

# 8th Sept - Dec 2014

## For families with children under 5



01803 833164  
Milton Lane, TQ6 9HW  
dartmouthcc@actionforchildren.org.uk  
www.southhamschildrenscentres.org.uk



### morning

monday

**Fun with Food** 15th, 22nd & 29th Sept, 10-12  
**Food Hygiene Certificate\*** 6th & 13th Oct, 10-12  
**Managing Family Finances\*** 3rd Nov, 5 weeks 10-12  
Ring to check eligibility & to book. \* Creche available

tuesday

**Bumps and Babes**  
10.00-11.30 weekly drop-in for babies 0-12months, £1  
Baby Led Weaning 23rd Sept  
Baby resuscitation & choking 21st Oct



wednesday

**Child Health Clinic**  
9.30-11.30 weekly drop-in  
**Midwife** 01803 881431



thursday

**Chatter Time**  
9.30-11.00 term time from 18th Sept  
To encourage children's communication (18months+) £1 please book  
**Counsellor** ~ by appointment

friday

**Parent Led Play Café**  
10.00-11.30 1st Fri of month drop-in for 0-4s, £1  
5th Sept, 3rd Oct, 7th Nov, 5th Dec  
**Midwife** 01803 881431



### afternoon

**Improve your Maths**

1.00-3.00 weekly from 15th Sept (free crèche) please book  
Free for any adult without grade A-C in Maths GCSE

**Educational Psychologist** 2-4pm 15th Sept, 20th Oct, 17 Nov, 15 Dec

**Learning through Play -Outreach**

activity sessions delivered by the Children's Centre  
in local toddler groups throughout the term

**Learning through Play**

1.30-3.00 weekly drop-in for 0-4s £1

**Pumpkin Party 29th Oct**

1.30-3.00 Townstal Hall, Ivatt Road £1



**Bosom Buddies**

11.30-1.00 Breast Feeding Support drop-in

**Baby Massage**

1.30-2.30 23rd Oct for 4 weeks ~please book



**Parents To Be**

1-3.30 please book  
3 week antenatal course starting 26th Sept or 21st Nov



## Struggling to pay water bills?

3 schemes are available to help cap bills, lower tariffs and deal with debts.

Speak with Natalie at the Children's Centre for full details.

[www.southhamschildrenscentres.org.uk](http://www.southhamschildrenscentres.org.uk)

Providing activities, support and services to families with children under 5

To receive timetables by email please contact us [dartmouthcc@actionforchildren.org.uk](mailto:dartmouthcc@actionforchildren.org.uk)



# Improve your Maths

- Are you interested in brushing up your Maths skills?
- Would you like to learn in a friendly, relaxed way?
- Would you like to get a Maths

**Starts 15th September**  
**Every Monday**  
**1-3pm at Dartmouth Children's Centre**  
**Creche available**



Call Dartmouth Children's Centre on  
**01803 833164**

[Learndevon.co.uk](http://Learndevon.co.uk)  
[learndevon@devon.gov.uk](mailto:learndevon@devon.gov.uk)  
0345 155 1014

Find us on Facebook and follow us on Twitter

Learn Devon are funded by the Skills Funding Agency and European Social Fund.



## Other Local Groups for under 5s

Please ring the provider to check ages, dates, times, venues and costs.

### Bounce and Rhyme

Dartmouth Library 10.00 – 10.30, term time, Liz 832502

### No More Stabilisers

Course for 3-5yr olds at Tone Leisure Centre. Bookings 837010

### Top of the Town Toddler Group

Baptist Church, Townstal 9.30 – 11.30, Caroline 463261

### Stoke Fleming Parent and Toddler Group

Stoke Fleming Pre-School, 9.00 – 11.30 term time, Lou770244

### Blackawton & Dittisham Parent Toddler Group (day may change)

Blackawton Playgroup 9.00 – 11.00 term time, Pam 712363

**Kingswear Parent Toddler Group** Kingswear Primary School, Lower Contour Road 1.30 – 3.00 term time, 752356

### Pre-school gymnastics

Courses for 3-5yr olds at Tone Leisure Centre. Bookings 837010

### Music With Mummy & Jolly Babies

Stoke Fleming Village Hall, 9.30-12.30, Carol 842839

**Moreleigh & Halwell Little Stars** Moreleigh & Hallwell Village Hall, 10.00-12noon, Jodie 07792861813

### Southford Parent & Toddler Group

Southford School Rooms, Southford Road, 1.00-3.00, Pam 834449

### Dartmouth Academy Parent and Toddler Group

Milton Lane 1.30-3.00, Emma 839700