


Winter Timetable:  
January to March 2019  
(Term Time)  
211218



# Butterflies Children's Centre Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Other
<p><b>10.00-11.30</b> <u><a href="#">Café B—Breastfeeding Support</a></u> A lovely Café for pregnant/breastfeeding mums</p> <p><b>1.00-1.45</b> <u><a href="#">Songbirds— Birth to First few steps (Term Time)</a></u> Come along for musical fun, learn songs, rhymes and actions too</p> <p><b>2.00-2.45</b> <u><a href="#">Songbirds Walking to 5 years (Term Time)</a></u> Come along for musical fun, learn songs, rhymes and actions too</p>	<p><b>9.30-11.30</b> <u><a href="#">Baby Clinic, Stay &amp; Play (Drop-In) &amp; Development Reviews</a></u> Children Centre and Health Team with advice, support &amp; weighing of baby.</p> <p><b>1.00-3.00</b> <u><a href="#">By Realise Futures Sounds, Noises &amp; Words Age 4-12 months (Jan 15 – Feb 12)</a></u></p> <p><u><a href="#">Paper, Paint &amp; Play (March 5 – April 2)</a></u> 5-week courses for parent and child. Booking Required. Please phone Butterflies to book a place.</p>	<p><b>9.00-4.00</b> <u><a href="#">Midwifery Clinic</a></u> Appointments for your antenatal/ postnatal care.</p> <p><b>10.00-11.00</b> <u><a href="#">Baby Massage</a></u> 4-week course for you and your baby (up to 12 months) Places are limited. Please phone Butterflies to book a place.</p> <p><b>10.00-11.00</b> <u><a href="#">Caterpillars (Term Time)</a></u> Fun drop-in with baby activities for birth to their first few steps.</p> <p><b>1.30-2.45</b> <u><a href="#">Little Stars (Term Time)</a></u> Early Learning Together support group, for children with additional needs. Invitation only-please phone Jackie Lanham on 07712 418922</p>	<p><b>10.30-11.30</b> <u><a href="#">Story Telling Session (Term Time)</a></u> For 0-3 years. Come along for interactive story time fun. Each week will be based around a story book with creative activities and fun to share with your little one.</p> <p><b>1.00-2.30</b> <u><a href="#">Postnatal Group Invitation Only</a></u> 5-week course for you and baby.</p>	<p><b>10.00-11.30</b> <u><a href="#">Postnatal Group Invitation Only</a></u> 5-week course for you and baby.</p> <p><b>10-12 midday</b> <u><a href="#">Drop In Workshop by the Job Centre Last Friday of the Month (check on our facebook page for confirmed dates)</a></u> Pop in, if you need help with benefits, CV writing or are thinking of training or returning to work</p> <p><b>1.30-2.30</b> <u><a href="#">Friday March 8<sup>th</sup> only Suffolk Wildlife Trust Activity Event</a></u> For 0-5 years Come and meet Katy from the Wildlife Trust and join in creative and sensory fun</p>	<p> <a href="http://Suffolk.gov.uk/healthvisiting">Suffolk.gov.uk/healthvisiting</a> <b>Health Team:</b> 01502 532053</p> <hr/> <p><b>SCC Suffolk Family Information Service:</b> 0345 60 800 33 Free impartial advice about childcare &amp; other services that support parents &amp; carers</p> <hr/> <p><b>Family Support:</b> Family Support Practitioners (FSPs) can offer support &amp; advice to families with children between 0 to 5 years.</p> <hr/> <p>For Information about Community Groups based in your local library, go to: <a href="http://www.suffolklibraries.co.uk/libraries">www.suffolklibraries.co.uk/libraries</a></p> <hr/> <p><a href="http://www.suffolk.gov.uk/CYPprivacynotice">http://www.suffolk.gov.uk/CYPprivacynotice</a></p>

Are you registered with a  
Children's Centre in Suffolk?  
[www.suffolk.gov.uk/childrenscentres](http://www.suffolk.gov.uk/childrenscentres)  
Register online to access services!  
[www.suffolk.gov.uk/childrencentres](http://www.suffolk.gov.uk/childrencentres)




## Find us...

Castle Hill, Beccles, Suffolk NR34 7BQ Tel: 01502 718750  
Email: [Beccles@suffolk.gov.uk](mailto:Beccles@suffolk.gov.uk)  
Facebook; Waveney & Blyth Children's Centres



Winter Timetable:  
January to March 2019  
(Term Time)  
211218

# Dragonflies Children's Centre & Outreach Groups Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Other
<p><u>9.30-11.30</u> <b>Baby Clinic, Stay &amp; Play</b> <b>Dragonflies</b> 2<sup>nd</sup> Monday of the month only. Children Centre &amp; Health Staff with advice &amp; support.</p> <p><u>10.00-11.00</u> <b>Caterpillars (Term Time)</b> <b>Dragonflies</b> Fun drop in with activities for baby from birth-to their first few steps.</p> <p><u>10.00-11.30</u> <b>Baby Massage</b> <b>Bungay Medical Centre</b> 5-week course for you and baby (up to 12 months) Places are limited. Please phone Dragonflies to book a place.</p>	<p><u>9.30-11.30</u> <b>Realise Futures Course</b> <b>Baby and Me</b> <b>(Jan 15 – Feb 12)</b> <b>Sounds, Noises and Words</b> <b>(Feb 26 –March 26)</b> 5-week course for parent and child. Booking Required. Please phone Dragonflies to book.</p> <p><u>1.30-3.00 Postnatal Group</u> <b>Invitation Only</b> 5-week course for you &amp; baby.</p> <p><u>10.00-11.00</u> <b>Caterpillars (Term Time)</b> <b>Bungay Medical Centre</b> Fun drop in with activities for baby from birth-to their first few steps.</p> <p><u>10.00-11.30</u> <b>Baby Massage</b> <b>Sole Bay Medical Centre, Reydon</b> 5-week course for you and your baby (up to 12 months) Places are limited. Please phone Dragonflies to book a place.</p>	<p><u>1.00-4.00</u> <b>Sensory World</b> Available for under 1's and children with additional needs. To book your hour slot please call Dragonflies</p> <p>-----</p> <p><u>9.30-11.30</u> <b>Baby Clinic, Stay &amp; Play (Drop-In)</b> <b>3rd Wednesday monthly</b> <b>Marram Green-Kessingland OR</b> <u>9.30-11.30</u> <b>4th Wednesday monthly</b> <b>Sole Bay Medical Centre</b> <b>Reydon</b> Children Centre and Health Team with advice, support &amp; weighing of baby.</p> <p><u>10.30-11.15</u> <b>Story Telling (Term Time)</b> <b>Kessingland Library</b> For 0-5 years. Come along for interactive story time fun.</p>	<p><u>9.30-1.00</u> <b>Midwifery Clinic</b> <b>Dragonflies</b> Appointments for your antenatal and postnatal care.</p> <p><u>10.00-11.30</u> <b>Baby Feed &amp; Flourish</b> <b>Dragonflies</b> A lovely group around feeding support for both breastfeeding &amp; bottle-feeding mums</p> <p><u>2.15-3.00</u> <b>Wiggle and Jiggle</b> <b>Dragonflies-for walking to 5 years (Term Time only)</b> Come and enjoy singing, dancing and moving to music with your little one</p> <p>-----</p> <p><u>9.30-11.30</u> <b>Baby Clinic, Stay &amp; Play—</b> <b>1st Thursday- Monthly</b> <b>Bungay Medical Centre</b> Children Centre &amp; Health Team with advice &amp; support.</p>	<p><u>10.30-11.30</u> <b>Story Telling Session (Term Time)</b> <b>Dragonflies</b> For 0-3 years. Come along for interactive story time fun.</p> <p><u>1.15-3.15</u> <b>Edgar Sewter</b> <b>Toddler Group (Term Time)</b> <b>Dragonflies</b> For ages 0-5. Outdoor play, art &amp; craft activities. A small charge of £2 is payable for this group.</p>	<p> <a href="http://Suffolk.gov.uk/healthvisiting">Suffolk.gov.uk/healthvisiting</a> <b>Health Team:</b> 01502 532053</p> <p><b>SCC Suffolk Family Information Service:</b> 0345 60 800 33 Free impartial advice about childcare &amp; other services that support parents &amp; carers</p> <p><b>Family Support:</b> Family Support Practitioners (FSPs) can offer support &amp; advice to families with children between 0 to 5 years.</p> <p>For Information about Community Groups based in your local library, go to: <a href="http://www.suffolklibraries.co.uk/libraries">www.suffolklibraries.co.uk/libraries</a></p> <p><a href="http://www.suffolk.gov.uk/CYPprivacynotice">http://www.suffolk.gov.uk/CYPprivacynotice</a></p>

Are you registered with a Children's Centre in Suffolk?  
[www.suffolk.gov.uk/childrenscentres](http://www.suffolk.gov.uk/childrenscentres)  
Register online to access free services!  
[www.suffolk.gov.uk/childrencentres](http://www.suffolk.gov.uk/childrencentres)



## Find us...

Wissett Road, Halesworth IP19 8BT Tel: 01986 874865  
Email: [dragonflies@suffolk.gov.uk](mailto:dragonflies@suffolk.gov.uk)  
Facebook; Waveney & Blyth Children's Centres