

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Child Development Checks & Child Health Clinic are carried out at the Centre by appointment with the Health Visitors. Please call 0300 330 5777.</p>				<p>Links Midwife Clinic★ 09:00-12:00 Cygnet★ 09:30-12:30 Learn & Play★ 10:00-10:45 Learn & Play★ 12:00-12:45</p>	
<p>Midwife Clinic★ 09:00-13:00 Baby Massage★ 13:45-14:45 Learn & Play Creative★ 14:15-15:00</p>	<p>Midwife Clinic★ 09:00-17:00 ESOL★○ 09:30-11:30 Working With Children★○ 11:45-13:30 Learn & Play Creative★ 14:15-15:00</p>	<p>Child Health Clinic★ 13:30-15:30</p>	<p>Child Development Health Checks★ 09:30-12:00 Learn & Play★ 10:00-10:45 Learn & Play★ 12:00-12:45 Baby. Me. Fit★ 13:30-14:30</p>	<p>Links Midwife Clinic★ 09:00-12:00 Cygnet★ 09:30-12:30 Learn & Play★ 10:00-10:45 Learn & Play★ 12:00-12:45</p>	
<p>Midwife Clinic★ 09:00-13:00 Learn & Play Creative★ 14:15-15:00</p>	<p>Midwife Clinic★ 09:00-17:00 ESOL★○ 09:30-11:30 Working with Children★○ 11:45-13:30 Learn & Play Creative★ 14:15-15:00</p>	<p>CENTRE IS CLOSED</p>	<p>Child Development Health Checks★ 09:30-12:00 Learn & Play★ 10:00-10:45 Learn & Play★ 12:00-12:45 Baby Me Fit★ 13:30-14:30</p>	<p>Links Midwife Clinic★ 09:00-12:00 Cygnet★ 09:30-12:30 Learn & Play★ 10:00-10:45 Learn & Play★ 12:00-12:45</p>	
<p>Midwife Clinic★ 09:00-13:00 Learn & Play Creative★ 14:15-15:00</p>	<p>Midwife Clinic★ 09:00-17:00 ESOL★○ 09:30-11:30 Working with Children★○ 11:45-13:30 Learn & Play Creative★ 14:15-15:00</p>	<p>New Parent Support Group★ 11:30-13:00 Child Health Clinic★ 13:30-15:30</p>	<p>Child Development Health Checks★ 09:30-12:00 Learn & Play★ 10:00-10:45 Learn & Play★ 12:00-12:45</p>	<p>Links Midwife Clinic★ 09:00-12:00 Cygnet★ 09:30-12:30 Choosing How to Feed your Baby★ 09:30-11:30 Learn & Play★ 10:00-10:45 Learn & Play★ 12:00-12:45</p>	
<p>Midwife Clinic★ 09:00-13:00</p>	<p>Midwife Clinic★ 09:00-17:00 Autumn Crafts★ 10:00-10:45 Autumn Crafts★ 11:00-11:45</p>	<p>Child Health Clinic★ 13:30-15:30</p>	<p>Child Development Health Checks★ 09:30-11:30</p>	<p>Links Midwife Clinic★ 09:00-12:00</p>	

Activities marked with a ★ must be booked in advance. Crèches are only available for activities marked with a ○
Please note that 'Free Play' sessions are unfacilitated, but 'Learn and Play' sessions are facilitated by crèche workers.

www.bromley.gov.uk/bromleychildrenproject

This month.....

Thank you to all our families who have joined us over the past month! We have really enjoyed welcoming you all down, and meeting our new families.

To attend any of our sessions, please remember to book these in advance to avoid disappointment. Keep an eye out for our new courses and we look forward to seeing you at Burnt Ash Children and Family Centre again soon!



What's on next month.....

Get in Shape—Friday 5th November - 11:30am – 12:30pm

Get in Shape are sessions for parents and family members to encourage healthy living, wellbeing and educate younger family members about small changes to fitness and exercises, diet and wellbeing education, over 6 weeks.

Let's Play Sports—Thursday 4th November - 13:00pm – 14:00pm

A 6 week course for young children to learn and experience different sports and exercise, both individually and as a group. This will allow improved confidence, co-ordination, balance, gross and fine motor skills, social skills and physical/psychological well-being.

Cultural Cooking—Tuesday 2nd November - 11:45am – 13:15pm

Culture Cooking is a 6 week course. This will teach you how to shop for and cook tasty recipes from around the world. This uses fresh, healthy, and delicious ingredients. You will learn how to explore eating a healthy and balanced diet on a budget, as well as developing your cooking skills!

Choosing How to Feed your Baby—Friday 26th November - 9:30am – 11:30am

This is a monthly, standalone 2 hour session for new parents and carers. This session will cover the benefits and drawbacks of different feeding options, responsibly feeding your baby, and building a loving, responsive relationship with your baby whilst you are pregnant.

New Parent Support Group—Wednesday 17th November - 11:30am – 13:00pm

This is a 6 week course that provides access to parenting advice, and support for new parents during and after pregnancy. It will enable parents to make informed choices about caring for their child, increasing confidence, promoting a positive parent/child relationship and the effects on parent and child mental health. The group offers a programme of professional advice on a number of topics which may include advice around feeding, development, safety, sleep, play or general advice as requested.

To attend these sessions, please contact the centre and book in advance.

How to find us.....

Burnt Ash Children and Family Centre is based at Burnt Ash Primary School. To access the centre there is a pathway to the right of the school which leads directly to the centre.

The nearest bus stop is directly outside the primary school (route 336) or there is a stop on Burnt Ash Lane served by route 261.

www.bromley.gov.uk/bromleychildrenproject



CHILDREN AND FAMILY CENTRE

BURNT ASH

OCTOBER 2021

TIMETABLE

Burnt Ash Children and Family Centre

Rangefield Road

Bromley

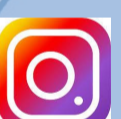
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