

# Winter Timetable

## Monday

### Toddler Tots

10.00am - 11.00am  
Play session for children aged 12-24 months and their parents/carers. Help your child develop social, number, communication and language skills through fun play activities together.  
Drop in

### Jingle Jangle at Breck Road Library

10.30am - 12.00pm  
Come along to the library to enjoy socialising with others. Create some art work to take home and enjoy singing songs and rhymes to promote language development.  
Drop in

### Baby Massage

1.00pm - 2.00pm  
Share the art of infant massage, promotes relaxation and bonding with your baby through touch.  
4 week course.  
(Please book)

### Councillors Surgery

3.00pm - 4.00pm  
Ian Francis MP  
and Ros Groves MP  
Come along to discuss any issues, Second and Fourth Monday of the month.  
Drop in

## Saturday

**FAMILY FUN DAY**  
**17th March 2018**

**10.00am - 12.00pm**

**Fun for all the family, not to be missed!**

More details to follow.



## Tuesday

### Early Access Clinic

9.30am - 1.00pm  
Midwifery Service  
Appointment only.

### ESOL

9.30am - 11.30am  
A class for anyone whose first language isn't English. Help improve your speaking, reading and writing skills. An initial assessment will ensure you are studying at a level to suit you.  
Please book, limited crèche places available.

### Wiggle and Jiggle at Anfield Primary School

10.15am - 11.00am  
A fun and friendly music and movement session that will help support your child's physical and social development further.  
Drop in

### Breast Friends in partnership with BAMBIS

12.00pm - 1.30pm  
Come along and meet our Breastfeeding Champions and BAMBIS' Volunteers. Social group for breastfeeding families with support available if required.  
Drop in

### Harmony at Tuebrook Children's Centre

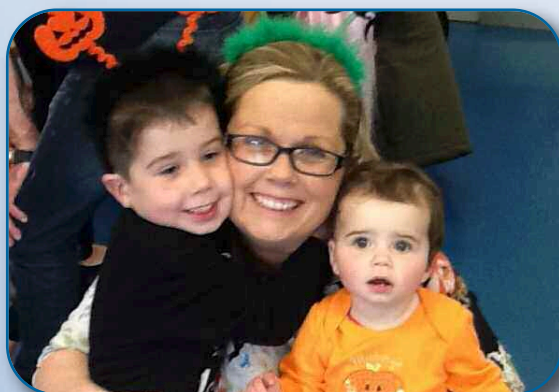
12.45pm - 2.45pm  
Starts 16th January  
Six week course to empower women to create a harmonious family life and achieve your goals. Please book, limited crèche places available

### Antenatal Afternoon

**New Born Know How**  
3.30pm - 5.30pm  
Session with practical demonstrations and advice to prepare you for your new arrival. Led by Community Midwifery Team. Second Tuesday of the month. Please book.

### BAMBIS Antenatal Infant Feeding Session

3.30pm - 5.30pm  
Support and advice around feeding your new arrival. Meet BAMBIS' Volunteers and our Breastfeeding Champions.  
Third Tuesday of the month  
Please book



## Wednesday

### Welcome to the World

9.30am - 11.30am  
A relaxed way for parents to think about the transition to parenthood and the issues that can be a challenge for every new mum and dad. Please book, limited crèche places available

### Healthy Me at Everton Nursery School and Family Centre

9.30am - 11.30am  
Nine week programme with ideas on how to make changes and create a healthier lifestyle for you and your family. Please book, limited crèche places available.

### Anfield Angels at Anfield Primary School

9.30am - 11.00am  
Teacher led.  
Fun session to support families with their child's development. Join in together with a wide range of stimulating activities.  
Drop in

### Incredible Years

12.45pm - 2.45pm  
12 week parenting programme to find out new ways to enjoy your time together as a family, build on your confidence and tackle challenges. Please book, limited crèche places available

### Move on Maths

12.45pm - 2.45pm  
Would you like to learn maths in a relaxed and supportive environment and feel more confident? Improve your maths skills for everyday life and work, support your child with their homework and gain a maths qualification. No previous qualification required. Please book, limited crèche places available

### SEN Support and Physio Clinic

1.30pm - 3.00pm  
Advice and support for all families is available on issues around SEN/Disability including; DLA, behaviour, nursery/school placements and speech and language concerns. Physio clinic by appointment only

### Intro to L1 Garment Making

4.00pm - 6.00pm  
8 week introductory course in garment making. Learn how to use a sewing machine, use different stitches and sewing techniques to start making garments. This course could lead to a L1 course in Garment Making starting in March.  
Booking required, limited crèche places

## Thursday

### Well Baby Clinic

9.30am - 11.30am  
Health Visitor led. Drop in and get your baby weighed. Support and advice available on a wide range of issues including introducing solid foods, behaviour and all aspects of your child's development.  
Fortnightly  
Please phone for dates.

### Stay, Play & Learn

9.30am - 11.00am  
Play session for adults and children. Join in together with a wide range of fun and stimulating activities to support your child's development.  
Drop in.

### Little Listeners at Breck Road Library

1.15pm - 2.15pm  
Come along for stories, crafts and song and rhyme.  
Promotes speech and language development.  
Drop in.

### Tiny Talk

1.30pm - 3.00pm  
Under 1's group  
Fun session for parents and babies with stimulating and age appropriate activities.  
Drop in.

## Friday

### ESF Ways to Work

9.00am - 1.00pm  
Are you thinking about how to get into employment or training? One-to-one advice and support and for help to plan a future career.  
Please book

### Parent's Survival

9.30am - 11.30am  
Do you have a child with a SEN or a learning disability? Would you like advice and support on managing your child's behaviour? Making changes can be hard but if you would like to learn how to manage things then this course is for you.  
Crèche places available  
Please contact the centre for more information

### Community Outreach

1.00pm - 3.00pm  
Our friendly team will be out and about in the community!



## Tuesday Evening Classes

### Teaching Assistant

**L2 Award in Support Teaching & Learning in Schools**  
Starts 27th February 2018 - 5.00pm - 8.00pm  
Interested in a career working with children as a teaching assistant? Come along to the information session to talk to the tutor, complete an assessment and gain access to the course.  
(18 week course)

### Spanish for Beginners

6.00pm - 8.00pm  
Starting 9th January 2018  
Are you interested in Spanish language and culture for holidays, business or simply the challenge of learning a new language?  
This is the course for you!

### Guitar for Beginners

6.00pm - 8.00pm  
Starting 9th January 2018  
For learners with little or no previous experience of playing guitar. Learn to play guitar backing to basic 3/4 chord songs of pop, folk and rock genres.  
**Please contact the centre for more information**

## Events coming soon!

### Want to update your First Aid skills?

Courses available to ensure you are prepared and confident to deal with any minor accidents.

**Please contact the centre for more information**

## Also available

**Sensory Room** - Available daily, come along, relax and stimulate your senses! Please book

**Healthy Start Vitamins available here!**

**Your opinion matters** - Please feel free to share your views and thoughts on services at the centre!

