

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sensory Room ★</b> 10:00-11:00 <b>Choosing How to Feed Your Baby ★</b> 10:00-12:00 <b>Learn &amp; Play Creative (Baby) ★</b> 10:00-10:45 <b>Learn &amp; Play Creative (Toddler) ★</b> 12:00-12:45 <b>Sensory Room ★</b> 15:00-16:00 <b>Environmental Art ★</b> 15:15-16:15	<b>Get in Shape ★</b> 09:30-10:30 <b>Sensory Room ★</b> 10:00-11:00 <b>Learn &amp; Play Creative (Toddler) ★</b> 10:00-10:45 <b>Learn &amp; Play Creative (Baby) ★</b> 12:00-12:45 <b>Child Health Clinic ★</b> 13:30-15:30 <b>Sensory Room ★</b> 15:00-16:00	<b>Child Development Health Check ★</b> 09:00-13:00 <b>Sensory Room ★</b> 10:00-11:00 <b>Sensory Room ★</b> 15:00-16:00	<b>Sensory Room ★</b> 10:00-11:00 <b>Learn &amp; Play (Toddler) ★</b> 14:15-15:00 <b>Sensory Room ★</b> 15:00-16:00	<b>Child Development Health Check ★</b> 09:00-13:00 <b>Sensory Room ★</b> 10:00-11:00 <b>Cultural Cooking ★●</b> 11:30-13:15 <b>Learn &amp; Play (Baby) ★</b> 14:15-15:00 <b>Sensory Room ★</b> 15:00-16:00	6
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<b>New Parent Support Group ★</b> 10:00-11:30 <b>Sensory Room ★</b> 10:00-11:00 <b>Learn &amp; Play Creative (Baby) ★</b> 10:00-10:45 <b>Learn &amp; Play Creative (Toddler) ★</b> 12:00-12:45 <b>Sensory Room ★</b> 15:00-16:00 <b>Environmental Art ★</b> 15:15-16:15	<b>Get in Shape ★</b> 09:30-10:30 <b>Sensory Room ★</b> 10:00-11:00 <b>Learn &amp; Play Creative (Toddler) ★</b> 10:00-10:45 <b>Learn &amp; Play Creative (Baby) ★</b> 12:00-12:45 <b>Child Health Clinic ★</b> 13:30-15:30 <b>Sensory Room ★</b> 15:00-16:00	<b>Child Development Health Check ★</b> 09:00-13:00 <b>Sensory Room ★</b> 10:00-11:00 <b>Sensory Room ★</b> 15:00-16:00	<b>Improving your Family's Self-Esteem ★●</b> 09:30-11:30 <b>Sensory Room ★</b> 10:00-11:00 <b>Learn &amp; Play (Toddler) ★</b> 14:15-15:00 <b>Sensory Room ★</b> 15:00-16:00	<b>Child Development Health Check ★</b> 09:00-13:00 <b>Sensory Room ★</b> 10:00-11:00 <b>Cultural Cooking ★●</b> 11:30-13:15 <b>Learn &amp; Play (Baby) ★</b> 14:15-15:00 <b>Sensory Room ★</b> 15:00-16:00	20
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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.					
<a href="http://www.bromley.gov.uk/bromleychildrenproject">www.bromley.gov.uk/bromleychildrenproject</a>					
					

## Centre Update.....

We have some great news! Our sensory room is now open and available to book. The room is available from Monday – Friday from 10-11am and 3-4pm. Only one family group is allowed to book per session. Please call us on 01959 571 694 or email [bigginhillcfc@bromley.gov.uk](mailto:bigginhillcfc@bromley.gov.uk) to book your space now!



Keep an eye on our social media pages for further updates. Search @thebromleychildren project on Facebook and Instagram.

## What's on this month.....

### *New In November*

#### New Parent Support Group (Need to book)

The 3<sup>rd</sup> Monday of every month from 10am – 11.30am, Monday 15<sup>th</sup> November.

An advice and support session for new parents during and after pregnancy. Topics discussed may include development, safety, sleep and play.

#### Get In Shape (Need to book)

A six week course to encourage adults to actively keep in shape through exercise. This course aims to improve general fitness and wellbeing.

Starting Tuesday 2<sup>nd</sup> November – 7<sup>th</sup> December from 9.30am – 10.30am.

#### Cultural Cooking (Need to book)

A six-week course for adults to learn how to shop for and cook tasty recipes from around the globe, using fresh and healthy ingredients. There is a creche available.

Starting Friday 5<sup>th</sup> November – 10<sup>th</sup> December from 11.30am – 1.15pm

#### Choosing How to Feed Your Baby (Need to book)

The 1<sup>st</sup> Monday of every month from 10am – 12pm, Monday 1<sup>st</sup> November.

Designed for new parents and carers, this session will cover topics including the benefits and drawbacks of different feeding options.

*There are many other sessions for you and your child to attend and have fun. Please look at the timetable or speak to a member of staff to book your place. Book early to avoid disappointment.*

## How to find us.....

Biggin Hill Children & Family Centre is situated along Sunningvale Avenue. Coming by car from Bromley please avoid coming along Sunningvale Avenue from Main Road (A233) due to this part of Sunningvale being unmade. Instead, continue along Main Road until you get to a set of traffic lights. At the lights turn right into Stock Hill and then at the bottom of the hill take the first left into Sunningvale Avenue. You'll find us on the right just after Churchside Close.

If you're travelling by bus take the 320 and get off at the last stop by the Rosehill Road shops. Walk a few minutes from the shops to the end of Rosehill Road then turn right and walk up Sunningvale Avenue until you arrive at the centre. Alternatively, route 464 also stops very close to the centre on Sunningvale Avenue.

[www.bromley.gov.uk/bromleychildrenproject](http://www.bromley.gov.uk/bromleychildrenproject)



## BIGGIN HILL

# CHILDREN AND FAMILY CENTRE

## November 2021

## TIMETABLE

Biggin Hill Children and Family Centre

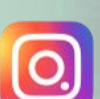
Sunningvale Avenue

TN16 3TN

01959 571 694 | 07738 801892



The Bromley Children Project



Thebromleychildrenproject



The Bromley Children Project - Creative Kids