

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Little Learners</b>            Wilton Community Centre            10.00 am – 11.30 am</p> <p>Learning for children 0-5 through positive play. Sessions regularly include: healthy eating, careers advice, staying safe.</p> <p>-----</p> <p><b>Mum2Mum breastfeeding group</b>            Downton Memorial Centre            11.00 am – 12.30 pm</p> <p>Little Folly Children's Centre            1.00 pm – 2.30 pm</p> <p>-----</p> <p><b>Child health clinic</b>            Downton Memorial Centre            11.00 am – 12.30 pm            2<sup>nd</sup> and 4<sup>th</sup> Monday of the month</p> <p>-----</p> <p><b>Find us on Facebook:</b>  <b>South Wiltshire Children's Centres</b></p> 	<p><b>Mum2Mum Breastfeeding Group</b>            Bulford Children's Centre            10.00 am – 11.30 am</p> <p>-----</p> <p><b>Little Learners</b>            Little Folly Children's Centre            1.00pm – 2.30 pm</p> <p>Friary Community Centre            10.00 am – 11.30 am            Term time only</p> <p>Learning for children 0-5 through positive play. Sessions regularly include: healthy eating, careers advice, staying safe.</p> <p>-----</p> <p><b>Child health clinic</b>            Nadder Centre, Tisbury            10.00 am – 12.00 pm            1<sup>st</sup> Tuesday of the month</p> <p>Old Sarum Community Centre            1.00pm – 2.30 pm            2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month</p> <p>Bulford Children's centre            1.30 pm – 3.00 pm            2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month</p>	<p><b>Little Learners</b>            Bulford Children's Centre            10.00am – 11.30am</p> <p>Learning for children 0-5 through positive play. Sessions regularly include: healthy eating, careers advice, staying safe.</p> <p>-----</p> <p><b>Mum2Mum breastfeeding group</b>            Salisbury Baptist Church            1.00pm – 2.30 pm</p> <p>-----</p> <p><b>Child health clinic</b>            Salisbury Baptist Church            1.00 pm – 2.30 pm</p> <p>-----</p> <p><b>Family Support Worker Drop In</b>            Little Folly Children's Centre            1.00pm – 3.00pm            2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month</p>	<p><b>Child health clinic</b>            Little Folly Children's Centre            1.00 pm – 2.30 pm</p> <p>Wilton Community Centre            2<sup>nd</sup> and 4<sup>th</sup> Thurs of the month            10.30 am – 11.45 am</p> <p>-----</p> <p><b>Mum2Mum breastfeeding group</b>            Wilton Community Centre            11.00 am – 12.30 pm</p> <p>Nadder Centre, Tisbury            11.00 am – 12.30 pm</p> <p>-----</p> <p><b>Little Learners</b>            Nadder Centre, Tisbury            9.30 am – 11.00 am</p> <p>Learning for children 0-5 through positive play. Sessions regularly include: healthy eating, careers advice, staying safe.</p>	<p><b>Little Learners</b>            Old Sarum Community Centre            10.00 am – 11.30 am            Term time only</p> <p>Learning for children 0-5 through positive play. Sessions regularly include: healthy eating, careers advice, staying safe.</p> <p>-----</p> <p><b>Join us for a rolling programme of Book Start and Fun with Five to Thrive.</b>            Contact our central line for more details.</p> <p>Mere Library            11.00am – 12.00pm</p> <p>-----</p> <p><b>Five to Thrive</b>            The ethos of Five to Thrive is woven throughout all of our delivery, in particular Little Learners and our Thrive Crèches delivered alongside Freedom and Incredible Years.</p> 
<p><b>Little Learners</b> is often busy. Occasionally we have to operate on a first come first served basis to ensure we adhere to venue maximum capacity. If you find yourself unable to stay due to capacity, but feel that you need one to one support from a staff member, please let the early years workers on site know by requesting a quiet word, and they will be able to help you access the help you need. You can also seek support by phoning 01722 414301.</p>				

<p style="text-align: center;"><b>Bookstart</b></p> <p>A 4 week course sharing books, stories and rhymes with your child. Bookstart is here to guide you on your child's reading journey from 0-5 years.</p> <p>-----</p> <p style="text-align: center;"><b>Better2Gether Funding</b></p>  <p>You may be entitled to claim up to 15 hours of free childcare for your two year old. Please contact us for information or to apply for funding.</p> <p>-----</p> <p style="text-align: center;"><b>Collect your Healthy Start vitamins from any of our children's centres. Ask a staff member for details.</b></p>	<p style="text-align: center;"><b>Family support service</b></p> <p>One to one support when you need it most for a range of issues which can affect family life (parenting, debt, mental health issues, housing etc.). Appointments can either be in your own home or at the centre. Call us for a confidential chat.</p> <p>-----</p> <p style="text-align: center;"><b>HEY! (Healthy Eating for Young Children)</b></p> <p>Find out all about healthy eating and how important it is for your child. Call to book a space. Free childcare available.</p> <p>-----</p> <p style="text-align: center;"><b>Wiltshire health trainer</b></p> <p>One to one sessions. Friendly support to improve your health and make positive lifestyle changes. Call for us an appointment.</p>	<p style="text-align: center;"><b>Little Folly Children's Centre</b>              73a Pinewood Way, SP2 9HX              01722 414301</p> <p style="text-align: center;"><b>Bulford Children's Centre</b>              Hubert Hamilton Road, SP4 9JY</p> <p style="text-align: center;"><b>Downton Memorial Centre</b>              The Borough, Downton SP5 3NB</p> <p style="text-align: center;"><b>Friary Community Centre</b>              112 Carmelite Way, SP1 2HW</p> <p style="text-align: center;"><b>Old Sarum Community Centre</b>              Pheasant Drive, SP4 6GH</p> <p style="text-align: center;"><b>Salisbury Baptist Church</b>              41 Brown Street, SP1 2AS</p> <p style="text-align: center;"><b>Wilton Community Centre</b>              West Street, Wilton, SP2 0DG</p> <p style="text-align: center;"><b>Tisbury Nadder Centre</b>              Weaveland Road, SP3 6HJ</p> <p style="text-align: center;"><b>Mere Library</b>              Barton Lane, BA12 6JA</p>	<p style="text-align: center;"><b>You and me, mum</b></p> <p>A ten week course covering:</p> <ul style="list-style-type: none"> <li>• The effects of domestic abuse on women as mothers and on children and young people</li> <li>• Effective communication skills with children and young people</li> <li>• Healthy and non-violent relationships</li> <li>• Protective behaviours and strategies for keeping mothers, children and young people safe.</li> </ul> <p>Free childcare available. Please phone our central line for more information.</p> <p>-----</p> <p style="text-align: center;"><b>Being a Parent – Empowering Parents, Empowering Communities</b></p> <p>This relaxed ten week course helps parents learn practical communication skills for everyday life to bring up confident, happy and co-operative children. Please call for more information.</p>	<p style="text-align: center;"><b>Freedom</b></p> <p>A ten week programme for mothers who are experiencing, or who have experienced, domestic abuse. It aims to empower you, build confidence and help you learn to recognise the signs of abuse. Please call for dates and to book your space. Free childcare available. Please phone our central line for more information.</p> <p>-----</p> <p style="text-align: center;"><b>Careers advice</b></p> <p>Meet one to one with a careers advisor for advice on CVs, getting back to work or a change of career.</p> <p>-----</p>  <p>Mum2Mum groups provide peer support from trained volunteers with experience of breastfeeding their own children in relaxed, welcoming environments across the county.</p>
---	---	--	---	--