

For more information about what's on at
Chester Victoria Children's Centre
please call **01244 976220**
Or visit www.stuff2doincheshire.co.uk



Chester Victoria Children's Centre

Spring/Summer 2010



Monday

Antenatal Clinic 9.10am-1.10pm

Routine antenatal appointments with Community Midwife Helen Brindley-Slater. Please phone the Children's centre on 01244 976220 to make an appointment.



Stay and Play 1.15-3.00pm

A great session for your child to explore the toys and resources at the centre and take part in activities. Healthy snack provided for all children. Suitable for aged 0—5 years. No need to book, just come along!



Tuesday

Baby Matters 10.30-12.30pm

A 5 week rolling programme run by the Health Visiting team. Weekly topics including sleep & crying, play & development etc. **Booking essential.** For more information and to confirm your place please contact Marian Tierney at City Walls Medical Centre on 01244 401075



Antenatal Clinic 1pm-4pm

Antenatal booking appointments with Community Midwife Helen Brindley-Slater. Please phone the Children's centre on 01244 976220 to make an appointment.

Stretch & Grow 1.30 - 2pm

A 5 week course of lots of fun sessions, including simple games, exercise/activities and short discussions on related issues such as nutrition, hygiene and safety. Starting 27th April. **Booking essential**

NEW

Wednesday

Antenatal Clinic 9.10am-1.10pm

Routine antenatal appointments with Community Midwife Helen Brindley-Slater. Please phone the Children's centre on 01244 976220 to make an appointment. Please note each appointment lasts 1 hour.

HENRY 9.30am-12.30pm

Health Exercise Nutrition for the really young. 8 week course supporting healthy lifestyles. Starting 21st April, crèche available. For further information please contact the centre!

NEW

Thursday

Stay & Play 9.15-10.45am

A great session for your child to explore the toys and resources at the centre and take part in activities. Healthy snack provided for all children. Suitable for aged 0—5 years. No need to book, just come along!



Sprogs 12.30-2.30pm

A great session set up by local mums for parents/carers with babies 0-12months. Please feel free to bring your lunch but bear in mind to support healthy eating. No need to book, just come along!

NEW

Friday

Antenatal Clinic 9.00am-1.00pm

Routine antenatal appointments with Community Midwife Helen Harrison. Please phone the Children's centre on 01244 976220 to make an appointment.



Jo Jingles 2-4 years 9.45am-10.15am

A 6 week fun and friendly music class. **Booking essential as places are limited.** Book your place at the childrens centre Classes take place in St Thomas Church Hall with car parking available behind the church



Jo Jingles 0-2 years 10.25am-10.55am

A 6 week fun and friendly music class. **Booking essential as places are limited.** Book your place at the childrens centre Classes take place in St Thomas Church Hall with car parking available behind the church

Baby Massage 10.30am-12noon

A 5 week course consisting of five 1 and half hour sessions. Come along and relax with your baby. Learn basic massage techniques from our fully qualified tutors. Suitable for babies from birth. **Booking essential**





Hoole Lighthouse Centre

Hoolitots (Toddler Group)
Every Tuesday and Wednesday
10am-12 noon

Who let the Dad's Out?
First Saturday of the month
10am-12noon

For more information please ring
01244 312037



Wesley Church Centre

The Wesley Crèche
Every Monday, Thursday and Friday
10-11.50am
£2.50 per session
Aged 18months to 3+

For more information please contact
Alli on 01244 323037

Northgate Church

Men Behaving Daddly
Saturday
10-11.30am
Once a month

Tiddlers (Toddler Group)
Wednesday
10am-11.30am

For more information please ring
01244 400827



Tower Gardens

Toddler Group
Tuesday
9.30-11.30am
£1.50 per family

For more information please ring
01244 373231 or 07871265490

www.myspace.com/watertowertoddlergroup
towertoddler@btinternet.com



Blacon Children's Centre

Dad's Group
Saturday
10am-12noon
Fortnightly

For more information please ring
01244 976225



Hamilton Street Methodist Church

Toy Library
Saturday
10am-11.30am

For more information please ring
01244 321950



Chester Library

Under 5's Story Time
Monday
11.15-11.45am

Rhyme Time
Wednesday
10.15-10.45am and 11.15-11.45am

For more information please ring
01244 977380