# West Cluster Timetable 🔅 15 April – July 2024

Brighter Futures for Children

These activites are all taking place at Ranikhet Children's Centre or Battle Library. Have a look at what fun activities you can book on to:

www.brighterfuturesforchildren.org

Friday

#### Diddi Dance (Battle Library) 11-11.45am 18 months-5 years

New Directions Maths \* (Ranikhet CC) 12.30-2.30pm

Monday

#### Virtual sessions \* 1-2pm

- Intro to family foods
- toilet training

#### Visit our page for more info



NHS Health Visiting Service (Ranikhet CC) 9.30-10.30am 3 month contact 11am-12noon 6 month contact 3rd Tuesday of the month Tiny Talkers \*

Tuesday

(Ranikhet CC) 16 April to 21 May 4 June to 9 July 10-11am *18 months-5 years* **Bumps and Babes** (Ranikhet CC) 1-2pm *Bumps to 1 year* **Meet the Health Visitor** (Ranikhet CC) 1-2pm *Bumps to 1 year* 

Bumps to 1 year 3rd Tuesday of the month

### Wednesday

**Stay & Play** (Ranikhet CC) 10-11am *1-5 yeαrs* 

**Bumps and Babes** (Battle Library) 10-11am *Bumps to 1 year* 

Rhyme & Song (Battle Library) 11.30am-12noon *0-5 years* 

Baby Massage Hold & Reassurance \* (Ranikhet CC) 12-26 June 10-24 July 1.30-2.30pm *From 2-8 weeks old* 

## Well-baby Clinic

Thursday

(Ranikhet CC) 9.30-11.30am 1st Thursday of the month

Time for Twos \* (Ranikhet CC) 18 April -11 July 10-11.30am For ages 2-3 years

Story Time (Ranikhet CC) 12-12.30pm *0-5 years* NHS Health Visiting Service

(Ranikhet CC) 2 year reviews Invite only

\*Booking required

**Play & Learn** (Ranikhet CC) 10-11.30am 0-5 vears **NHS Health Visiting Service** (Ranikhet CC) Nine-month reviews Invite only **Family Employment** Advisor (Ranikhet CC) 10am-12noon *Please call for an appointment* **Self-weigh Baby Scales** (All centres) Anytime during opening hours

For babies 16 weeks +

more info overleaf

#### For all sessions that require booking:

You can now book using our new <u>parent portal</u> or attend your local children's centre for support.

## More information on our free sessions at West Cluster

#### Diddi Dance

Help your toddler enhance their coordination and rhythm. Nurture their natural love of movement in a structured and relaxed 45-minute class. suitable for toddlers aged 18 months upwards.

#### Meet the Health Visitor

If you have any health questions about your baby, come and join our session every 2nd Tuesday of the month.

### Stay & Play

Join us for a fun and friendly session offering a range of activities for babies and children aged under five.

#### New Directions Maths

Expand your knowledge and gain accredited gualifications. For more information call New Directions on 0345 842 0012.

#### Play & Learn

Join us for this new session where you can support your little one to explore planned activities while learning about child development so you have an understanding of your child's progess.

#### Bumps and Babes

Come and join our friendly and welcoming bumps and babes group, a great opportunity to meet other expectant parents and babies.

#### Time for Twos

A new session for children aged two to help with the first steps of getting ready for nursery and a chance to meet other children and learn through play.

#### Family Employment Advisor

Help with anything work-related. Starting and returning to work, finding courses and employment, CVs and interview techniques.

#### Well-baby Clinic

The Well-baby Clinic is a drop in session where you can speak to a health professional for a brief consultation about your child's health and weigh vour baby.

#### Baby Massage - Hold & Reassurance

A lovely massage course to help promote bonding, touch, skin to skin and settling. Learn about safer sleeping and why it is normal for babies to cry. Led by our gualified development baby massage teacher.



#### Story Time

Join us for a quiet story and help encourage your child's love of books and help develop thier listening skills.

#### NHS Health Visiting Service

Development reviews with the health visiting team for nine-month and 2-year-olds to discuss your child's progress and ask any questions.

#### Rhyme & Song

Children love singing! Singing slows language down and provides rhyme and repetition, supporting children to develop their awareness of relationships between letters and sounds.

#### Tiny Talkers

Learn ways to communicate and develop your child's speech and language through literacy in a fun and friendly environment.

#### Find us at:

**Battle** Library 420 Oxford Road Reading **RG30 1EE** 

**Ranikhet Children's Centre Thurso Close** Reading **RG30 4YH** 

#### Useful contacts

Reading Family Information Service (FIS): fis@reading.gov.uk

Community midwives: 0118 322 8059 Health visiting team: 0118 931 2111

