

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BANK HOLIDAY CENTRE CLOSED	Sensory Room ★ 10:00-11:00 Baby Massage ★ 10:00-11:00 Learn & Play Active (Toddler) ★ 10:00-11:00 Learn & Play Messy (Baby) ★ 11:30-12:30 Child Health Clinic ★ 13:30-15:30 Sensory Room ★ 13:30-14:30	Child Development Health Checks ★ 09:00-13:00 Sensory Room ★ 10:00-11:00 Sensory Room ★ 13:30-14:30	POLLING DAY CENTRE CLOSED	Child Development Health Checks ★ 09:00-13:00 Sensory Room ★ 10:00-11:00 Games Boxes ★● 11:30-13:15 Sensory Room ★ 13:30-14:30 Learn & Play Music and Movement ★ 14:15-15:00	
Speech & Language Therapy ★ 09:30-12:30 Learn & Play Sensory (Baby) ★ 10:00-11:00 Sensory Room ★ 10:00-11:00 Learn & Play Creative (Toddler) ★ 11:30-12:30 Sensory Room ★ 13:30-14:30	Sensory Room ★ 10:00-11:00 Baby Massage ★ 10:00-11:00 Learn & Play Active (Toddler) ★ 10:00-11:00 Learn & Play Messy (Baby) ★ 11:30-12:30 Child Health Clinic ★ 13:30-15:30 Sensory Room ★ 13:30-14:30	Child Development Health Checks ★ 09:00-13:00 Sensory Room ★ 10:00-11:00 Sensory Room ★ 13:30-14:30	The Nurturing Programme ★● 09:30-11:30 Sensory Room ★ 10:00-11:00 Sensory Room ★ 13:30-14:30 Learn & Play Messy ★ 14:15-15:00	Child Development Health Checks ★ 09:00-13:00 Helping Children Learn Through Play ★● 09:30-11:15 Sensory Room ★ 10:00-11:00 Games Boxes ★● 11:30-13:15 Sensory Room ★ 13:30-14:30 Learn & Play Music and Movement ★ 14:15-15:00	
New Parent Support Group ★ 10:00-11:30 Sensory Room ★ 10:00-11:00 Learn & Play Sensory (Baby) ★ 10:00-11:00 Learn & Play Creative (Toddler) ★ 11:30-12:30 Sensory Room ★ 13:30-14:30	Sensory Room ★ 10:00-11:00 Baby Massage ★ 10:00-11:00 Learn & Play Active (Toddler) ★ 10:00-11:00 Learn & Play Messy (Baby) ★ 11:30-12:30 Child Health Clinic ★ 13:30-15:30 Sensory Room ★ 13:30-14:30	Child Development Health Checks ★ 09:00-13:00 Sensory Room ★ 10:00-11:00 Sensory Room ★ 13:30-14:30	The Nurturing Programme ★● 09:30-11:30 Sensory Room ★ 10:00-11:00 Sensory Room ★ 13:30-14:30 Learn & Play Messy ★ 14:15-15:00	Child Development Health Checks ★ 09:00-13:00 Helping Children Learn Through Play ★● 09:30-11:15 Sensory Room ★ 10:00-11:00 Games Boxes ★● 11:30-13:15 Sensory Room ★ 13:30-14:30 Learn & Play Music and Movement ★ 14:15-15:00	
Dietitian ★ 09:30-12:30 Speech & Language Therapy ★ 09:30-12:30 Learn & Play Sensory (Baby) ★ 10:00-11:00 Sensory Room ★ 10:00-11:00 Learn & Play Creative (Toddler) ★ 11:30-12:30 Sensory Room ★ 13:30-14:30	Sensory Room ★ 10:00-11:00 Baby Massage ★ 10:00-11:00 Learn & Play Active (Toddler) ★ 10:00-11:00 Learn & Play Messy (Baby) ★ 11:30-12:30 Child Health Clinic ★ 13:30-15:30 Sensory Room ★ 13:30-14:30	Child Development Health Checks ★ 09:00-13:00 Sensory Room ★ 10:00-11:00 Sensory Room ★ 13:30-14:30	The Nurturing Programme ★● 09:30-11:30 Sensory Room ★ 10:00-11:00 Sensory Room ★ 13:30-14:30 Learn & Play Messy ★ 14:15-15:00	Child Development Health Checks ★ 09:00-13:00 Helping Children Learn Through Play ★● 09:30-11:15 Sensory Room ★ 10:00-11:00 Games Boxes ★● 11:30-13:15 Sensory Room ★ 13:30-14:30 Learn & Play Music and Movement ★ 14:15-15:00	
Jubilee Crafts ★ 10:00-10:45 Sensory Room ★ 10:00-11:00 Jubilee Crafts ★ 11:15-12:00 Sensory Room ★ 13:30-14:30	Sensory Room ★ 10:00-11:00 Family Free Play ★ 10:30-11:0 Sensory Room ★ 13:30-14:30 Child Health Clinic ★ 13:30-15:30			Please note that all sessions are to be booked in advance	Child Development Health Checks are carried out by appointment with the Health Visitors. Please call 0300 330 5777

Centre Update.....



With the sun starting to shine, we have opened up our newly refurbished garden! Come on down to a Learn & Play session to see what we've done and to enjoy an hour of sunshine!

We have a lot of exciting courses starting in the upcoming summer months, perfect for parents, grandparents and carers! These sessions run alongside crèches, which gives the perfect opportunity to enjoy learning and developing new skills.

Whilst Covid restrictions are lifting, we must be mindful that Covid-19 is unfortunately still present, so recommend masks are worn in our sessions and around the centre. The booking system remains in place and all our sessions can be booked via phone or email using the details on the front of the timetable.

As ever, we look forward to welcoming you into the centre!

What's coming up this month.....

Get In Shape (Need to Book)

Tuesday 7th June -12th July, 10:30 -11:30

Get In Shape sessions are created to encourage healthy living, wellbeing and educate about small changes to fitness and exercises as well as diet and wellbeing over a course of 6 weeks! Call or email the centre to book this session!

Culture Cooking (Need to Book)

Friday 10th June -22nd July, 9:30 -11:15

A 6 week course which will teach participants how to shop for and cook tasty recipes from around the globe, using fresh, healthy and delicious ingredients. Explore the possibilities of eating a healthy and balanced diet on a budget!

Let's Play Sports (Need to Book)

Monday 13th June -16th July, 13:00 -14:00

Let's Play Sports is back! This session will run for 6 weeks and will teach and give experience to children on different sports and exercise, both individually and as a group. With the sun coming out, this session may be held in our refurbished garden! Book now to avoid disappointment!

Personal Development (Need to Book)

Thursday 16th June - 21st July, 11:30 -13:15

Personal Development is an interactive and fun training workshop to provide learners with the skills to build confidence, manage stress, assertively engage with others and confidently take their lives in the direction of their choice. Limited crèche spaces available!

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, routes 464 and R2 also stop very close to the centre on Sunningvale Avenue.

www.bromley.gov.uk/bromleychildrenproject



BIGGIN HILL

CHILDREN AND FAMILY CENTRE

MAY 2022

TIMETABLE

Biggin Hill Children and Family Centre
Sunningvale Avenue

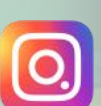
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The Bromley Children Project



Thebromleychildrenproject



The Bromley Children Project - Creative Kids