



Jan—Feb 2022

# Biggin Hill Children and Family Centre



## Hello!

Welcome back! We hope you had a lovely Christmas and New Year. We have some exciting renovations happening in our creche garden which we hope will be completed soon for you to use over the Spring and Summer. Make sure to pre book any sessions you wish to attend. **Carina and Jess**



## Cygnet

A 6 week parenting course for parents/carers of children with Autism. This course will help parents/carers understand their child's behaviour and how to support this, examining autism and diagnosis, sensory issues and communication.

**Thursday 6th Jan—10th Feb 9.30am-12.30pm**

## Volunteer Training

A 8 week accredited course for parents/carers to learn the skills to volunteer in a community setting.

Limited creche space available.

**Friday 7th Jan—Friday 25th Feb**

**11.30am—1.15pm**



## Lets Play Sports

An interactive one hour sports session for children from walking to 5 years old. This fun group session will introduce different sports and encourage a healthy and social lifestyle.

**Monday 21st Feb—Monday 28th Mar**

**1pm—2pm**

## Wellbeing

A 4 week course interactive course for adults to learn the skills to build confidence and manage stress to confidently take their lives in the direction of their choice. Limited creche available.

**Friday 25th Feb—Friday 18th Mar**

**9.30am—11.15am**

Saturday 27th Nov—Saturday 11th Dec

## New Learn and Play Times

We have new Learn and Play times. Please call the centre to book your space.

We are offering these sessions with limited space. These are currently being run on

**Mondays and Tuesdays 10-11am & 11.30am-12.30pm and Thursdays and Fridays 2.15-3pm.**



Call 01959 571 694

## Baby.Me.Fit

A 6 week course for parents with children from 6 weeks. This class aims to improve fitness levels, promote bonding, enhance mood and create a fun social environment.

**Tuesday 22nd Feb—Tuesday 29th Mar**  
**10am-11am**

## Healthy Start

We are still giving out Healthy Start Vitamins (Mothers Vitamins and Children's Vitamin drops).



If you have a voucher, bring it on down and collect your Healthy Start Vitamins from Biggin Hill!

## Parenting Webinars

We are currently offering a range of Parenting webinars. These are only 1 hr 30 minutes long and have been designed to help with parenting strategies, and children with ASC.

For information, please call

**0208 461 7259**, and check our Facebook page for dates, times and posters!

For more information follow our social media pages:



**Facebook:**

The Bromley Children Project



**Instagram:**

@thebromleychildrenproject



**YouTube:**

Creative Kids

## Biggin Hill Children and Family Centre



Please contact the centre for details of classes/courses, and to book your space!

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