

## Information of RLK Children's Centre events

### JANUARY – APRIL 2012

#### **FREE Parenting with Confidence workshop – for families with under 5's**

**Thursday evenings 12<sup>th</sup> January – 23<sup>rd</sup> February 2012 (6-weeks), 6.30pm – 8.30pm**

Learn new skills and share experiences around parenting, including setting boundaries, managing tantrums, communicating, building confidence, learning about your child's behaviour and development, and ideas for play.

Refreshments provided. (Crèche not provided). Call RLK Children's Centre to book.

For more information about RLK Children's Centre please contact us:

Telephone: 01793 525830

Email: [barnardosinswindon@barnardos.org.uk](mailto:barnardosinswindon@barnardos.org.uk)

Website: [www.barnardos.org.uk/rlkchildrenscentre](http://www.barnardos.org.uk/rlkchildrenscentre)

RLK Children's Centre, Westcott Street, Swindon, Wiltshire, SN1 5HS.

Open Monday – Friday 9am – 4.30pm.

#### **FREE Post-natal support group for first time mums and dads – for families with under 5's**

**Thurs 12<sup>th</sup> Jan 2012, 12.15pm – 1.30pm** Tracey Richards will be delivering a 'Sing and Sign' short taster session from 12.15pm – 12.35pm

All first time mums and dads with babies under 8 months are welcome. Supported by a Nursery Nurse from the Health Visiting team who is available for any questions you may have. Meet other first time mums and dads, share experiences and learn new skills, while babies can enjoy the colourful crèche surroundings.

Just turn up! No booking required.

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#### **FREE Dads and Male Carers Group – for families with under 5's**

**Saturday 21<sup>st</sup> January 2012, 10am – 12pm**

A chance for dads and male carers to spend time with their children, with access to RLK Children's Centre outdoor play area and indoor crèche with toys, games and books. Enjoy a bacon sarnie (or an alternative) and cuppa! Our staff are available for any questions you may have. This group also welcomes male extended family members. Just turn up! No booking required.

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Open Monday – Friday 9am – 4.30pm.

**RLK Children's Centre Community Voice and stay n play – for families with under 5's**

**Wednesday 25<sup>th</sup> January 2012, 9.15am – 10.30am**

RLK Children's Centre needs you to tell us what you think about your children's centre!

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**FREE Post-natal support group for first time mums and dads – for families with under 5's**

**Thurs 19<sup>th</sup> January 2012, 12.15pm – 1.30pm** Minor Ailments with Micki Wardell.

All first time mums and dads with babies under 8 months are welcome. Supported by a Nursery Nurse from the Health Visiting team who is available for any questions you may have. Meet other first time mums and dads, share experiences and learn new skills, while babies can enjoy the colourful crèche surroundings. This session will include information about minor ailments in babies.

Just turn up! No booking required.

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**FREE Post-natal support group for first time mums and dads – for families with under 5's**

**Thurs 26<sup>th</sup> Jan 2012, 12.15pm – 1.30pm** Dental Health with Sue Maule (lots of freebies!)

All first time mums and dads with babies under 8 months are welcome. Supported by a Nursery Nurse from the Health Visiting team who is available for any questions you may have. Meet other first time mums and dads, share experiences and learn new skills, while babies can enjoy the colourful crèche surroundings. This session will include information about dental health.

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Open Monday – Friday 9am – 4.30pm.

**FREE Weekend Stay and Play – for families with under 5's**

**Saturday 4<sup>th</sup> February 2012, 10am – 12pm**

Come along, join in and meet new friends at our stay and play sessions, with access to RLK Children's Centre outdoor play area and indoor crèche with toys, games and books.

Our staff are available for any questions you may have. Children will receive a snack. Donations welcome. Please book for this weekend stay and play by Thursday 2<sup>nd</sup> Feb to let us know that you are coming to play!

Booking required (by 02/02/12).

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**FREE Post-natal support group for first time mums and dads – for families with under 5's**

**Thurs 9<sup>th</sup> Feb 2012, 12.15pm – 1.30pm** Taking baby swimming with Trudi Akrell

All first time mums and dads with babies under 8 months are welcome. Supported by a Nursery Nurse from the Health Visiting team who is available for any questions you may have. Meet other first time mums and dads, share experiences and learn new skills, while babies can enjoy the colourful crèche surroundings. This session will include information about taking baby swimming.

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**February half term 13<sup>th</sup>-17<sup>th</sup> Feb – for families with under 5's**

RLK Children's Centre are running various activities for families with under 5's! Please contact the centre for more information.

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**FREE Post-natal support group for first time mums and dads – for families with under 5's**

**Thurs 16<sup>th</sup> Feb 2012, 12.15pm – 1.30pm** Bookstart Stories with Swindon Libraries

All first time mums and dads with babies under 8 months are welcome. Supported by a Nursery Nurse from the Health Visiting team who is available for any questions you may have. Meet other first time mums and dads, share experiences and learn new skills, while babies can enjoy the colourful crèche surroundings. This session will include story telling by Swindon Libraries.

Just turn up! No booking required.

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**FREE Dads and Male Carers Group – for families with under 5's  
Saturday 18<sup>th</sup> February 2012, 10am – 12pm**

A chance for dads and male carers to spend time with their children, with access to RLK Children's Centre outdoor play area and indoor crèche with toys, games and books. Enjoy a bacon sarnie (or an alternative) and cuppa! Our staff are available for any questions you may have. This group also welcomes male extended family members. Just turn up! No booking required.

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**FREE Weekend Stay and Play – for families with under 5's  
Saturday 3<sup>rd</sup> March 2012, 10am – 12pm**

Come along, join in and meet new friends at our stay and play sessions, with access to RLK Children's Centre outdoor play area and indoor crèche with toys, games and books. Our staff are available for any questions you may have. Children will receive a snack. Donations welcome. Please book for this weekend stay and play by Thursday 1<sup>st</sup> March to let us know that you are coming to play!

Booking required (by 01/03/12).

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**FREE Post-natal support group for first time mums and dads – for families with under 5's**

**Thurs 8<sup>th</sup> March 2012, 12.15pm – 1.30pm** Real Nappies with Vanessa Emanuel

All first time mums and dads with babies under 8 months are welcome. Supported by a Nursery Nurse from the Health Visiting team who is available for any questions you may have. Meet other first time mums and dads, share experiences and learn new skills, while babies can enjoy the colourful crèche surroundings. This session will include information about using real nappies.

Just turn up! No booking required.

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**Thurs 29<sup>th</sup> March 2012, 12.15pm – 1.30pm** Easter hand and foot painting

All first time mums and dads with babies under 8 months are welcome. Supported by a Nursery Nurse from the Health Visiting team who is available for any questions you may have. Meet other first time mums and dads, share experiences and learn new skills, while babies can enjoy the colourful crèche surroundings. This session will include opportunities to make baby hand and foot prints with paints.

Just turn up! No booking required.

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**Thurs 19<sup>th</sup> April 2012, 12.15pm – 1.30pm** Car/Road safety with Pam Jones

All first time mums and dads with babies under 8 months are welcome. Supported by a Nursery Nurse from the Health Visiting team who is available for any questions you may have. Meet other first time mums and dads, share experiences and learn new skills, while babies can enjoy the colourful crèche surroundings. This session will include information about car and road safety.

Just turn up! No booking required.

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**Thurs 26<sup>th</sup> April 2012, 12.15pm – 1.30pm** Yoga with your baby, with Catherine Albert

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