




January—February 2013



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9.30am—10.30am</p> <p>Music for Under 5's Music & Play Session</p> <p>Come and make new friends, sing songs and play.</p>	<p>9.15am—11.45am</p> <p>Job Club 6 week course @Lorraine Infant School</p> <p>Increase your confidence and prepare for finding a job.</p> <p>Please book a place.</p>	<p>New Session!!</p> <p>Starts 16th January 9.30am—10.30am</p> <p>Mini Movers for 18 months + 5 week course @ St Martin's Church</p> <p>Movement and Dance Session Please book a place.</p>	<p>14th February</p> <p>10.00am—11.00am</p> <p>Weaning Workshop</p> <p>Are you thinking about starting to wean? Come along for support and practical tips.</p> <p>Please book a place.</p>	<p>9.00am—10.15am</p> <p>Music for Under 5's @ Lorraine Infant School</p> <p>Come and make new friends, sing songs and play.</p> <p>(Term Time only)</p>
<p>Monday 21st January</p> <p>1.00pm—2.00pm</p> <p>Sleep Workshop For babies 7 months+</p> <p>Come and speak to the Community Nursery Nurse for tips and support with sleep routines.</p> <p>Please book a place.</p>	<p>9.15am—10.30am</p> <p>Health Visitors Baby Weighing Clinic and Play Session</p> <p>Get your baby weighed, stay for a play and meet new friends.</p>	<p>9.30am—11.30am</p> <p>Home-based Childcarers A Messy Play session for Childminders and Nannies</p> <p>(Please note: all children attending this session must be registered with the Children's Centre. Forms available at reception)</p>	<p>10.30am—12.00pm</p> <p>Baby Massage Session</p> <p>Please speak to your health visitor for more information</p> <p>- by referral only.</p>	<p>Starts 11th January 9.45am—10.45am</p> <p>Stage 2 Sing & Sign For babies who have completed Stage 1</p> <p>10.45am—11.45am</p> <p>Stage 1 Sing & Sign Baby signing for children aged 6—14 months.</p> <p>Babies learn signs to support their speech and language development.</p>
	<p>Breastfeeding Support Group</p> <p>10.00am—11.30am</p> <p>Pop in for a cuppa, a chat and meet Mums—to-be and breastfeeding Mums.</p> <p>Support and guidance is available from an NCT Breastfeeding Counsellor.</p>	<p>1.00pm—2.45pm</p> <p>Maple Midwives Drop-in</p> <p>Pop in to see your midwife for support and guidance.</p>	<p>12.30pm—2.00pm</p> <p>Young Parents Lunch Club</p> <p>For parents under 25 years and their children to eat lunch and play together.</p>	<p>New Session!!</p> <p>Starts 11th January 1.45pm—2.45pm</p> <p>Mini Explorers—Drop In 2 1/2 years—5 years 5 week course.</p> <p>Come and be a Nature Detective, explore our Forest Walk in the School Grounds.</p> <p>This is a muddy session, wellies and warm, wet weather clothes are a must!!</p> <p>Please book a place.</p>
<p>Start Date To Be Confirmed!!</p> <p>Parenting Puzzle 10 week course Promoting positive parenting Creche available</p> <p>Register your interest for next available course.</p>	<p>1.30pm—3.00pm</p> <p>Play & Learn: Messy Play for children 2 years + Dress for mess!</p> <p>Explore paint, playdough and lots more.</p> <p>(Please note: younger siblings can attend this session along with their older brothers or sisters.</p>	<p>1.30pm—3.00pm</p> <p>Sensory Play Session For Under One's</p> <p>Introduce your baby to new sights, sounds and sensory experiences. For babies under 1 year.</p>	<p>Starting on 10th January</p> <p>2.15pm—3.15pm</p> <p>Storytime</p> <p>Listen to stories and make props to retell the story at home. For 2 years + Please book a place</p>	

Pine Ridge Children's Centre
Esher Road, Camberley, Surrey GU15 4AL
01276 401605

Lorraine Infant School
Highland Road, Camberley, Surrey GU15 4EX
01276 65649

St Martin's Church
Upper College Ride, Camberley, Surrey GU15 4HE
01276 23958

Maple Midwives Ante-Natal Workshops

On the 2nd and 3rd Saturday of each month
9.45am—16.30pm

Please contact the Midwives to book your place
Email: fph-tr.MapleAntenatal-Workshops@nhs.net
If you require more information please call 01276 604241

Messy Play & Stay and Play

For children aged 0-5 years.

During each session we offer a range of activities including sand or water play, paints, mark-making, construction area, crafts, books and puzzles as well as free play!

Please remember that these are sessions for you, to explore new experiences, with your children.

Please supervise your children at all times.

Outreach Service:

The centre has Outreach Workers who can visit you at home to offer support and advice.

Priority places:

When booking sessions, please note that priority will be given to those within our reach area.
Postcodes starting GU15 4 & GU15 2

Please note:

If you are attending the Children's Centre for the first time, you will need to complete a registration form.

What's On . . .

Pine Ridge



A SureStart Children's Centre



**Federation of Pine Ridge Infant and Nursery School
and Lorraine School and Nursery**

Jan—Feb 2013

Pine Ridge Children's Centre

Esher Road

Camberley

Surrey GU15 4AL

01276 401605

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www.pineridgeandlorraine.co.uk