

Monday	Parent Circle 9:15 – 11:15	Meet other parents to talk about child development, or just come along for a coffee, toast & chat. Currently have craft activities.
Tuesday		Currently No Events
Wednesday	Latch on Group 9:15 – 11:15	This is a friendly, informal group for breastfeeding mums & babies, dads welcome!, for support, information or just a chat. Pregnant mums welcome too – just drop in
	Baby Gym 9:30 – 11:00	A session for parents and babies from 8 weeks to walking confidently, who are discovering the wonderful things that they can do.
	Great Expectations* 1:15 – 3:00	A place for mums expecting a baby and wanting some useful tips and advice, dads and birthing partners welcome! A rolling program, please call 01752 313293 for next dates
	Baby Massage 1:30 – 3:00	For new babies until sitting age, come and have a chat/join in and learn the benefits of time with your baby
Thursday	Jumpin Jacks 1:15 – 2:45	A place for parents & children to engage in physical play, offer them encouragement to try new things, healthy snacks and have fun!
Friday	Why Weight 9:15 – 11:15	A 6 week course, around eating well, moving more and living longer