

July—August 2013

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

01276 401605

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| <p>Monday</p> | <p>9.30am—10.30am</p> <p>Music for Under 5's</p> <p>Music and Play Session</p> <p>Come and make new friends, sing songs and play.</p> | <p>Monday 15th July 2013</p> <p>Sleep Workshop 11am—12pm For babies 7 months+</p> <p>Come along for tips and support with sleep routines. <u>Please book a place.</u></p> <p>Weaning Workshop 11am—12pm</p> <p>Are you thinking about starting to wean? Come along for support and practical tips. <u>Please book a place.</u></p> | <p>11.30am—12.30pm</p> <p>Post Natal Support Group</p> <p>For new mums to make new friends, share common experiences and have fun with your baby.</p> <p>Drop-In session</p> | <p>Mon. 8th July –5th August 2013 (N.B. no class on 22nd July)</p> <p>1.30pm—2.30pm</p> <p>Baby Moves - 4 week course For babies aged 4 to 12 months Movement, sensory and music session <u>Please book a place</u></p> |
| <p>Tuesday</p> | <p>9.15am—10.30am</p> <p>Baby Weighing Clinic and Play Session</p> <p>Get your baby weighed, stay for a play and meet new friends. (Please note the new dates for Clinic)</p> | <p>Baby Weighing Clinic Dates.</p> <p>2nd July 16th July 30th July 13th August 27th August</p> | <p>10.00am—11.30am</p> <p>Breastfeeding Support Group</p> <p>Pop in for a cuppa, a chat and meet Mums-to-be and breastfeeding Mums. Support and guidance is available from an NCT Breastfeeding Counsellor.</p> | <p>1.30pm—3.00pm</p> <p>Play & Learn: Messy Play</p> <p>For children under 5 years Dress for Mess!</p> <p>Explore paint, playdough and lots more</p> |
| <p>Wednesday</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>1.00pm—2.45pm</p> <p>Maple Midwives Drop –In</p> <p>Pop in to see your midwife for support and guidance</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.</p> <p>For babies under 1 year.</p> | <p>Take a look at our separate SUMMER HOLIDAY TIMETABLE (coming soon) for new and exciting things to do with your Children during the School Holidays.</p> <p><u>Please note that the Children's Centre will be closed from 22nd July to 26th July</u></p> |
| <p>Thursday</p> | <p>10.30am—12.00pm</p> <p>Baby Massage Session Please speak to your health visitor for more information</p> <p>- by referral only.</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>2.15pm—3.00pm</p> <p>Toddler Messy Play</p> <p>For Walkers—upwards Explore playdough, paint etc Dress for mess!!</p> |
| <p>Friday</p> | <p>9.00am—10.15am</p> <p>Music for Under 5's* or Soft Play* @ Lorraine Infant School Come and make new friends, sing songs and play.</p> <p>* please see reverse for details.</p> | <p>9.45am—10.45am</p> <p>Stage 2 Sing & Sign For babies who have completed Stage 1 (Term Time Only) Register your interest for the next available course.</p> | <p>10.45am—11.45am</p> <p>Stage 1 Sing & Sign Baby signing for children aged 6—12 months. Babies learn signs to support their speech and language development. (Term Time Only) Register your interest for the next available course.</p> | <p>1.45pm—2.45pm</p> <p>Storytime with Rosie</p>  <p>Make friends with Rosie, our puppet! Read stories, play games and have fun!!</p> <p>For children aged 2 years + Drop-In Session</p> |

Maple Midwives Ante-Natal Workshop

On the 2nd Saturday of each month

9.45am—4.30pm

Please contact the Midwives to book your place

Email: fph-tr.MapleAntenatal-Workshops@nhs.net

Music for Under 5's or Soft Play at Lorraine Infant School

Please note that these sessions will run on alternate weeks as follows:

Music: 5th July, 9th August, 23rd August

Soft Play: 12th July, 2nd August, 16th August, 30th August

Mobile Phones.

To protect the privacy of children and to ensure that your children are fully supervised, mobile phones & camera phones are not to be used whilst you are in the Children's Centre.

However, they may be used in an emergency.

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 ... July—August 2013

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

Pine Ridge



A SureStart Children's Centre

Pine Ridge Children's Centre

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