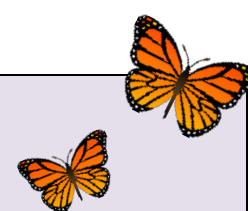


## Attleborough, Wymondham and Hethersett Children's Centre Programme



Activity		Time	Venue	Date
				May
<b>Tuesday</b>	<b>Little Gardeners</b> Outdoor group to support physical and emotional development in a natural environment	10.00 - 11.00	Attleborough Children's Centre NR17 2AH	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>
	<b>Hethersett "ONE" Stop</b> Support and advice on a range of health topics for you and your child aged 0-5 years.	1.30 - 2.30	Hethersett Library, NR9 3DB	7 <sup>th</sup>
<b>Wednesday</b>	<b>Little Oaks</b> An intergenerational group with the residents of Robert Kett Court for children aged 0-5 years <b>Booking Essential</b>	11-12	Robert Kett Court Ethel Gooch Road Wymondham Call 01953 713896 to book	1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>
	<b>Attleborough Health Led Clinic</b> Support and advice	1.00-3.00	Attleborough Children's Centre NR17 2AH	1 <sup>st</sup>
	<b>Attleborough "ONE" Stop</b> Support and advice on a range of health topics for you and your child aged 0-5 years.	1.00-3.00		15 <sup>th</sup>
	<b>Sing &amp; Play</b> <b>Booking Essential</b> A group for children aged 0-5 years to come and enjoy singing rhymes and activities based on a theme.	10.00-11.00	Attleborough Children's Centre NR17 2AH Call 01508 536399 or 01953 713896 from two days before to book a place	1 <sup>st</sup>
	<b>Stay and Play</b> <b>Booking Essential</b> A group for children aged 0-5 years. An opportunity to support families with the development of children using many different activities.	10.00-11.00		8 <sup>th</sup>
	<b>Little Gnashers</b> <b>Booking Essential</b> A session focusing on teeth and oral hygiene with fun activities.	10.00-11.00		15 <sup>th</sup>
	<b>Messy Play</b> <b>Booking Essential</b> A group for children aged 0-5 years to come along and enjoy some messy activities!	10.00 - 11.00		22 <sup>nd</sup>
<b>Explorers in the Garden</b> <b>Booking Essential</b> Come and enjoy activities in the Children's Centre garden for children aged 0-5 years.	10.00-11.00	29 <sup>th</sup>		
<b>Thursday</b>	<b>Feeding Group</b> UNICEF trained staff will be available to observe and support you through breastfeeding, as well as providing guidance on formula feeding and introducing solids	10.00 - 11.30	Wymondham Children's Centre NR18 OHL	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup>
	<b>Introduction to solid foods</b> Support around feeding & weaning	10.00 - 11.00		23 <sup>rd</sup>
	<b>Messy Play</b> <b>Booking Essential</b> A group for children aged 0-5 years to come along and enjoy some messy activities!	1.30 - 2.30	Wymondham Children's Centre NR18 OHL Call 01508 536399 or 01953 713896 from two days before to book a place	2 <sup>nd</sup>
	<b>Sing and Play</b> <b>Booking Essential</b> A group for children aged 0-5 years to come and enjoy singing rhymes and activities based on a theme.	1.30 - 2.30		16 <sup>th</sup>
	<b>Little Gnashers</b> <b>Booking Essential</b> A session focusing on teeth and oral hygiene with fun activities.	1.30-2.30		23 <sup>rd</sup>
	<b>Mulbarton Outdoor Explorers</b> Outdoor play on the Common for children aged 0-5 years	1.30-2.30		Mulbarton Common, NR14 8AE
<b>Friday</b>	<b>Feeding Group</b> UNICEF trained staff will be available to observe and support you through breastfeeding, as well as providing guidance on formula feeding and introducing solids	10.00 - 11.30	Attleborough Children's Centre, NR17 2AH	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup>
	<b>Introduction to solid foods</b> Support around feeding & weaning	10.00 - 11.00		24 <sup>th</sup>
	<b>Bounce and Rhyme</b> Rhyme and song session for 0 - 5 years	1.45 - 2.30	Hethersett Library, NR9 3DB	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup>

