### Hodge Hill Children’s Centres Activity Calendar

#### Mornings...

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Family Fitness (Physical Fizz) 9:30am – 10:30am (Shard End Library)</td>
<td>Family Fitness (Physical Fizz) 9:15am – 10:15am (St Cuthbert’s Primary School)</td>
<td>Promoting Happier Parenting (PHP) 9:30am – 11:00am</td>
<td>Approachable Parenting Booking necessary 9:00am – 11:00am 10th January until 13th March (Highfield Nursery)</td>
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<tr>
<td>Little Talkers Speech and Language 9:30am – 11:00am (Tame Valley CC)</td>
<td>Emotional Wellbeing Group Referral only 9:30am – 11:30am (Tame Valley Nursery)</td>
<td>Incredible Years (Parenting Course) 9:15am – 11:15am 15th January until 6th May (St Cuthbert’s Primary School) Please book in advance</td>
<td>Stay and Play (Scrap Project) Invitation only 6 week programme 9:30am – 11:30am (Anthony Road CC)</td>
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<tr>
<td>Emotional Wellbeing Group Referral only 9:30am – 11:30am (Waverley School )</td>
<td>HENRY (Healthy Eating and Nutrition in the Really Young) Booking necessary 9:30am – 11:30am (Dyson Gardens)</td>
<td>KIDS Family Group 9:30am – 11:30am (Dyson Gardens)</td>
<td>Basic ESOL 9:30am – 11:30am (Tame Valley CC)</td>
<td>Incredible Years (Parenting Course) 9:30am – 11:00am 17th January until 8th May (Firs Primary School ) Please book in advance</td>
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<tr>
<td>Baby Group (Under 2's) 10:00am – 11:30am (Anthony Road CC)</td>
<td>Parent and Baby Play for pre-walkers 10:00am – 11:30am (Hodge Hill Primary Care Centre, B36 8GH)</td>
<td>Family Fitness (Physical Fizz) 10:00am – 11:00am (Anthony Road CC)</td>
<td>Family Fitness (Physical Fizz) 10:00am – 11:00am (Tame Valley CC)</td>
<td>Baby Group (Under 2’s) 9:30am – 11:00am (Anthony Road CC)</td>
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<tr>
<td>Baby Group (Under 2’s) 10:00am – 11:30am (Kitts Green CC)</td>
<td>Musical Babies (Under1s) 10:00am – 11:00am (Anthony Road CC)</td>
<td>Baby Group (Under 2’s) 10:00am – 11:30am (Kitts Green CC)</td>
<td>Parent Forum 30th January 2020</td>
<td>Family Fitness (Physical Fizz) 10:00am – 11:00am (Kitts Green CC)</td>
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<tr>
<td>ESOL Childcare available 10:00am – 12:00noon (Dyson Gardens)</td>
<td>Childcare Level 1 9:30am – 2:30pm (Kitts Green CC)</td>
<td>ESOL - Pre-Entry Level 10:00am – 12:00noon (Dyson Gardens)</td>
<td>ESOL - Pre-Entry Level 10:00am – 12:00noon (Dyson Gardens)</td>
<td>Little Talkers Speech and Language (invitation or referral only) 10:00am – 11:30am (Kitts Green CC)</td>
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<tr>
<td>Baby Massage 10:00am – 12:00noon (Tame Valley CC)</td>
<td>Job Club 10:00am – 12:00noon (Anthony Road CC)</td>
<td>Job Club 10:00am – 12:00noon (Dyson Gardens)</td>
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<tr>
<td>Bump and Babies Lounge for parents to be and parents with under 1’s 10:00am – 12:00noon (Tame Valley CC)</td>
<td>Breastfeeding Lounge/ Drop-In 11:00am – 1:00pm (Shard End Wellbeing Centre)</td>
<td>Volunteer With Us Call Natalie on 0121 752 1930 to find out more about Volunteering</td>
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**Jan/Winter 2020**
### Hodge Hill Children’s Centres Activity Calendar

#### Monday
- **FAB Stay & Play**  
  (Run by parents)  
  12:00noon – 2:00 pm  
  (Tame Valley CC)
- **Family Fitness (Physical Fizz)**  
  1:00pm – 2:00pm  
  (Dyson Gardens)
- **HENRY (Healthy Eating and Nutrition in the Really Young)**  
  1:00pm – 3:00pm  
  (Anthony Road CC)
- **Employment Workshops**  
  To be held monthly  
  Contact Zahida (752 1930) or Gurdip (752 1280) for more information
- **Job Club**  
  Please book in advance  
  1:30pm – 3:00pm  
  (Starbank School)
- **Mindfulness Session**  
  (5 week course)  
  Begins 6th January  
  1:00pm – 3:00pm  
  (Kitts Green CC)
- **Job Fair**  
  30th January  
  2:00pm - 4:30pm  
  (Ward End Library)

#### Afternoons...
- **Recovery Toolkit**  
  12:45pm – 2:45pm  
  Begins 14th January  
  (Anthony Road CC)
- **Hodge Hill District Children’s Centres**  
  Anthony Road  
  Children’s Centre  
  80 Anthony Road, B8 3AA  
  Tel: 0121 752 1930
- **Little Talkers Speech and Language**  
  (by invitation or referral only)  
  1:00pm – 2:30pm  
  (Anthony Road CC)
- **Baby Group**  
  (Under 2’s)  
  1:00pm – 2:30pm  
  (Dyson Gardens)
- **Family Fitness (Physical Fizz)**  
  2:00pm – 3:00pm  
  (Saltley Wellbeing Centre)
- **Baby Massage**  
  1:00pm – 3:00pm  
  (Dyson Gardens)
- **Basic ESOL**  
  1:00pm – 3:00pm  
  (Anthony Road CC)

#### Wednesday
- **Baby Massage**  
  Booking necessary  
  1:30pm – 3:00pm  
  Begins 15th January  
  (Kitts Green CC)
- **HENRY (Healthy Eating and Nutrition in the Really Young)**  
  12:30pm – 2:30pm  
  (Highfield Nursery)
- **Solihull Approach**  
  1:00pm – 3:00pm  
  Begins 27th February  
  (Tame Valley CC)
- **Wellbeing Session**  
  (5 week course)  
  1:00pm – 3:00pm  
  (Tame Valley CC)
- **Digital Families IT Course**  
  1:00pm – 3:00pm  
  (Dyson Gardens)
- **Musical Babies**  
  Under1s  
  (by invitation or referral only)  
  1:00pm – 2:00pm  
  (Kitts Green CC)
- **Family Fitness (Physical Fizz)**  
  2:00pm – 3:00pm  
  (Saltley Wellbeing Centre)

#### Thursday
- **HENRY (Healthy Eating and Nutrition in the Really Young)**  
  12:30pm – 2:30pm  
  (Highfield Nursery)
- **Solihull Approach**  
  1:00pm – 3:00pm  
  Begins 27th February  
  (Tame Valley CC)
- **HENRY (Healthy Eating and Nutrition in the Really Young)**  
  12:30pm – 2:30pm  
  (Highfield Nursery)
- **Wellbeing Session**  
  (5 week course)  
  1:00pm – 3:00pm  
  (Tame Valley CC)
- **Digital Families IT Course**  
  1:00pm – 3:00pm  
  (Dyson Gardens)
- **Musical Babies**  
  Under1s  
  (by invitation or referral only)  
  1:00pm – 2:00pm  
  (Kitts Green CC)

#### Friday
- **Creative Kids Play Group**  
  12:00 noon – 2:00pm  
  (Tame Valley CC)
- **Family Fitness (Physical Fizz)**  
  1:00pm – 2:00pm  
  (Saltley Wellbeing Centre)

#### Community Activity Locations
- **Firs Primary School**  
  Dreghorn Road, B36 8LL
- **Highfield Nursery**  
  Highfield Road, B36 8QF
- **Hillstone Primary School**  
  Hillstone Road, B34 7PY
- **Hodge Hill PCT**  
  (Primary Care Centre)  
  Chillinghome Road, B36 8QJ
- **Shard End Wellbeing Centre**  
  170 Packington Ave, B34 7RD
- **Tame Valley Nursery**  
  Chillinghome Road, B36 8QJ
- **St Cuthbert’s Primary School**  
  Gumbleberry’s Close, B8 2PS
- **Ward End Library**  
  Washwood Heath Rd, B8 2HF
- **Waverley School**  
  311 Yardley Green Rd, B9 5QA

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**Please be advised that Activities / Sessions are Term Time only**

### School Holidays

**Spring Half Term:**  
17th February to 21st February

**Easter Holidays:**  
5th April to 17th April