

Clubmoor Children's Centre  
 Utting Avenue East, L11 1DQ, 01512338500



www.clubmoorandellergreen.co.uk  
 Twitter:- @CmoorEgreenCC  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>You &amp; Me, Mum.</b>  <b>9.30 - 11.45am</b>            Women's support group.  <b>"This service is by booking only"</b></p> <p><b>Language Groups- 1.30pm- 3.00pm- Meeting Room - Booking only</b>            Language support sessions for Children over 2.  <b>"This service is booking only"</b></p> <p><b>Introduction to solids— 1.30pm-2.30pm</b>  <b>First Monday of every month - 1st Oct, 5th Nov, 3rd Dec, 7th Jan, 4th Feb, 4th Mar, 1st Apr, 6th May, 10th Jun &amp; 1st Jul</b>            Advice and support on introducing your baby to solids foods.  <b>"This service is booking only"</b></p>	<p><b>Musical Movers – 10AM - 11AM - Multi Purpose Room-</b> A fun musical session which can encourage children's speech and language. Suitable for children 0-5 years old.</p> <p><b>Language Groups-Booking only 9.30-11am-</b> Language Support for over 2's</p> <p><b>Baby Massage – 10am-12pm -</b> A relaxing session that gives you and your baby some quality time to bond in a warm and friendly environment.  <b>"This service is by booking only"</b></p> <p><b>Sleep Clinic - 1PM—3PM - Meeting Room -</b> Is your child having sleep problems? come and see our trained sleep counsellors for support. Appointment only for children over 2 years old. <b>"This service is booking only"</b></p> <p><b>Dance and Sing-1.15pm-2pm -</b> Any budding little stars will enjoy this session. It's time to shine and have lots of fun!</p> <p><b>BAMBIS Infant Feeding Group 1.30PM -3PM –</b> Offering support and guidance with regards to feeding and breastfeeding.</p>	<p><b>Well Baby Drop in – 9.30am— 10.45am at Clubmoor Centre.—</b> come along and have your baby weighed, advice and support from a professional from the Health Visitor teams.</p> <p><b>Nurture Programme- Information Morning-19th Sept -9.30-10.30</b>  <b>Course begins 26th Sept- 9.15am - 11.30am (Term time)</b>            A 10 week programme which helps adults understand and manage their child's feelings and behaviour and become more positive <b>"This service is by booking only"</b></p> <p><b>Our Family Matters 1.15pm-2.45pm</b>            A 10 week course with an accreditation at the end of it. Some of the topics that Our Family Matters cover's</p> <ul style="list-style-type: none"> <li>• What is a family?</li> <li>• What being a Parents means to me.</li> <li>• Healthy families.</li> <li>• Pressures families face.</li> </ul> <p>Come along a meet other's and enjoy a cuppa too.  <b>"This service is by booking only"</b></p>	<p><b>Under 2's– Ellergreen Centre. This group Is divided into 2 Sessions:</b>  <b>Session 1:</b> Age 1-2 years <b>9.30am – 10.30am</b>  <b>Session 2:</b> Birth – 1 year old, <b>11am - 12pm</b>            Offering a stimulating environment. Advice and support for Parents/Carers.</p> <p><b>Development Course 10am– 12pm-</b> A 6 week course for parents, looking into all aspects of your child's development.            Creche available.  <b>"This service is by booking only"</b></p> <p><b>Splash &amp; Play – 12PM– 1PM, Held at Ellergreen Leisure Centre,</b> swimming session suitable for children 0-5 years.</p> <p><b>SENSory Stay and Play 1.30PM - 2.30PM Family Room -</b> Sensory play-group for children with additional needs.</p>	<p><b>Ante Natal Nurturing- 9.15-11.30am</b>  <b>Introduction Fri 19th Oct 12-1pm</b>  <b>Then every Fri 9.15am-11.30am for 8 weeks (Term time)</b>            This 8 week course addresses the emotional, as well as the physical needs and anxieties of parents.  <b>"This service is by booking only"</b></p> <p><b>Friday Toddler Group – 9.30AM – 11AM Family Room.</b> a group for children 0-5. Prepare your child to be ready for school through fun and learning.</p> <p><b>Language Groups- 10.15am- 11.30am - Booking only</b>            Language support sessions for Children over 2.</p> <p><b>Baby Massage – 1pm-3pm -</b> A relaxing session that gives you and your baby some quality time to bond in a warm and friendly environment.  <b>"This service is by booking only"</b></p>
<p><b>Dads Club</b>  <b>10am—1pm</b>            Based in Clubmoor Centre Dads club is a great opportunity for dads to spend quality time with their children.  <b>Dads Club is held on the 2nd Saturday of each month.</b></p>	<p><b>Incredible Years</b>  <b>9.15am - 12pm</b>            Based in local Schools 12 week Support programme for families on how to control tantrums and behaviour. <b>"This service is booking only"</b> for further information please call <b>0151-233-8500</b></p>		<p><b>Domestic Abuse</b>  <b>If you have experienced Domestic Abuse? Clubmoor &amp; Ellergreen have support for you!</b></p> <p>-----</p> <p>Partner agencies can offer you advice and help, for further information please call <b>0151-233-8500</b></p>	<p><b>If you're expecting a baby and would like to be shown around our centre or get any information, please call and make an appointment with one of our Health Promotion Workers. for further information please call 0151-233-8500</b></p>