

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>New Forest Parenting Programme ★●</b> 09:30-11:30</p> <p><b>Story Boxes ★●</b> 09:30-11:30</p> <p><b>Learn &amp; Play Explore</b> 12:00-13:00</p> <p><b>Family Support Drop-In</b> 13:00-15:00</p> <p><b>Learn &amp; Play Creative</b> 14:00-15:00</p> <p><b>Family Board Games</b> 15:30-16:30</p>	<p><b>The Nurturing Programme ★●</b> 09:30-11:30</p> <p><b>Personal Development ★●</b> 11:45-13:30</p> <p><b>Dietitian Drop-In</b> (6 max, first come, first served) 14:00-17:00</p> <p><b>Learn &amp; Play Messy Toddler (12m+)</b> 14:00-15:00</p>	<p><b>Childminder Drop-In</b> 09:30-11:30</p> <p><b>Midwives Clinic ★</b> 09:30-17:00</p> <p><b>Music &amp; Movement Toddler (12m+) ★</b> 10:00-10:40</p> <p><b>Music &amp; Movement Baby (0-12 Months) ★</b> 11:00-11:50</p> <p><b>Let's Play Sports (Outside)</b> 13:30-14:30</p>	<p><b>Strengthening Families ★</b> 09:30-12:30</p> <p><b>Learn &amp; Play Tiny Talkers</b> 10:00-10:45</p> <p><b>Learn &amp; Play Music &amp; Movement Toddler (12m+)</b> 11:00-11:45</p> <p><b>Learn &amp; Play Active</b> 12:00-12:45</p> <p><b>Parent &amp; Baby Yoga ★</b> 13:30-14:30</p>	<p><b>Child Health Clinic</b> 09:30-11:30</p> <p><b>Learn &amp; Play Baby Sensory (0-12 months)</b> 10:00-10:45</p> <p><b>Learn &amp; Play Music &amp; Movement Baby (0-12 Months)</b> 11:00-11:45</p> <p><b>Learn &amp; Play Creative</b> 12:00-12:45</p> <p><b>Construction Club</b> 15:30-16:30</p>	<p><b>Strengthening Families ★</b> 10:00-13:00</p>
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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.



THE LONDON BOROUGH  
www.bromley.gov.uk

## Centre Update.....

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

As we are entering Spring season we are looking to revamp our little outdoor space again. Look out for the special sessions where you can come and get involved too. Last year our space was filled with lots of different colours; this year we would like to go bigger!

As April approaches and the new financial year begins we will see the return of lots of amazing and useful course and sessions. If there are any sessions that you would like to join or know more about, then please speak to a member of our team.

In addition to this, please keep your eyes peeled for further info in and around the Centre too.

## What's on this winter.....

We have spaces available on all of the following courses:

### Family Sports

From 21st March 2020 for 3 weeks

Saturdays

10:00 –11:00 and 11:00-12:00

Parent & Baby Yoga \*

5th March 2020 for 4 weeks

Thursdays

13:30-14:30

\*Limited Availability

### Let's Play Sports

Every Wednesday through March

13:30-14:30

Speech & Language Drop-In \*

3rd Thursday of each month (19th March 2020)

\*6 available places, first come first served

Get in contact with us to book your place now and avoid disappointment. If you have any ideas on sessions that you might like to see running at the centre then let us know!

## How to find us.....

Cotmandene Children and Family Centre is located in a parade of shops on Cotmandene Crescent.

### Directions from Chipperfield Road

The closest bus stops are located on Chipperfield Road (B14, R11 and R1). From Chipperfield Road bus stop turn into Cotmandene Crescent and the centre is just after the Co-op on the left hand side.

### Directions from Sevenoaks Way

There are bus stops located on Sevenoaks Way (51, B14, R11). From Sevenoaks Way follow Broomwood Road and the centre is located where the road turns into Cotmandene Crescent on the right hand side.

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



# COTMANDENE CHILDREN AND FAMILY CENTRE

## MARCH 2020 TIMETABLE

Cotmandene Children and Family Centre  
105-107 Cotmandene Crescent  
St Paul's Cray  
BR5 2RB

020 8300 2548 | 07866 924 204

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