

Mondays

Come & Play 10.00 – 11.30am £1 per family Parents & 0-4-year olds	Activities to support your children's learning and development. Where: Sure Start Palfrey Children's Centre When: April 16th, 23rd, 30th
Baby Massage 1.30 – 3.00pm £1 per family Booking Required Parents & Babies 8wks+	Enjoy touch, movement, relaxation, interaction & communication with your baby. Including sensory play and Rhymes. St Luke's Church Hall, Selbourne St, WS1 2JN When: April 16th, 23rd, 30th
Super Wiggles 1.30 -3.00p.m. & 3.30 – 5.00p.m. FREE Parents and children 2-7 years	Join the 6 weeks Healthy Families club. Try new foods and play fun games. BOOKING REQUIRED on 01922 444044 Where: Sure Start Palfrey Children's Centre When: April 16th, 23rd, and 30th
Language Group By Invitation Only	Contact your health visitor for concerns about your child's speech & Language development.

Tuesdays

Peep for Babies 10.00 – 11.30am £1 per family Parents & under 1's only	Peep values parents/carers as the child's first & most important educators. Different topics weekly, activities to do at home. Where: Sure Start Palfrey children's Centre When: April 17th and 24th
Little Fingers Stay and Play 1.30 – 3.00pm £1 per family Parents & 0 – 4 year olds	Activities to support your children's learning and development. Where: Healthy Living Centre (Sun St Entrance) When: April 17th and 24th
Peep for 2's 1.30 – 3.00pm £1 per family Parents & 2 year olds	Peep values parents/carers as the child's first & most important educators. Different topics weekly, activities to do at home. Where: Sure Start Palfrey children's Centre When: April 17th and 24th
Antenatal Classes 1.00 – 3.00pm (Free) Booking Required Pregnant women & their partners	Free sessions delivered by the Walsall Midwifery Service at the Children's Centre to find out all you need to know!!
Drop in to meet the CGL Team	Where: Sure Start Palfrey children's Centre When: April 17th See front cover for details

Wednesdays

Little People Stay & Play 9.30-11.00am £1 per family Parents & 0-4 years old	Activities to support your children's learning and development. Where: Whitehall Nursery Infant School (FLAC building West Bromwich Road) When: April 18th and 25th
Peep for 1's 10.00 – 11.30am £1 per family Parents & 1 year olds only	Peep values parents/carers as the child's first & most important educators. Different topics weekly, activities to do at home. Where: Sure Start Palfrey children's Centre When: April 18th and 25th
Introduction to Solids & Oral/Dental Hygiene 10.00-11.30am Free Parents of babies 4 months +	Information session for introducing solids to babies from 26 weeks, and promoting oral/dental health from an early age. Where: Sure Start Palfrey children's Centre When: April 11th
Palfrey Infants Stay & Play 1.15 – 2.45pm £1 per family Parents & 0 – 4 year olds	Activities to support your children's learning and development. Where: Healthy Living Centre (Sun St Entrance) When: April 18th and 25th
Baby Massage 1.30 – 3.00pm £1 per family Booking Required Parents and Babies 8wks plus	Enjoy touch, movement, relaxation, interaction & communication with your baby. Including sensory play and Rhyme time. Where: Sure Start Palfrey children's Centre When: April 18th and 25th
St Lukes Stay and Play 1.30 – 3.00pm £1 per family Parents & 0 – 4 year olds	Activities to support your children's learning and development. Where : St Luke's Church Hall (Selbourne St, WS1 2JN) When: April 18th and 25th
CAB Family Matters Appointments Only	Advising families on a range of issues and removing barriers to enable better engagement in volunteering, training and employment. Call Alex on 01922 700645
Neo-Natal Support Group BY INVITATION ONLY	Monthly Support Group
Talk Together BY INVITATION ONLY	Please contact your health visitor if you have any concerns about your child's speech and language development.

Thursdays

Time For Play 9.30 – 11.00am £1 per family Parents & 0 – 4 year olds	Physical play activities to help children develop their movement and hand-eye co-ordination skills. Where: Healthy Living Centre (Sun St Entrance) When: April 19th and 26th
BABY CLINIC Parents & 0 – 4 year olds APPOINTMENTS ONLY	Advice and support on your baby's wellbeing. To make an appointment contact the Health Visiting Team on: 07879412699
Little Learners BY INVITATION ONLY	Please contact your health visitor if you have any concerns about your child's speech and language development
Post Natal Clinic	BY APPOINTMENTS ONLY

Fridays

Tiny Tots Stay & Play 10.00 – 11.30am Parents & 0 – 4 year olds Activities to support your children's learning and development Where: Sure Start Palfrey children's Centre When: April 20th and 27th
FGM SUPPORT GROUP BY INVITATION ONLY

Saturdays

Saturday Family fun 10.30am – 12.00 noon FREE Parents & 0 – 4 years olds Sat. 21st April 2018 At Sure Start Palfrey Children's Centre Sessions runs once a month. Fun, themed educational activities for the whole family.
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Sundays

Thai Fit Circuits and Conditioning Drills FREE At Palfrey Sure Start Children's Centre Females. 10.00 – 12.00 Males. 12.00 – 2.00pm When: TBC
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Half-Term Activities

Thursday

T-shirt Designs

At the Healthy Living Centre (Sun Street entrance)

10.00 – 11.30am

£1 per family

5th April

Parents and Children 0-4 years and their siblings under 8 years of age

Monday

Plate Patterns

At Palfrey Children's Centre

10.00 – 11.30am

£1 per family

9th April

Parents and children 0 – 4 years and siblings under 8 years

Tuesday

Baby Space

At Palfrey Children's Centre

10.00 – 11.30am

£1 per family

10th April

Parents and babies 0 – 12 months

Stay and Play

at the Healthy Living Centre

1.30 -3.00p.m.

£1 per family

10th April

Parents and children 0-4 years

Wednesday

We Can Sing

At Palfrey Children's Centre

1.30 – 3.00p.m £1 per family

11th April

Parents and children 0-4 years and their siblings under 8 years of age.

FREE CD/Family whilst stocks last

Thursday

Time for Play Music and Movement

At the Healthy Living Centre (Sun Street entrance)

10.00 – 11.30am

12th April

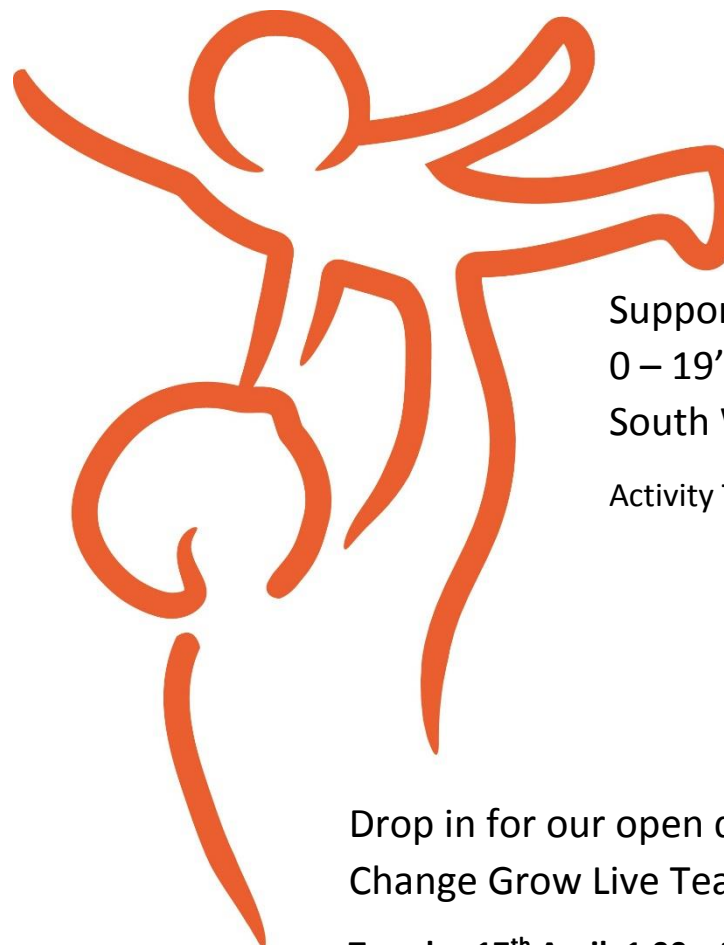
£1 per family

Parents and children 0-4 years and their siblings under 8 years of age



Change Grow Live

Walsall South & Central



Supporting families with
0 – 19's in Central and
South Walsall

Activity Timetable (April 2018)

Drop in for our open day and meet the
Change Grow Live Team.

Tuesday 17th April: 1.00 – 3.00 or 4.30 – 6.30pm

Change Grow Live Sure Start Palfrey Children's Centre

25 South Street, Palfrey, Walsall WS1 4HE

☎01922 642382

Serving: Palfrey, Caldmore, Delves, Chuckery, Paddock, Park
Hall, Alumwell/Pleck and Birchills.

