 (6 week course)
Baby Sensory	2.45 - 3.30	Contact Samantha Burton 07988427837
Young Carers	4.30 - 6.30	Call us for details 01732 864045

Saturday

Sing and Sign (starting April)	9.30 - 10.15	By invitation or contact 01732 864045 (6 week course)
Baby Massage (starting April)	10.30 - 11.15	By Invitation or contact 01732 864045 (4 week course)

Sunday

Splish Splash	10.00 -12.00	Drop in Session
----------------------	---------------------	------------------------