








Quaggy Children's Centre - Timetable Spring Term 2019


Monday	English Class 9.45 - 11.45 at HTC Creche provided Needs to be booked Term time only	Counselling Service 10.00 - 1.00 pm & 6.00 - 9.00 pm Please contact centre on how to access this service	Parkside Community Centre Copperwood Place London SE10 8DX Tel: 020 8465 9785	Yoga for Adults 1.00 - 2.00 Iyengar Yoga at HTC Free creche provided Call for costs and booking details	Young Peoples Group 4.00 - 6.00pm Fun group for 8 to 18 year olds @ HTC
Tuesday	Nursery Nurse Advice Session 9.30 - 11.45 Have your baby weighed and talk with a Nursery Nurse	Counselling Service 10.00 - 1.00 Please contact centre on how to access this service	Parent Forum Meeting 11.30 - 12.30 Monthly on 1st Wednesday	Baby Music and Movement 2.45 - 3.15 Fun music session for babies up to 18 months Term time. £1 per child	Music and Movement 3.30 - 4.30 Learn through music and movement 18 months+ Term time only £1 per child
Wednesday	Stay and Play 9.30 - 11.30 Drop-in session £1 per session per child	Lifestyle Group 9.30 - 11.30 Parent's drop-in social group. Creche available. £1 charge Term time only	Fun with Food 1.30 - 3.00 For adults and 2-3 year olds. Making meals together Needs to be booked Starts 16th Jan for 5 weeks	Personal Development 1.00 - 3.00 Develop confidence on this 6 week course Starts 27th Feb Needs to be booked	Counselling Service 9.00 - 1.00 pm & 6.00 - 9.00 pm Please contact centre on how to access this service
Thursday	Midwife Session 9.00 - 5.00 Appointment only	Functional Skills 9.30 - 11.30 Learn English and Maths at HTC. Need to book, Creche Provided Term time only	Bouncing Babies 2.00 - 3.00 Makaton for early communication. Need to book 24th Jan for 6 weeks	Young People's Group 5.30 - 7.30 Fun group for 8 to 18 year olds at Parkside Community Centre	Zumba Class Thursdays 18.30 - 19.30 £5 per session Term time only at HTC
Friday	For classes at HTC the address is Holy Trinity Centre Bennett Grove Lewisham SE13 7RF	Dads Brunch Fun session for you and your child under 8 Once every half term. Please check our website for dates. Sat 10-12 noon	Breastfeeding Group 12.00 - 2.00 Advice, support drop- in group at HTC £2 per session	1001 Days 1.00 - 2.30 Discussion group for expectant and new parents. Need to book. £1 per session	Pride Project 4.00 - 5.30 LGBTQ group for young people aged 14 to 18 Free

Quaggy Children's Centre, Orchard Hill. Lewisham SE13 7QZ. Tel: 020 8465 9785 email: info@quaggychildrenscentre.org.uk






Quaggy @ Sherington Children's Centre - Timetable Spring Term 2019

	The Space				
Monday	Stay and Play 9.30 - 11.30 Friendly drop-in session for under 5s £1 per session per child	Bumps and Babies Stay and Play 9.30 - 11.30 Pregnancy - 18 months, Friendly drop-in £1 per child	Breastfeeding Support Group 10.00 - 12.00 Friendly group for advice and support		
Tuesday	Stay and Play 9.30 - 11.30 Friendly drop-in session for under 5s £1 per session per child	Midwife Session 10.00 - 4.00 Appointment only	Baby Music and Movement 9.30 - 10.15 for parents and babies up to 18 months. Term time only £1 per child	Music and Movement 10.30 - 11.30 Learn through music and movement 18 months+. £1 per child Term time only	Yoga for Adults 1.00 - 2.00 Iyengar Yoga Free creche provided Call for costs and booking details
Wednesday	Stay and Play 9.30 - 11.00 Friendly drop-in session for under 5s £1 per session per child	Health Visitor Advice Sessions 9.30 - 11.45 Come along and weigh your baby and talk to a Health Visitor		BCG Clinic 10.00 - 2.00 BCG immunisation by appointment only	  @quaggycc
Thursday	Stay and Play 9.00 - 11.00 Friendly drop-in session for under 5s £1 per session per child	Stay and Play 10.00 - 11.30 Friendly drop-in session for under 5s £1 per child	Best Beginnings Midwife 10.00 - 12.00 Appointment only	No Rush to MUSH Monthly Starting solids sessions run by the Health Team for parents with babies 4 months and over. This is a very popular session so telephone number below to book a place	
Friday	The Space is at Langhorne House Springfield Grove Charlton SE7 7TL			Please note that activities unshaded are at Sherington Children's Centre sessions in blue are at the The Space	
Address: Sherington Children's Centre, Sherington Rd, Charlton SE7 7JW. Tel: 020 8305 3140					

Quaggy @ Rachel McMillan Children's Centre - Timetable Spring Term 2019

Monday	<p>Music and Movement 11.00 - 12.00</p> <p>A fun music and movement session that you can enjoy with your child 18 months+ £1 per session per child Term time only</p>	 @quaggycc		
Tuesday	<p>Stay and Play 9.30 - 11.30</p> <p>Come and meet other parents with friendly staff Drop-in session £1 per session per child</p>	<p>Interactive Music 2.00 - 3.00</p> <p>For parents and children 18 months+ Need to book Starts 15th Jan for 8 weeks</p>		
Wednesday	<p>Nourishing Nippers 10.00 - 12.00</p> <p>A 4 week cookery club for mums and dads whose baby is ready to start solids. Starting 6th March Need to book</p>	<p>We are always looking for parents to get involved in developing our services. We have a Parent Forum who provide activities for the local community. If you would like to get involved or find out more contact info@quaggychildrenscentre.org.uk</p>		
Thursday	<p>Stay and Play 9.30 - 11.30</p> <p>Come and meet other parents with friendly staff Drop-in session £1 per session per child</p>		<p>Bouncing Babies 2.00 - 3.00</p> <p>Makaton for early communication. Need to book 28th Feb for 6 weeks</p>	
Friday	<p>For information on all classes, events and activities across Greenwich West visit our website www.quaggydevelopmenttrust.org</p>			
<p>Address: Rachel McMillan Children's Centre, McMillan St, Deptford, SE8 3EH. Tel: 0208 465 9785</p>				

Quaggy @ Robert Owen Children's Centre - Timetable Spring Term 2019

Monday	<p>Midwife 9.00 - 4.00 Ante Natal and Post Natal appointments</p>	<p>Integrated Review 9.00 - 1.00 2 year developmental checks by appointment only</p>	<p>Toy Library Drop-in 9.30 - 11.30 £1 per session per child and annual membership and small charge Term time only</p>		
Tuesday	<p>Bumps and Babies 9.30 - 11.30 Pregnancy - 18 months Friendly drop-in. £1 per child</p>		<p>Functional Skills 9.30 - 11.30 Improve your literacy maths and ICT skills Creche provided Term time only</p>	 <p>@quaggycc</p>	
Wednesday	<p>Stay and Play 9.15 - 11.15 Friendly drop-in session £1 per child</p>	<p>English Class 9.30 - 11.30 Class with creche for adults where English is not their first language Term time only</p>	<p>Personal Development 1.00 - 3.00 Develop confidence on this 6 week course Starts 16th Jan Needs to be booked</p>	<p>Midwife Session 1.30 - 4.00 Appointment only</p>	<p>Money Matters Advice Drop-in 2.30 - 4.30 Advice on money and debt</p>
Thursday	<p>Quaggy Counselling 9.00 - 12.00 Booking necessary For more info contact 020 8465 9785</p>	<p>Baby Music and Movement 9.30 - 10.15 Fun music and movement session for babies up to 18 months. Term time only £1 per child</p>	<p>Music and Movement 10.30 - 11.30 Learning through music and movement 18 Months+ £1 per child Term time only</p>	<p>Best Beginnings Midwife 10.00 - 12.00 Appointments only</p>	<p>Nursery Nurse Advice Session 12.30 - 3.00 Have your baby weighed and talk to a Nursery Nurse</p>
Friday	<p>For information on all classes, events and activities across Greenwich West visit our website www.quaggydevelopmenttrust.org</p>				
<p>Address: 43 Commerell St, Greenwich, SE10 0EA. Bookings 020 8465 9785 Enquiries 020 8858 0529</p>					