Free activities available for families with children under the age of 5

Isle of Grain
8th January—28th March 2012

For more information please contact
St. James Children’s Centre 01634 - 270341

St. James’ Children’s Centre is committed to recruiting with care and safeguarding and promoting the welfare of children and young people and expects all parents/carers, staff and volunteers to share this commitment.
Mondays

9—9.45am Power Walk
Join us for a Power Walk—a great way to start the day and get healthy.

1.30—3pm 3 C’s (Coffee, Chat & Carers) 3rd Monday of the month
A parent’s forum for you to tell us what you would like to see from your Children’s Centre.

Tuesdays

9—10am Walking Group
Join us for the walking group, a great way to get fit and make new friends.

10.15—11.15am Bounce, Rhyme & Story Time (0-3 yrs)
This session is a good way to encourage your child’s development through singing and stories. (This session is run by Medway Library Service).

The Chapel, Chapel Road, Isle of Grain, ME3 0BZ

1.30—3pm Stay and Play
A stay and play session for parents and carers and their children aged 0-5 years. This session has a range of activities designed to support your Child’s development.

Wednesdays

9.30—11.30am How 2! ITQ Course (booking required)
IQT pre-cursor course to be followed up in January with a formal IQT course leading to an accredited and recognised qualification in IT. Free crèche available with limited spaces. Please contact St. James’ Children’s Centre to book your place and the crèche.

St. James’ Church, High Street, Isle of Grain ME3 0BS

1-2.30pm Top Tips
If you are struggling with giving up smoking or want to improve your health, then why not attend our new top tips session where you can get support and advice to make life long changes.

Thursdays

10-11.30am Child Health Clinic (every 1st Thursday of the month)
This is an opportunity to discuss with the health visitor any concerns or queries you have about your child- from teething, feeding, safety, speech, sleep, development to growth. Please note: the first 8 parents/carers will be seen. And you can now self-weigh your baby at a Bumps-1’s group. If you would like to have your baby weighed, please ask your health visitor to show you how to self-weigh. Details of the Bumps-1’s group are shown above.

Contact numbers for your information: Keystone Clinic 01634 717755 NHS Direct 0845 4647

12.30—2.30pm Jelly Tots Toddler Group, this group is run by parents that live in with the village for families with children that are under 5 years old. There are a range of activities for you and your child. Cost £1 please contact Jane Simmons on 01634 270625

Village Hall, Chapel Road, Isle of Grain, ME3 0BZ

Fridays

9.30-11am Bumps To 1’s
A group for expectant parents and families with children under 1, to enjoy fun activities and understand and support your child’s development. We also provide information sessions on Introducing Solid Foods, Healthy Feet, Oral Hygiene and Breastfeeding.

2-3pm Messy Play
Have fun getting messy and exploring a range of different textures, be prepared to get messy and please wear suitable clothing.