

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Little Learners 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>Mum2Mum Breastfeeding Group 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>Child Health Clinic Downton Memorial Centre 11.00 am – 12.30 pm 2nd and 4th Monday of the month</p> <p>-----</p> <p>Five to Thrive The ethos of Five to Thrive is woven throughout all of our delivery, in particular Little Learners and our Five to Thrive sessions delivered alongside our courses</p> 	<p>Mum2Mum Breastfeeding Group Bulford Children's Centre 10.00 am – 11.30 am</p> <p>-----</p> <p>Little Learners Friary Community Centre 10.00 am – 11.30 am Term time only</p> <p>Little Folly Children's Centre 1.00 pm – 2.30 pm</p> <p>Learning for children 0-5 through positive play. Sessions regularly include: healthy eating, careers advice, staying safe.</p> <p>-----</p> <p>Child Health Clinic Nadder Centre, Tisbury 10.00 am – 12.00 pm 1st Tuesday of the month</p> <p>Old Sarum Community Centre 1.00 pm – 2.30 pm 2nd and 4th Tuesday of the month</p> <p>Bulford Children's centre 1.30 pm – 3.00 pm 2nd and 4th Tuesday of the month</p>	<p>Little Learners Bulford Children's 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>Mum2Mum Breastfeeding group Salisbury Baptist Church 1.00 pm – 2.30 pm</p> <p>-----</p> <p>Child Health Clinic Salisbury Baptist Church 1.00 pm – 2.30 pm</p> <p>-----</p> <p>Family Support Worker Drop In Little Folly Children's Centre 1.00 pm – 3.00 pm 2nd Wednesday of the month</p> <p>Bulford Children's Centre 1.00 pm – 3.00 pm 4th Wednesday of the month</p>	<p>Child Health Clinic Little Folly Children's Centre 1.00 pm – 2.30 pm</p> <p>Wilton Community Centre 2nd and 4th Thurs of the month 10.30 am – 11.45 am</p> <p>-----</p> <p>Mum2Mum Breastfeeding Group Wilton Community Centre 11.00 am – 12.30 pm</p> <p>Nadder Centre, Tisbury 11.00 am – 12.30 pm</p> <p>-----</p> <p>Little Learners 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>Little Learners 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>Join us for a rolling programme of Bookstart and Fun with Five to Thrive.</p> <p>Contact our central line for more details. Mere Library 11.00 am – 12.00 pm</p> <p>-----</p> <p>Find us on Facebook: South Wiltshire Children's Centres</p> 
<p>Little Learners 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>Mum2Mum groups provide peer support from trained volunteers with experience of breastfeeding their own children in relaxed, welcoming environments across the county.</p> <hr/> <p>Better2Gether Funding</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> <hr/> <p>Healthy Start vitamins</p> <p>You can collect your Healthy Start vitamins from any of our children's centres. To find out more about Healthy Start vouchers and whether you are eligible, ask a staff member for more details.</p>	<p>Family Support Service</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> <hr/> <p>ABC Cook! (Any Body Can Cook)</p> <p>A 4 week course to help your child cook their tea and enjoy eating it together. Simple, cheap, nutritious recipes and fun food activities! Call to book a space.</p> <hr/> <p>Family Learning</p> <p>Develop new skills to gain employment. Learn in a relaxed and informal setting. Work toward a national qualification or help your child with their homework. Free childcare available. Please phone our central line for more information.</p>	<p>Little Folly Children's Centre 73a Pinewood Way, SP2 9HX 01722 414301</p> <p>Bulford Children's Centre Hubert Hamilton Road, SP4 9JY 01980 632660</p> <p>Downton Memorial Centre The Borough, Downton SP5 3NB</p> <p>Friary Community Centre 112 Carmelite Way, SP1 2HW</p> <p>Old Sarum Community Centre Pheasant Drive, SP4 6GH</p> <p>Salisbury Baptist Church 41 Brown Street, SP1 2AS</p> <p>Wilton Community Centre West Street, Wilton, SP2 0DG</p> <p>Tisbury Nadder Centre Weaveland Road, SP3 6HJ</p> <p>Mere Library Barton Lane, BA12 6JA</p>	<p>You and Me, Mum</p> <p>A ten week course covering:</p> <ul style="list-style-type: none"> • The effects of domestic abuse on women as mothers and on children and young people • Effective communication skills with children and young people • Healthy and non-violent relationships • Protective behaviours and strategies for keeping mothers, children and young people safe. <p>Free childcare available. Please phone our central line for more information.</p> <hr/> <p>Bookstart</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> <hr/> <p>Baby Steps</p> <p>A perinatal programme covering the weeks just before and after having your baby (by referral only).</p>	<p>Freedom</p> <p>A ten week programme for mothers 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> <hr/> <p>Being a Parent – Empowering Parents, Empowering Communities</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> <hr/> <p>Oral Health</p> <p>An oral health specialist will be visiting some of our groups to help teach parents and children about the importance of good oral health. Call us to find out more.</p>