

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:30am - 12pm
Family Advice and
Guidance
Drop-in

9am - 12:30pm
Empowering Women
Programme

A free 4-week course
run by Crosby
Training for mums to
build confidence and
skills.

Participants will
receive a £75 High
Street voucher upon
completion!

Monthly Guest
Speakers
Opportunities to
hear from
experienced
professionals.
Call us for more
details.

Activities for
Children 0-5 Years
Sensory Drop-in

9am - 12pm
Continence Nurse
Appointment Only

Activities for Children
0-5 Years

9:30am - 11am
PEEP

Early learning
session focusing on
the five key strands
of Early Years
Development.
Call to book.

Activities for Children
0-5 Years

11am - 12pm
Relax Kids
Call to book

Activities for
Children 0-5 Years
10am - 11:30pm
Baby Massage
Followed by a 4-
week Baby Yoga
course

Maternity Support
Midwifery Clinic
Book through your
GP

9:15am - 10:30am
Coffee Morning -
Chill and Chat

Afternoon

1pm - 2pm
ELSA Sessions
Call us to book

3:30pm - 5pm
Drop-in Play Session
Tiger Hill Playground

SEN Support
12:30pm - 2:30pm
Riding the Rapids
Targeted Group

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