

Children's Centre Activity Timetable

This is our **new timetable** to inform you of all our activities at The Lloyd Park Children's Centre.

Key:



The Lloyd Park Centre Winns Avenue Entrance, Lloyd Park, E17 5JW

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning Arabic Sing-a-Long Term time only 10.00am – 10.45am £1.50 first child, 50p siblings</p> <p>Afternoon Parent and Toddler Drop-in (P&T) Term time only 1.15pm – 3.00pm For more information call 020 8531 9522. £1.50 first child, 50p siblings.</p> <p>Speech and Language Drop-in during Parent and Toddler Group Come along for a chat if you have any concerns about your child's talking. 2.00pm – 3.00pm Dates: Jan 9th and 23rd, Feb 6th and 27th, March 12th and 26th. £1.50 first child, 50p siblings.</p> <p>Yoga 8.00pm – 9.30pm £6.00 per session or £33 for 6 sessions.</p>	<p>Morning You and your new baby 10.00am – 12.00noon Drop-in session to meet other new parents and share experiences. For more information call 020 8531 9522. £1.50 first child, 50p siblings.</p> <p>Afternoon Parent and Toddler Drop-in (P&T) Term time only 1.15pm – 3.00pm For more information call 020 8531 9522. £1.50 first child, 50p siblings.</p>	<p>Morning La Leche Breast Feeding Support 2nd Wednesday of the month. Grandparents Plus Last Wednesday of the month 10.00am – 12.00noon. Please call Jean on 020 8527 1737 for more information about this support group for grandparents.</p> <p>Afternoon Parent and Toddler Drop-in (P&T) Term time only 1.15pm – 3.00pm For more information call 020 8531 9522. £1.50 first child 50p siblings.</p>	<p>Morning Strengthening Families Strengthening Communities 13 week programme with crèche facilities. Please contact Keri on 020 8531 9522 for more information and to pre book your place.</p>	<p>Morning Sing-a-long Term time only 10.00am – 10.45am £1.50 first child, 50p siblings.</p> <p>Afternoon Baby Massage 2.00pm – 3.00pm Course 1: 13th, 20th, 27th January Course 2: 10th, 17th, 24th February Course 3: 9th, 16th, 23rd March £6.00 for a 3 week course Call 020 8531 9522 to book your place in advance.</p> <p>Football fun 1.00pm – 1.45pm Fun football focused activities for 3-5 yr olds £2 per child.</p>	<p>Morning Dads Club 10.00am – 12noon Last Saturday of the month.</p> <p>Salvation Army 434 Forest Road, E17 4PY</p> <p>Tuesday Morning Family Fitness 10.00am – 11.00am Fitness session for parents and their children. £1.50 per adult.</p> <p>Thursday Morning Parent and Toddler Drop-in (P&T) 9.30am – 11.30am £1.50 first child 50p siblings.</p>



Save a Life Infant & Child

What do you do if your child is choking? Your child has had an accident and the bleeding won't stop, what do you do?

To learn how to respond to such situations and many more book a place on the 'Save a Life' course delivered by experienced trainers from **British Red Cross**.

Children under 1 are welcome in the session but please find alternative arrangements for children over 1.

Date: Friday 2nd March 2012
Time: 1pm – 3pm
Charge: £5.00
Venue: The Lloyd Park Centre
Drop into The Lloyd Park Centre to book your place, places are limited.



Map to find each venue.



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