

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



www.clubmoorandellergreen.co.uk  
 Twitter:- @CmoorEgreenCC  
 Facebook : Clubmoor & Ellergreen

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>You &amp; Me, Mum.</b>  <b>9.30 - 11.45am , starting 17th September</b>            Women's support group.  <b>This service is by booking only</b></p> <p><b>Storytime at Norris Green Library 10.30-11am</b>            Come and join us for stories and rhythms plus art and craft activities.</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,</b>            Advice and support on introducing your baby to solid foods.  <b>This service is booking only</b></p>	<p><b>Musical Movers – 10.00AM - 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  <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 2pm-2.45pm -</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..30am at Clubmoor Centre.—</b> come along and have your baby weighed with 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 accredited course, covering the issues that families may face.            Come along and meet other's and enjoy a cuppa too.  <b>This service is by booking only</b></p>	<p><b>Ellergreen Children's Centre Under 2's–</b>  <b>Age 1-2 years - 9.30am – 10.30am Under 1's -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 playgroup 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.  <b>This service is by booking only</b></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>
<div style="border: 1px solid black; padding: 5px;"> <p><b><u>Dads Club</u></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> </div>	<div style="border: 1px solid black; padding: 5px;"> <p><b><u>Incredible Years</u></b>  <b>9.15am - 12pm</b>            Based in local Schools            12 week Support programme for families on how to control tantrums and behaviour. <b>To book on please call 0151-233-8500</b></p> </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b><u>Domestic Abuse</u></b>  <b><u>If you have experienced Domestic Abuse?</u></b>  <b><u>Clubmoor &amp; Ellergreen have support for you!</u></b></p> <hr style="width: 50%; margin: 0 auto;"/> <p><b>For further information please call 0151-233-8500</b></p> </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <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> </div>