

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|---|--|---|---|--|
| <p><b>Cygnets</b>★<br/>09:30-12:30<br/><b>Learn &amp; Play Music &amp; Movement Toddler</b><br/>10:00-10:45<br/><b>Learn &amp; Play Active</b><br/>11:00-11:45<br/><b>Learn &amp; Play Tiny Talkers</b><br/>12:00-12:45<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>2</b></p>  | <p>Ravensbourne Community Midwife Clinic ★<br/>09:00-16:30<br/><b>Learn &amp; Play Creative</b><br/>10:00-10:45<br/><b>Parent &amp; Baby Yoga</b>★<br/>10:00-11:00<br/><b>Learn &amp; Play Music &amp; Movement Baby (0-12 months)</b><br/>11:00-11:45<br/><b>Learn &amp; Play Baby Sensory</b><br/>12:00-12:45<br/><b>Child Health Clinic</b><br/>13:30-15:30<br/><b>Family Free Play</b><br/>14:00-16:00</p> <p><b>3</b></p>  | <p><b>Child Health Development Checks</b>★<br/>09:00-13:00<br/><b>Childminder Drop In</b><br/>10:00-12:00<br/><b>Music &amp; Movement Baby</b>★<br/>13:15-14:05<br/><b>Music &amp; Movement Toddler</b>★<br/>14:20-15:00<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>4</b></p>  | <p><b>The Nurture Programme</b>★●<br/>09:30-11:30<br/><b>Learn &amp; Play Creative Baby</b><br/>14:00-15:00</p> <p><b>5</b></p>   | <p><b>Child Health Development Checks</b>★<br/>09:00-13:00<br/><b>Learn &amp; Play Creative</b><br/>10:00-11:00<br/><b>Family Support Drop In</b><br/>11:00-13:00<br/><b>Winners Cookery</b>★●<br/>11:45-13:30<br/><b>Learn &amp; Play Toddler Explore</b><br/>14:00-15:00</p> <p><b>6</b></p>  | <p><b>Family Sport</b>★<br/>10:00-11:00<br/><b>Family Sport</b>★<br/>11:00-12:00</p> <p><b>7</b></p>   |
| <p><b>Cygnets</b>★<br/>09:30-12:30<br/><b>Speech &amp; Language Therapy Drop In</b><br/>10:00-12:00<br/><b>Learn &amp; Play Music &amp; Movement Toddler</b><br/>10:00-10:45<br/><b>Learn &amp; Play Active</b><br/>11:00-11:45<br/><b>Learn &amp; Play Tiny Talkers</b><br/>12:00-12:45<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>9</b></p> | <p>Ravensbourne Community Midwife Clinic ★<br/>09:00-16:30<br/><b>Learn &amp; Play Creative</b><br/>10:00-10:45<br/><b>Parent &amp; Baby Yoga</b>★<br/>10:00-11:00<br/><b>Learn &amp; Play Music &amp; Movement Baby (0-12 months)</b><br/>11:00-11:45<br/><b>Learn &amp; Play Baby Sensory</b><br/>12:00-12:45<br/><b>Child Health Clinic</b><br/>13:30-15:30<br/><b>Family Free Play</b><br/>14:00-16:00</p> <p><b>10</b></p> | <p><b>Child Health Development Checks</b>★<br/>09:00-13:00<br/><b>Childminder Drop In</b><br/>10:00-12:00<br/><b>Music &amp; Movement Baby</b>★<br/>13:15-14:05<br/><b>Music &amp; Movement Toddler</b>★<br/>14:20-15:00<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>11</b></p> | <p><b>The Nurture Programme</b>★●<br/>09:30-11:30<br/><b>Learn &amp; Play Creative Baby</b><br/>14:00-15:00</p> <p><b>12</b></p>  | <p><b>Child Health Development Checks</b>★<br/>09:00-13:00<br/><b>Learn &amp; Play Creative</b><br/>10:00-11:00<br/><b>Winners Cookery</b>★●<br/>11:45-13:30<br/><b>Learn &amp; Play Toddler Explore</b><br/>14:00-15:00</p> <p><b>13</b></p>   | <p><b>Family Sport</b>★<br/>10:00-11:00<br/><b>Family Sport</b>★<br/>11:00-12:00<br/><b>Midwife Parent Education Session</b>★<br/>10:00-12:00</p> <p><b>14</b></p> |
| <p><b>Cygnets</b>★<br/>09:30-12:30<br/><b>Learn &amp; Play Music &amp; Movement Toddler</b><br/>10:00-10:45<br/><b>Learn &amp; Play Active</b><br/>11:00-11:45<br/><b>Learn &amp; Play Tiny Talkers</b><br/>12:00-12:45<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>16</b></p>   | <p>Ravensbourne Community Midwife Clinic ★<br/>09:00-16:30<br/><b>Learn &amp; Play Creative</b><br/>10:00-10:45<br/><b>Parent &amp; Baby Yoga</b>★<br/>10:00-11:00<br/><b>Learn &amp; Play Music &amp; Movement Baby (0-12 months)</b><br/>11:00-11:45<br/><b>Learn &amp; Play Baby Sensory</b><br/>12:00-12:45<br/><b>Child Health Clinic</b><br/>13:30-15:30<br/><b>Family Free Play</b><br/>14:00-16:00</p> <p><b>17</b></p> | <p><b>Child Health Development Checks</b>★<br/>09:00-13:00<br/><b>Childminder Drop In</b><br/>10:00-12:00<br/><b>Music &amp; Movement Baby</b>★<br/>13:15-14:05<br/><b>Music &amp; Movement Toddler</b>★<br/>14:20-15:00<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>18</b></p> | <p><b>Birth Registration</b>★<br/>09:00-17:00<br/><b>The Nurture Programme</b>★●<br/>09:30-11:30<br/><b>Learn &amp; Play Creative Baby</b><br/>14:00-15:00</p> <p><b>19</b></p> | <p><b>Child Health Development Checks</b>★<br/>09:00-13:00<br/><b>Learn &amp; Play Creative</b><br/>10:00-11:00<br/><b>Family Support Drop In</b><br/>11:00-13:00<br/><b>Winners Cookery</b>★●<br/>11:45-13:30<br/><b>Learn &amp; Play Toddler Explore</b><br/>14:00-15:00</p> <p><b>20</b></p> | <p><b>Family Sport</b>★<br/>10:00-11:00<br/><b>Family Sport</b>★<br/>11:00-12:00</p> <p><b>21</b></p>  |
| <p><b>Cygnets</b>★<br/>09:30-12:30<br/><b>Dietitian Drop In</b><br/>09:30-12:30<br/><b>Learn &amp; Play Music &amp; Movement Toddler</b><br/>10:00-10:45<br/><b>Learn &amp; Play Active</b><br/>11:00-11:45<br/><b>Learn &amp; Play Tiny Talkers</b><br/>12:00-12:45<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>23</b></p>                    | <p>Ravensbourne Community Midwife Clinic ★<br/>09:00-16:30<br/><b>Learn &amp; Play Creative</b><br/>10:00-10:45<br/><b>Learn &amp; Play Music &amp; Movement Baby (0-12 months)</b><br/>11:00-11:45<br/><b>Learn &amp; Play Baby Sensory</b><br/>12:00-12:45<br/><b>Child Health Clinic</b><br/>13:30-15:30<br/><b>Family Free Play</b><br/>14:00-16:00</p> <p><b>24</b></p>  | <p><b>Child Health Development Checks</b>★<br/>09:00-13:00<br/><b>Childminder Drop In</b><br/>10:00-12:00<br/><b>Music &amp; Movement Baby</b>★<br/>13:15-14:05<br/><b>Music &amp; Movement Toddler</b>★<br/>14:20-15:00<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>25</b></p> | <p><b>The Nurture Programme</b>★●<br/>09:30-11:30<br/><b>Learn &amp; Play Creative Baby</b><br/>14:00-15:00</p> <p><b>26</b></p>  | <p><b>Child Health Development Checks</b>★<br/>09:00-13:00<br/><b>Learn &amp; Play Creative</b><br/>10:00-11:00<br/><b>Winners Cookery</b>★●<br/>11:45-13:30<br/><b>Learn &amp; Play Toddler Explore</b><br/>14:00-15:00</p> <p><b>27</b></p>   | <p><b>28</b></p>   |
| <p><b>Cygnets</b>★<br/>09:30-12:30<br/><b>Learn &amp; Play Music &amp; Movement Toddler</b><br/>10:00-10:45<br/><b>Learn &amp; Play Active</b><br/>11:00-11:45<br/><b>Learn &amp; Play Tiny Talkers</b><br/>12:00-12:45<br/><b>After School Play</b><br/>15:15-16:30</p> <p><b>30</b></p>   | <p>Ravensbourne Community Midwife Clinic ★<br/>09:00-16:30<br/><b>Learn &amp; Play Creative</b><br/>10:00-10:45<br/><b>Learn &amp; Play Music &amp; Movement Baby (0-12 months)</b><br/>11:00-11:45<br/><b>Learn &amp; Play Baby Sensory</b><br/>12:00-12:45<br/><b>Child Health Clinic</b><br/>13:30-15:30<br/><b>Family Free Play</b><br/>14:00-16:00</p> <p><b>31</b></p>  | <p>Please note that 'Free Play' sessions are un-facilitated; but 'Learn &amp; Play' sessions are facilitated by a crèche worker</p>  | <p>Our Sensory Room is available to book Monday - Friday between 09:00-16:00 (★)</p>  |   |  |

Activities marked with a ★ must be booked in advance. Crèches are only available for activities marked with a ●  
Please note that 'Free Play' sessions are un-facilitated, but 'Learn and Play' sessions are facilitated by crèche workers.

## Centre Update.....

We have lots of great new courses and sessions coming up in April as we enter into a new year of activities. Please keep an eye out for further information about these!



**Remember to follow us on Facebook. Search 'The Bromley Children Project' for regular updates on activities and courses for all our centres!**

## What's on this month.....

### ***New In March***

#### **Saturday Sports (Need to book)**

A fun and active session for the whole family.  
Saturday 7th, 14th & 21st March—10:00-11:00 and 11:00-12:00

#### **Learn & Play Active**

This session encourages children to be active, play games as part of a team and learn new sports.  
Every Monday in March—11:00-11:45

#### **Learn & Play Tiny Talkers**

A play session with a book focus. The session aims to encourage communication and language.  
Every Monday in March—12:00-12:45

#### **Learn & Play Creative**

Children can enjoy messy play, exploring new textures and getting messy and a variety of arts and crafts.  
Every Tuesday in March—10:00-10:45

#### **Learn & Play Baby Sensory**

The sensory experience enables your baby to understand how things feel, smell and taste whilst supporting their physical development.  
Every Tuesday in March—12:00-12:45

#### **Learn & Play Toddler Explore**

This weekly session provides pre-walkers the chance to explore objects and raw materials, such as sand, water, foam, dough and much more in a free unrestricted way.  
Every Friday in March—14:00-15:00

*There are many other sessions for you and your child to attend and have fun. Please look at the timetable or speak to a member of staff to book your place. Book early to avoid disappointment.*

## How to find us.....

Biggin Hill Children & Family Centre is situated along Sunningvale Avenue. Coming by car from Bromley please avoid coming along Sunningvale Avenue from Main Road (A233) due to this part of Sunningvale being unmade. Instead, continue along Main Road until you get to a set of traffic lights. At the lights turn right into Stock Hill and then at the bottom of the hill take the first left into Sunningvale Avenue. You'll find us on the right just after Churchside Close.

If you're travelling by bus take the 320 and get off at the last stop by the Rosehill Road shops. Walk a few minutes from the shops to the end of Rosehill Road then turn right and walk up Sunningvale Avenue until you arrive at the centre. Alternatively, route 464 also stops very close to the centre on Sunningvale Avenue.

[www.bromley.gov.uk/bromleychildrenproject](http://www.bromley.gov.uk/bromleychildrenproject)



## BIGGIN HILL

# CHILDREN AND FAMILY CENTRE

## March 2020

## TIMETABLE

**Biggin Hill Children and Family Centre**

**Sunningvale Avenue**

**TN16 3TN**

**01959 571 694 | 07738 801892**