

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ESOL★● 09:30-11:30</p> <p>Family Support Drop In 10:00-12:00</p> <p>Job Seeking Skills★● 11:45-13:30</p> <p>Game Boxes★● 11:45-13:30</p> <p>Music &amp; Movement Toddler★ 13:35-14:15</p> <p>Learn &amp; Play Messy Toddlers 14:00-15:00</p> <p>Music &amp; Movement Baby★ 14:30-15:20</p> <p>After School Play 15:00-16:30</p> <p style="text-align: center; font-size: 48px;">2</p>	<p>Positive Parenting Skills★● 09:30-11.30</p> <p>Understanding Anger in the Family Unit★● 11:30-13:30</p> <p>Let's Play Sports★ 13:30-14:30</p> <p>Learn &amp; Play Messy Babies 14:00-15:00</p> <p style="text-align: center; font-size: 48px;">3</p>	<p>Child Health Development Checks★ 09:00-17:00</p> <p>Childminder Drop In 09:30-11:00</p> <p>Learning Language through Play★ 13:00-14:00</p> <p style="text-align: center; font-size: 48px;">4</p>	<p>Housing Drop In 09:00-12:00</p> <p>Midwives Clinic★ 09:00-17:00</p> <p>Child Health Clinic 09:30-12:00</p> <p>Learn &amp; Play Little Explorers 10:00-10:45</p> <p>Learn &amp; Play Creative 11:00-11:45</p> <p>Learn &amp; Play Music &amp; Movement Baby 12:00-12:45</p> <p>After School Play 15:00-16:30</p> <p>Teen Talk★ 18:00-20:00</p> <p style="text-align: center; font-size: 48px;">5</p>	<p>Midwives Clinic★ 09:00-15:00</p> <p>Baby Massage★ 10:00-11:00</p> <p>Learn &amp; Play Active 10:00-10:45</p> <p>Learn &amp; Play Music &amp; Movement Toddler 11:00-11:45</p> <p>Learn &amp; Play Creative 12:00-12:45</p> <p style="text-align: center; font-size: 48px;">6</p>	<p>New Forest Parenting Programme★ 10:00-12:00</p> <p style="text-align: center; font-size: 48px;">7</p>
<p>ESOL★● 09:30-11:30</p> <p>Family Support Drop In 10:00-12:00</p> <p>Job Seeking Skills★● 11:45-13:30</p> <p>Game Boxes★● 11:45-13:30</p> <p>Music &amp; Movement Toddler★ 13:35-14:15</p> <p>Learn &amp; Play Messy Toddlers 14:00-15:00</p> <p>Music &amp; Movement Baby★ 14:30-15:20</p> <p>After School Play 15:00-16:30</p> <p style="text-align: center; font-size: 48px;">9</p>	<p>Positive Parenting Skills★● 09:30-11.30</p> <p>Understanding Anger in the Family Unit★● 11:30-13:30</p> <p>Speech &amp; Language Therapy Drop In 13:00-15:00</p> <p>Let's Play Sports★ 13:30-14:30</p> <p>Learn &amp; Play Messy Babies 14:00-15:00</p> <p style="text-align: center; font-size: 48px;">10</p>	<p>Child Health Development Checks★ 09:00-17:00</p> <p>Childminder Drop In 09:30-11:00</p> <p>Learning Language through Play★ 13:00-14:00</p> <p style="text-align: center; font-size: 48px;">11</p>	<p>Midwives Clinic★ 09:00-17:00</p> <p>Child Health Clinic 09:30-12:00</p> <p>Learn &amp; Play Little Explorers 10:00-10:45</p> <p>Learn &amp; Play Creative 11:00-11:45</p> <p>Learn &amp; Play Music &amp; Movement Baby 12:00-12:45</p> <p>After School Play 15:00-16:30</p> <p>Teen Talk★ 18:00-20:00</p> <p style="text-align: center; font-size: 48px;">12</p>	<p>Midwives Clinic★ 09:00-15:00</p> <p>Baby Massage★ 10:00-11:00</p> <p>Learn &amp; Play Active 10:00-10:45</p> <p>Learn &amp; Play Music &amp; Movement Toddler 11:00-11:45</p> <p>Learn &amp; Play Creative 12:00-12:45</p> <p style="text-align: center; font-size: 48px;">13</p>	<p>New Forest Parenting Programme★ 10:00-12:00</p> <p style="text-align: center; font-size: 48px;">14</p>
<p>ESOL★● 09:30-11:30</p> <p>Family Support Drop In 10:00-12:00</p> <p>Job Seeking Skills★● 11:45-13:30</p> <p>Game Boxes★● 11:45-13:30</p> <p>Music &amp; Movement Toddler★ 13:35-14:15</p> <p>Learn &amp; Play Messy Toddlers 14:00-15:00</p> <p>Music &amp; Movement Baby★ 14:30-15:20</p> <p>After School Play 15:00-16:30</p> <p style="text-align: center; font-size: 48px;">16</p>	<p>Positive Parenting Skills★● 09:30-11.30</p> <p>Understanding Anger in the Family Unit★● 11:30-13:30</p> <p>Dietitian Drop In 12:00-15:00</p> <p>Let's Play Sports★ 13:30-14:30</p> <p>Learn &amp; Play Messy Babies 14:00-15:00</p> <p style="text-align: center; font-size: 48px;">17</p>	<p>Child Health Development Checks★ 09:00-17:00</p> <p>Childminder Drop In 09:30-11:00</p> <p>Learning Language through Play★ 13:00-14:00</p> <p style="text-align: center; font-size: 48px;">18</p>	<p>Housing Drop In 09:00-12:00</p> <p>Midwives Clinic★ 09:00-17:00</p> <p>Child Health Clinic 09:30-12:00</p> <p>Learn &amp; Play Little Explorers 10:00-10:45</p> <p>Learn &amp; Play Creative 11:00-11:45</p> <p>Learn &amp; Play Music &amp; Movement Baby 12:00-12:45</p> <p>After School Play 15:00-16:30</p> <p>Teen Talk★ 18:00-20:00</p> <p style="text-align: center; font-size: 48px;">19</p>	<p>Midwives Clinic★ 09:00-15:00</p> <p>Learn &amp; Play Active 10:00-10:45</p> <p>Baby Massage★ 10:00-11:00</p> <p>Learn &amp; Play Music &amp; Movement Toddler 11:00-11:45</p> <p>Learn &amp; Play Creative 12:00-12:45</p> <p style="text-align: center; font-size: 48px;">20</p>	<p>Midwife Parent Education★ 10:00-12:00</p> <p style="text-align: center; font-size: 48px;">21</p>
<p>ESOL★● 09:30-11:30</p> <p>Family Support Drop In 10:00-12:00</p> <p>Job Seeking Skills★● 11:45-13:30</p> <p>Game Boxes★● 11:45-13:30</p> <p>Music &amp; Movement Toddler★ 13:35-14:15</p> <p>Learn &amp; Play Messy Toddlers 14:00-15:00</p> <p>Music &amp; Movement Baby★ 14:30-15:20</p> <p>After School Play 15:00-16:30</p> <p style="text-align: center; font-size: 48px;">23</p>	<p>Positive Parenting Skills★● 09:30-11.30</p> <p>Understanding Anger in the Family Unit★● 11:30-13:30</p> <p>Learn &amp; Play Messy Babies 14:00-15:00</p> <p style="text-align: center; font-size: 48px;">24</p>	<p>Child Health Development Checks★ 09:00-17:00</p> <p>Childminder Drop In 09:30-11:00</p> <p style="text-align: center; font-size: 48px;">25</p>	<p>Midwives Clinic★ 9:00-17:00</p> <p>Child Health Clinic 09:30-12:00</p> <p>Learn &amp; Play Little Explorers 10:00-10:45</p> <p>Learn &amp; Play Creative 11:00-11:45</p> <p>Learn &amp; Play Music &amp; Movement Baby 12:00-12:45</p> <p>After School Play 15:00-16:30</p> <p>Teen Talk★ 18:00-20:00</p> <p style="text-align: center; font-size: 48px;">26</p>	<p>Midwives Clinic★ 09:00-15:00</p> <p>Learn &amp; Play Active 10:00-10:45</p> <p>Learn &amp; Play Music &amp; Movement Toddler 11:00-11:45</p> <p>Learn &amp; Play Creative 12:00-12:45</p> <p style="text-align: center; font-size: 48px;">27</p>	<p style="text-align: center; font-size: 48px;">28</p>
<p>Family Support Drop In 10:00-12:00</p> <p>Job Seeking Skills★● 11:45-13:30</p> <p>Game Boxes★● 11:45-13:30</p> <p>Music &amp; Movement Toddler★ 13:35-14:15</p> <p>Learn &amp; Play Messy Toddlers 14:00-15:00</p> <p>Music &amp; Movement Baby★ 14:30-15:20</p> <p>After School Play 15:00-16:30</p> <p style="text-align: center; font-size: 48px;">30</p>	<p>Learn &amp; Play Messy Babies 14:00-15:00</p> <p style="text-align: center; font-size: 48px;">31</p>		<p>Sensory Room★ is bookable Monday-Friday 09:30-16:00 Please contact the centre to check availability</p>	<p>Swap Shop is available Monday-Friday 09.30-16:30</p>	<p>Public Access Computer★ is available Tuesdays, Wednesdays &amp; Fridays 09:30-16:30</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 unfacilitated, but 'Learn and Play' sessions are facilitated by crèche workers.

## Centre Update.....

Hello everyone, we hope you are all well!

There are lots of new and exciting things coming up at the centre, so keep up to date by popping in and speaking to a member of staff or to pick up your timetable.



Don't forget the Sensory Room is open every day from 9.30am to 4 pm for you to spend some quality time with your children. Make use of the soft play, sensory lights and toys and please call the centre on 0208 857 1185 to book a space.

## What's coming up in the centre.....

**Learn and Play Little Explorers on Thursdays 10:00 – 10:45.** A Drop – In session for children to play and explore a range of focus activities that will support their development. Explore various different sensory trays containing a range of hidden objects. A fun interactive session, ideal for toddlers to share and explore.

### **Learn and Play Active 0-5 years on Fridays, 10:00-10:45**

This play session is designed to encourage children to become active, with a range of soft play activities for children to explore freely, including tunnels, parachutes and soft play balls for children to explore and help promote physical development.

### Drop In Sessions

**Dietitian Drop –In 0-5 years, Tuesday 17<sup>th</sup> March 12:00 – 15:00.**

**Speech and Language Drop In, Tuesday 10<sup>th</sup> March 13:00 – 15:00.**

(These sessions work on a first come first serve basis and no more than 6 children will be seen)

**Housing Drop In, Thursday 5<sup>th</sup> and 19<sup>th</sup> March 09:30 – 12:00.**

## How to find us.....

The bus stops nearest the centre are on Dunkery Road for routes 124, 126, 161, 273, 638, and 661, or on Elmstead Lane for route 314.

The nearest train stations are Elmstead Woods, Mottingham and Grove Park.

From Dunkery Road, walk to Beaconsfield Road, continue up the road and turn right into Castlecombe Road.

From Elmstead Lane turn into St Keverne Road then take the second left into Castlecombe Road and we are on the left, just over the cross with Beaconsfield Road.

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



## CASTLECOMBE

## CHILDREN AND FAMILY CENTRE

### March 2020

### TIMETABLE

Castlecombe Children and Family Centre

Castlecombe Road

Mottingham

SE9 4AT

020 8857 1185 / 07715 050789

[castlecombefc@bromley.gov.uk](mailto:castlecombefc@bromley.gov.uk)