

What, Where and When Jan 09

For more information or to book your place on any of our groups/course please call Newbiggin Children's Centre on 01670 812751

Monday

TOFTS

Newbiggin Children's Centre
 9:30am—11:30am
 Contact Noah's Ark on 01670 862770 for more information or to book your place. There is a charge.

Happy Babies

Moorside First School
 1:30pm—2:45pm
 For Children 0-2 years old
 Meet new people, sing songs and play games
 Healthy snacks and refreshments
 Call in, no need to book
Term time only



Tuesday

Baby Weigh in Clinic

Newbiggin Clinic
 9:00am—11:30am
 Drop in session for parents/carers to access health advice and support

Early Start

A fun 10 week course
 Learn how to help your child's learning and language development through play
 Starts 20 January
 12.45 - 2.45pm
 Free creche

Antenatal Appointments

Newbiggin Children's Centre
 9:30am—12:30am
 You can now book your first antenatal appointment at the Children's Centre.

Wednesday

STEPS

Steps to excellence for Personal success.
 Want to make the most of yourself and your abilities?
 Want to feel more confident?
 Want to improve your life, family, friends and work?
 A 10 week course starts 21 January 2009 12.45 - 2.45
 Free creche-limited places



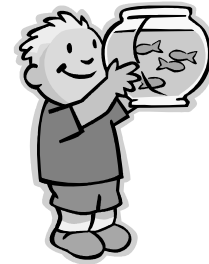
Thursday TOFTS

Newbiggin Children's Centre
 9:30am—11:30am
 Fancy taking a break why not come along to our new Time Out From Toddlers Sessions. There is a charge.

Friday

Little Tiddlers

Drop in
 Newbiggin Middle School
 9:15am—10:45am
 No need to book just come along
Term time only



Coming soon

Play Bags

Weaning Party at Newbiggin
 Wed 7 Jan 10.30 - 12
 Ashington Mon 12 Jan
 Ashington Tues 24 Feb

Baby Yoga at Ashington and Lynemouth

For more information or to book a place on any of our courses, please call Newbiggin Children's Centre on 01670 812751

STEPS

Steps to excellence for personal success.

A 10 week course beginning Wed 21 Jan 12.45 - 2.45pm

Want to make the most of yourself and your abilities?

Want to feel more confident?

Want to improve your life, family, friends and work?

Take the next STEP forward

Free creche - limited places

Baby Yoga

For babies 7 months and under.

Yoga will introduce you and your baby to some simple yoga stretches designed to deepen both your bond and your child's development at every level.

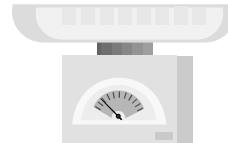
4 week courses available at Lynemouth 15 Jan 1.30-2.30pm

Ashington 27 Feb 10-11 am

Newbiggin Clinic

Parents come along get your babies weighed, and speak to a Health Visitor about any concerns.

for more information contact Newbiggin Clinic 816771



Antenatal Appointment

Pregnant women can now book their first antenatal appointment at the Children's Centre. Women should be at least 8 weeks pregnant to book. Please phone the Children's Centre to book an appointment.

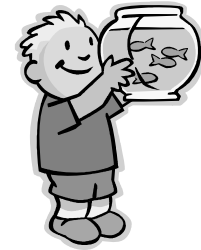
Early Start

A fun 10 week course

Learn how to help your child's language and learning development through play.

Starts 20th January 12.45 - 2.45

Free creche



Little Tiddlers

Calling all parents/Carers with children 0-5yrs. Come along to our Little Tiddler group every Friday morning. 9:15—10.45am.

Meet new people, sing songs, play games, lots of fun activities and music. Snacks and refreshments served

PLAY BAGS

An opportunity for interactive play for parents and children

Starting after Easter Holidays. Tuesday 21st April for 6 weeks