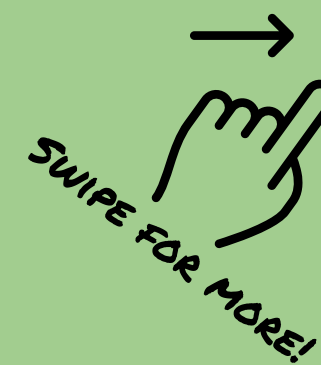


# BIGGIN HILL JUNE TIMETABLE HEALTH



**Every  
Weekday**

**Sensory Room**

10:00 - 11:00  
13:30 - 14:30



**Every  
Tuesday**

**Child Health Clinic**

13:30 - 15:30



**Monday  
13 &  
27**

**Speech & Language  
Therapy**

09:00 - 12:00



**Every  
Wednesday  
& Friday**

**Child Health  
Development Reviews**

09:00 - 13:00



**Monday  
27**

**Dietitian**

09:30 - 12:30



**Child Development  
Checks & Child Health  
Clinic are carried out by  
appointment with the  
Health Visitors.  
Call: **0300 330 5777****



**By appointment only  
with Health Visitors**



**Call centre to book**



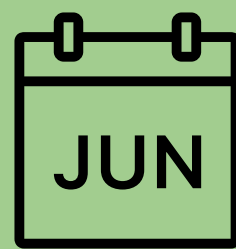
**By invite only**

CALL: **01959 571 694** OR EMAIL:  
**BIGGINHILLCFC@BROMLEY.GOV.UK**



**The Bromley Children Project**

Safer, more secure and happier families  
are at the heart of everything we do



# BIGGIN HILL

## JUNE TIMETABLE

### COURSES/GROUPS



**Monday**  
**20**

**New Parent Support Group**  
10:00 - 11:30



**Thursday**  
**16, 23 & 30**

**Personal Development**  
11:30 - 13:15



**Every Thursday**

**The Nurturing Programme**  
09:30 - 11:30



**Friday**  
**10 & 17**

**Cultural Cooking**  
09:30 - 11:15



**Thursday**  
**2**



**Friday**  
**3**

Our centres will be **CLOSED** for the Bank Holiday & the Queens Jubilee.

Please note all sessions are to be booked in advance!

Crèches are only available for activities marked with a '○'.



By appointment only with Health Visitors



Call centre to book



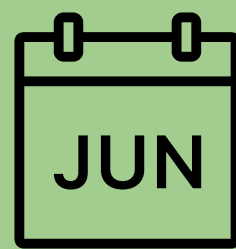
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# BIGGIN HILL

## JUNE TIMETABLE

### LEARN & PLAY/SPORTS



**Every  
Monday**

**Learn & Play - Sensory  
Baby**  
10:00 - 11:00



**Every  
Monday**

**Let's Play Sports**  
13:00 - 14:00



**Every  
Monday**

**Learn & Play - Creative  
Toddler**  
11:30 - 12:30



**Every  
Tuesday**

**Get In Shape**

10:30 - 11:30



**Every  
Tuesday**

**Learn & Play - Active  
Toddler**  
10:00 - 11:00



**Every  
Tuesday**

**Learn & Play - Messy  
Baby**  
11:30 - 12:30



**By appointment only  
with Health Visitors**



**Call centre to book**



**By invite only**

**Every  
Thursday**

**Learn & Play - Messy**  
14:15 - 15:00



**Every  
Friday**

**Learn & Play - Active**  
14:15 - 15:00

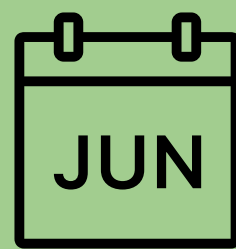


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# BIGGIN HILL

## JUNE TIMETABLE

### ONLINE COURSES



**Tuesday**

**7**

**Smacking**

10:30 - 12:00



**Wednesday**

**22**

**Being a Nurturing Parent**

10:30 - 12:00



**Wednesday**

**8**

**Digital Safety**

10:00 - 11:30



**Tuesday**

**28**

**ASC – Bedtime**

11:00 - 12:00



**Thursday**

**9**

**ASC – What is Autistic Spectrum Condition?**

10:30 - 12:00



**Thursday**

**30**

**Communication**

10:00 - 11:30



**Friday**

**10**

**Parenting Styles**

10:00 - 11:30



**Monday**

**13**

**ASC – Puberty**

10:00 - 11:30



**Thursday**

**16**

**ASC - Eating**

10:00 - 11:30



Please note these are our **online** courses and can be booked through our admin team using **the number below.**

FOR DETAILS AND TO REGISTER  
CALL: **020 8461 7259**



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# CENTRE UPDATE...

We have been busy putting together a new look timetable for all our activities for 2022/2023. You will be pleased to know that some of your favourite sessions will be coming back over the course of the year.

If there is a specific course or activity that you would like to know more about, please pop in and have a chat with a member of the team who will happily provide you with lots of useful information.

## What's on this month:

- **New Parent Support Group** – This month's session will focus on 'Patterns and Expectations, & Crying Babies'. In this session you will learn how constant caregiving leads to a secure relationship with your baby, how to understand your baby's cues & how to cope with a crying baby.
- **Personal Development** - An interactive & fun training workshop to provide learners with the skills to build confidence, manage stress, assertively engage with others & confidently take their lives in the direction of their choice.
- **Get In Shape** - These 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!
- **Culture Cooking** - 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. Exploring the possibilities of eating a healthy and balanced diet on a budget!

Biggin Hill Children and Family Centre  
Sunningvale Ave, Biggin Hill, Westerham TN16 3TN  
Call: 01959 571 694 or email: [bigginhillcfc@bromley.gov.uk](mailto:bigginhillcfc@bromley.gov.uk)