
















# Quaggy Children's Centre - Timetable Autumn Term 2019

<b>Monday</b>	<p><b>English Class</b> 9.30 - 11.30 at HTC</p> <p>Creche provided Needs to be booked <b>Term time only</b></p>	<p><b>Counselling Service</b> 10.00 - 1.00 &amp; 6.00 - 9.00</p> <p>Please contact centre on how to access this service. <b>Term time only</b></p>	<p><b>Parkside Community Centre</b> Copperwood Place London SE10 8DX Tel: 020 8465 9785</p>	<p><b>Yoga for Adults</b> 1.00 - 2.00</p> <p>Iyengar Yoga at HTC Free creche provided Call for costs and booking details. <b>Term time only</b></p>	<p><b>Young Peoples Group</b> 4.00 - 6.00</p> <p>Fun group for 8 to 18 year olds at HTC</p>
<b>Tuesday</b>	<p><b>Nursery Nurse Advice Session</b> 9.30 - 11.45</p> <p>Have your baby weighed and talk with a Nursery Nurse</p>	 <p>QUAGGY DEVELOPMENT TRUST Improving the lives of local children and families</p>	<p><b>Baby Massage Course</b> 10.00 - 11.30</p> <p>5 week baby massage course. Call for costs and booking details. Need to book. Starts 17 Sept</p>	<p><b>Baby Music and Movement</b> 2.45 - 3.15</p> <p>Fun music session for babies up to 18 months <b>Term time. £1 per child</b></p>	<p><b>Music and Movement</b> 3.30 - 4.30</p> <p>Learn through music and movement 18 months+ <b>Term time only</b> <b>£1 per child</b></p>
<b>Wednesday</b>	<p><b>Counselling Service</b> 10.00 - 1.00 &amp; 6.00 - 9.00</p> <p>Please contact centre on how to access this service. <b>Term time only</b></p>	<p><b>Stay and Play</b> 9.30 - 11.30</p> <p>Drop-in session £1 per child</p>	<p><b>Lifestyle Group</b> 9.30 - 11.30</p> <p>Parent's drop-in social group. Creche available. <b>Term time only. £1 per child</b></p>	<p><b>1001 Days</b> 12.00 - 1.30</p> <p>A safe space for new parents and parents to be. <b>Term time only</b> <b>£1 per session</b></p>	<p><b>Confident Parenting</b> 1.00 - 3.00</p> <p>A 6 week course with creche to develop confidence in you as a parent. 11 Sept for 6 weeks Need to book</p>
<b>Thursday</b>	<p><b>Midwife Session</b> 9.00 - 5.00</p> <p>Appointment only</p>	<p><b>Functional Skills</b> 9.30 - 11.30</p> <p>Learn English and Maths at HTC. Need to book, Creche Provided <b>Term time only</b></p>	<p><b>Bouncing Babies</b> 2.00 - 3.00</p> <p>Singing and signing for early communication Need to book. <b>£1 per child</b> Starts 12th Sept for 5 weeks</p>	<p><b>Young People's Group</b> 5.30 - 7.30</p> <p>Fun group for 8 to 18 year olds at Parkside Community Centre</p>	<p><b>Zumba Class</b> Thursdays 6.30 - 7.30 <b>£5 per session</b> <b>Term time only</b> at HTC</p>
<b>Friday</b>	<p>For classes at HTC the address is Holy Trinity Centre Bennett Grove Lewisham SE13 7RF</p>	<p><b>Dads Brunch</b> Fun session for you and your child under 8 Once every half term. Please check our website for dates. Sat 10-12 noon</p>	<p><b>Parent Gym</b> 9.30 - 11.30</p> <p>Parenting course starts 1st Nov for 7 weeks. Need to book</p>	<p><b>Breastfeeding Group</b> 12.00 - 2.00</p> <p>Advice, support drop-in group at HTC <b>£2 per session</b></p>	<p><b>Integrated Review</b> 2 Year old checks are held every Wednesday 1.30 - 4.30 by appointment only.</p>







# Quaggy @ Sherington Children's Centre - Timetable Autumn Term 2019

	The Space				
<b>Monday</b>	<b>Stay and Play</b> 9.30 - 11.30 Friendly drop-in session for under 5s <b>£1 per session per child</b>	<b>Bumps and Babies Stay and Play</b> 9.30 - 11.30 Pregnancy - 18 months, Friendly drop-in <b>£1 per child</b>	<b>Breastfeeding Support Group</b> 10.00 - 12.00 Friendly group for advice and support		 QUAGGY DEVELOPMENT TRUST Improving the lives of local children and families
<b>Tuesday</b>	<b>Stay and Play</b> 9.30 - 11.30 Friendly drop-in session for under 5s <b>£1 per session per child</b>	<b>Baby Music and Movement</b> 9.30 - 10.15 For parents and babies up to 18 months. <b>Term time only</b> <b>£1 per child</b>	<b>Music and Movement</b> 10.30 - 11.30 Learn through music and movement 18 months+. <b>£1 per child</b> <b>Term time only</b>	<b>Yoga for Adults</b> 1.00 - 2.00 Iyengar Yoga Free creche provided Call for costs and booking details. <b>Term time only</b>	
<b>Wednesday</b>	<b>Stay and Play</b> 9.30 - 11.00 Friendly drop-in session for under 5s <b>£1 per session per child</b>	<b>Health Visitor Advice Sessions</b> 9.30 - 12.00 Parent led weigh in and an opportunity to speak to the Health Visitor	 QUAGGY DEVELOPMENT TRUST Improving the lives of local children and families	<b>BCG Clinic</b> 10.00 - 2.00 BCG immunisation by appointment only	  @quaggycc
<b>Thursday</b>	<b>Stay and Play</b> 9.00 - 11.00 Friendly drop-in session for under 5s <b>£1 per session per child</b>	<b>Stay and Play</b> 10.00 - 11.30 Friendly drop-in session for under 5s <b>£1 per child</b>	<b>Quaggy Counselling</b> 10.00 - 1.00 Please contact number below on how to access this service. 020 8465 9785 <b>Term time only</b>	<b>Baby Massage Course</b> 1.00 - 2.30 5 week baby massage course. Cal for costs and booking details. Need to book. Starts 19 Sept	<b>Bouncing Babies</b> 1.30 - 2.30 Singing and signing for early communication Need to book. <b>£1 per child</b> Starts 31st Oct for 6 weeks
<b>Friday</b>	The Space is at Langhorne House Springfield Grove Charlton SE7 7TL	<b>No Rush to Mush</b> Monthly Starting solids sessions run by the Health Team for parents with babies 4 months and over. This is popular so telephone number below to book a place		<b>Please note that activities unshaded are at Sherington Children's Centre sessions in blue are at The Space</b>	
<b>Address: Sherington Children's Centre, Sherington Rd, Charlton SE7 7JW. Tel: 020 8305 3140</b>					

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

Monday	<p><b>Baby Music and Movement</b>  <b>10.15 - 11.00</b>            For babies up to 18 months  <b>£1 per child</b>  <b>Term time only</b></p>	<p><b>Music and Movement</b>  <b>11.00 - 12.00</b>            Learn through music and movement your 18 months+  <b>£1 per child</b>  <b>Term time only</b></p>	 <p>QUAGGY DEVELOPMENT TRUST  <i>Improving the lives of local children and families</i></p>	<p><b>Quaggy Online</b></p> <p>Don't miss out on activities by following us on social media and have logged in to our website</p>
Tuesday	<p><b>Stay and Play</b>  <b>9.30 - 11.30</b>            Come and meet other parents with friendly staff            Drop-in session  <b>£1 per child</b></p>	<p><b>First Aid Course</b>  <b>1.00 - 3.00</b>            Basic life support procedures until a professional can take over.            Creche provided. 8th October  <b>£1 per child</b></p>	<p><b>Baby Massage Course</b>  <b>10.00 - 11.30</b>            5 week baby massage course. Call for costs and booking details.            Need to book. Starts 29 Oct</p>	<p>Follow us on twitter <a href="https://twitter.com/quaggycc">@quaggycc</a></p>  
Wednesday	<p><b>Nourishing Nippers</b>  <b>10.30 - 12.00</b>            Free, fun weaning sessions aimed at carers and parents with bumps or babies up to 12 months old            Starts 18th Sept for 5 weeks</p>			<p>Like us on facebook <a href="https://facebook.com/quaggycc">facebook.com/quaggycc</a></p>  
Thursday	<p><b>Stay and Play</b>  <b>9.30 - 11.30</b>            Come and meet other parents with friendly staff            Drop-in session  <b>£1 per child</b></p>	<p><b>Bouncing Babies</b>  <b>1.30 - 2.30</b>            Singing and signing for early communication. Need to book            Starts 31st October for 5 weeks  <b>£1 per child</b></p>		<p>Follow us on instagram <a href="https://instagram.com/quaggycc1">quaggycc1</a></p>  
Friday	<p>For information on all classes, events and activities across Greenwich West visit our website</p> <p><a href="http://www.quaggydevelopmenttrust.org">www.quaggydevelopmenttrust.org</a></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 Autumn Term 2019

<b>Monday</b>	<p><b>Midwife</b> 9.00 - 4.00 Ante Natal and Post Natal appointments</p>	<p><b>Integrated Review</b> 9.00 - 1.00 2 year developmental checks by appointment only</p>		<p><b>Sensory Play for Under 2's</b> 1.00 - 2.00 Fun, interactive session exploring all the senses! Starts 23rd Sept Term time only. £1 per child.</p>	 <small>QUAGGY COMMUNITY COUNSELLING SERVICE Improving the lives of local children and families</small>
<b>Tuesday</b>	<p><b>Bumps and Babies</b> 9.30 - 11.30 Pregnancy - 18 months Friendly drop-in. £1 per child</p>	 <small>QUAGGY DEVELOPMENT TRUST Improving the lives of local children and families</small>	<p><b>Functional Skills</b> 9.30 - 11.30 Improve your literacy maths and ICT skills Creche provided Term time only</p>	 <b>@quaggycc</b>	<p><b>Quaggy Counselling</b> Runs on Thursdays 10.00 - 1.00 Booking necessary For more info contact 020 8465 9785</p>
<b>Wednesday</b>	<p><b>Stay and Play</b> 9.30 - 11.30 Friendly drop-in session £1 per child</p>	<p><b>English Class</b> 9.30 - 11.30 Class with creche for adults where English is not their first language Term time only</p>	 <b>@quaggycc</b>	<p><b>Midwife Session</b> 1.30 - 4.00 Appointment only</p>	 <b>quaggycc1</b>
<b>Thursday</b>	<p><b>Baby Music and Movement</b> 9.30 - 10.15 Fun music and movement session for babies up to 18 months. £1 per child Term time only</p>	<p><b>Music and Movement</b> 10.30 - 11.30 Learning through music and movement 18 Months+ £1 per child Term time only</p>	<p><b>Baby Massage Course</b> 1.00 - 2.30 5 week baby massage course. Call for costs and booking details. Need to book. Starts 31 Oct</p>	<p><b>Yoga for Adults</b> 1.00 - 2.00 Iyengar Yoga free creche provided. Call for costs and booking details Term time only</p>	<p><b>Bouncing Babies</b> 1.30 - 2.30 Singing and signing for early communication. Need to book - £1 per child 12th Sept for 5 weeks</p>
<p><b>For information on all classes, events and activities across Greenwich West visit our website <a href="http://www.quaggydevelopmenttrust.org">www.quaggydevelopmenttrust.org</a></b></p>				<p><b>Nursery Nurse Advice Session</b> Thursdays 12.30 - 3.00 Come and get your baby weighed and chat with a nursery nurse from health about your baby</p>	
<p><b>Address: 43 Commerell St, Greenwich, SE10 0EA. Bookings 020 8465 9785 Enquiries 020 8858 0529</b></p>					