<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>9:30 - 11.30 Kid's West Midlands Support</td>
<td>9:30 - 10.30 Messy Play (spaces limited to 15 adults and 15 children) (Castle Vale)</td>
<td>9:45-11.45 Baby Massage (Castle Vale) - referral only</td>
<td>9.15 - 10.30 0 - 2’s Stay and Play (Castle Vale)</td>
<td>9:30 - 11.00 Little Talkers for 2 - 5 years (Castle Vale) - referral only</td>
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<td>Group (Castle Vale) (referral only call Kid’s on 0121 362 4580)</td>
<td>(Castle Vale)</td>
<td>9:30 - 11.30 Functional Skills (Lakeside)</td>
<td>10:30 - 12.00 The Feeding Lounge (Infant feeding support) (Castle Vale)</td>
<td>9.45-11.45 Baby Massage (Lakeside) - referral only</td>
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<tr>
<td>10:00-11.15 Physical Fizz</td>
<td>Little Talkers Speech and Language focused groups for 2 - 5 years (Lakeside)- referral only</td>
<td>10:00 - 12.00 The Feeding Lounge (Infant feeding support) (Featherstone)</td>
<td>9:30 - 11.30 Kid’s West Midlands Support (Lakeside) (referral only call Kid’s on 0121 362 4580)</td>
<td>9:45-11.45 Baby Massage (Castle Vale)</td>
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<tr>
<td>1:15 – 2:45 Speech and language stay and play (Featherstone)</td>
<td>10:00 - 11.00 Rhyme Time (Perry Common Community Hall)</td>
<td>9.30-11.00 HENRY Programme + Crèche (Lakeside) referral only</td>
<td>1:15 - 2:45 Hug in a Mug + Creche (Castle Vale)</td>
<td>1:15 - 2:45 Solihull Approach Parenting + Crèche (Castle Vale)</td>
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<td>1:15 - 2.45 Under 1’s group (Lakeside)</td>
<td>1:00 - 2:30 The Castle Stay and Play with Castle Vale Nursery School (Castle Vale)</td>
<td>1:30 - 4.00 Employment and Training Drop In (Castle Vale)</td>
<td>1:15 - 2.45 Stay &amp; Play (0 - 5yrs) (The Chris Bryant Centre - YMCA)</td>
<td>1.15-2.45 Stay &amp; Play (0 - 5yrs) (The Chris Bryant Centre - YMCA)</td>
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<td></td>
<td>(Please call your local Children’s Centre for more information)</td>
<td></td>
<td>1:00 - 2:00 Baby Massage (Featherstone) - referral only</td>
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**Please note sessions are term time only unless stated**

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**IMPORTANT**

PLEASE BRING YOUR RED BOOK EVERYTIME YOU VISIT THE CENTRES
We also run the following groups alongside our Partner agencies

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Contact Information</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td>All day - Midwife Antenatal Clinic Appointment only</td>
<td>(Castle Vale)</td>
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<td><strong>Wednesday</strong></td>
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<td></td>
<td>10.00 - 12.00</td>
<td>Little Stars session for Premature Babies - Biweekly</td>
<td>(Castle Vale)</td>
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<td></td>
<td>10.00 - 12.00</td>
<td>Hearing Support session - Biweekly</td>
<td>(Castle Vale)</td>
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<td></td>
<td>10.00-11.45</td>
<td>Postnatal Clinic - Appointment only</td>
<td>(Castle Vale)</td>
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<tr>
<td><strong>Friday</strong></td>
<td>10:30 - 12:30</td>
<td>Postnatal Clinic - Appointment only</td>
<td>(Castle Vale)</td>
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<tr>
<td></td>
<td>1.30 - 2.30</td>
<td>Downs Syndrome Support Group</td>
<td>(Castle Vale)</td>
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<tr>
<td></td>
<td>10.00-11.45</td>
<td>Postnatal Clinic - Appointment only</td>
<td>(Castle Vale)</td>
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</table>

**Key:**
- **Featherstone Children’s Centre**
  - 29 Highcroft Road, Erdington, Birmingham, B23 6AU
  - Telephone: 0121 752 1870
  - Open 9am - 5pm
- **Lakeside Children’s Centre**
  - Lakes Road, Erdington, Birmingham, B23 7UH
  - Telephone: 0121 752 1970
  - Open 9am - 5pm
- **Castle Vale Children’s Centre**
  - 372 Yatesbury Avenue, Castle Vale, Birmingham, B35 6DG
  - Telephone: 0121 752 752
  - Open 9am - 5pm
- **Perry Common Community Hall**
  - 97 Witton Lodge Road, Erdington, B23 5JD
  - Telephone: 0121 752 1970
  - Open 9am - 5pm
- **Elim Life Church**
  - 120 Warren Road, Kingstanding, B44 8QD
  - Telephone: 0121 752 1970
  - Open 9am - 5pm
- **Erdington Hall Primary School**
  - Ryland Road, Erdington, B24 8J

**DID YOU KNOW?...**
- National recommendations are that pregnant women and young children should take vitamin D supplements
- **ASK FOR YOURS AT RECEPTION!!**

**Healthy Lifestyles**
- Make sure ‘they’ get a variety of at least 5 portions of fruit and veg every day full of essential vitamins, minerals and fibre that may help reduce the risk of illnesses later in life. Even young kids can eat their 5 a day

**Volunteering**
- We have a range of volunteering opportunities within the Children’s Centres
- Call Jenny for more information and dates 0121 752 1970

**Parent Forum**
- A monthly session to help you to help shape your children centres and community.
- Call Natalie for more information and dates 0121 752 1970

**Employment & Training**
- **Support with CV’s**
- **Interview Skills Courses**
- Call Zaheer for more information 0121 752 1970

**Latest Version 11/02/20**