








Quaggy Children's Centre - Timetable Summer Term 2019

Monday	English Class 9.30 - 11.30 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. Term time only	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. Term Time only	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. Term time only	For information on any sessions see our website or contact 020 8465 9785	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	Parent Forum Meeting 11.30 - 12.30 Monthly on 1st Wednesday	1001 Days 12.00 - 1.30 A safe space for new parents and parents to be. Term time only £1 per session	Counselling Service 9.00 - 1.00 pm & 6.00 - 9.00 pm Please contact centre on how to access this service. Term time only
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	Older People's Lunch Club 12.00 - 2.00 For over 60's. £4 for a 2 course meal @ Parkside Community Centre	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	Volunteer Training 9.30 - 2.30 Become a volunteer on this accredited course 3rd, 10th, 17th, 24th May	 <p>Greenwich West Children's Centres</p> <p>QUAGGY DEVELOPMENT TRUST Improving the lives of local children and families</p>



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	Fun with Food 10.30 - 12.30 For adults and 2-3 year olds. Making meals together Needs to be booked Starts 23rd Apr for 5 weeks	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. Term time only
Wednesday	Stay and Play 9.30 - 11.00 Friendly drop-in session for under 5s £1 per session per child	Health Visitor Advice Sessions Parent led weigh in, and opportunity to speak to the Health Visitor 9.30 - 12.00		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 A fun music and movement session that you can enjoy with your child 18 months+ £1 per session per child Term time only</p>	 <h2>Quaggy Online</h2> 	
Tuesday	<p>Stay and Play 9.30 - 11.30 Come and meet other parents with friendly staff Drop-in session £1 per session per child</p>	<p>Make sure you don't miss out on events, courses, outings and other activities by following us on social media and have logged in to our website</p>	
Wednesday	<p>Stress Busting and Wellbeing 1.00 - 3.00 Find out about the benefits of relaxation and make resources to use which will help you relax and unwind. Starts 24th April for 5 weeks</p>	 <p>Follow us on twitter @quaggycc</p> 	
Thursday	<p>Stay and Play 9.30 - 11.30 Come and meet other parents with friendly staff Drop-in session £1 per session per child</p>	 <p>Like us on facebook facebook.com/quaggycc</p> 	
Friday	<p>For information on all classes, events and activities across Greenwich West visit our website</p> <p>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>	 @quaggycc	
Wednesday	<p>Stay and Play 9.30 - 11.30 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>	 @quaggycc	<p>Midwife Session 1.30 - 4.00 Appointment only</p>	 quaggycc1
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>Nursery Nurse Advice Session 12.30 - 3.00 Have your baby weighed and talk to a Nursery Nurse</p>	<p>Bouncing Babies 2.00 - 3.00 Singing and signing for early communication. Need to book 25th April for 5 weeks</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>					