## Perry Barr District
### Activity Calendar - January - March 2020

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>Little Talkers 9:30am—11:00am (Rookery)</td>
<td>Journey To Parenthood 10:00am—11:30am (Rookery)</td>
<td>ESOL with crèche 9:30am - 11:30am (Elim Life Church)</td>
<td>Stay &amp; Play 9:15am - 10:45am (Westminster School)</td>
<td>Terrific 2’s Stay and Play (1-2 year olds) 9:30am—11:00pm (Lime Tree)</td>
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<td>Baby Massage 10:00am - 11:30am (Rookery)</td>
<td>Kids Family Group 9:30am - 11:30am (Rookery)</td>
<td>ESOL with crèche 9:30am - 11:30am (Rookery)</td>
<td>Physical Fizz 10:00am - 11:00am (Laurel Road)</td>
<td>Training &amp; Employment Drop In 9:30am-11:30am (Rookery)</td>
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<td>HENRY Programme with crèche 9:30am—11:30am (Lime Tree)</td>
<td>Breast Feeding Drop In 11:30am - 12:30pm (Rookery)</td>
<td>Family Support Drop In 9:30am - 11:30am (Rookery)</td>
<td>Family Support Drop In 9:30am-11:30am (Lime Tree)</td>
<td>Level 1 Childcare with crèche 9:30am - 11:30am (Rookery)</td>
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<td>Family Support Drop In 9:30—11:30am (Lime Tree)</td>
<td>English Classes with crèche 9:30am - 11:30am (Rookery)</td>
<td>Stay &amp; Play 9:30am - 11:00am (Lime Tree)</td>
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SKILLS, SHARE & PLAY
Skills, Share & Play – a weekly session to support you to help shape your children’s centre’s and the wider community. Come along to share skills and have some fun.
Offering opportunities to volunteer in the children’s centres leading to further training & employment. It is also the place to tell us what services you want in the centre.
There is no need to book, just turn up.
Your opinion matters!
Wednesday - 1:00pm-3:00pm at Rookery
Thursdays - 1:00pm-3:00pm at Lime Tree

TWILIGHT STAY & PLAY
Stay and Play is a fun and stimulating environment where children and their parents/carers can come along and have fun engaging in developmentally appropriate activities which will help to improve your child’s personal, social and emotional skills, physical development and communication and language.
Wednesdays - 3:00pm-4:30pm at Rookery
Wednesdays - 3:00pm-4:30pm at Lime Tree

HEALTHY START VITAMINS
ASK FOR YOURS AT RECEPTION!!

JOURNEY TO PARENTHOOD
Journey to parenthood is an 8 week programme to support with understanding pregnancy, labour, birth and your baby.
It is intended for mothers-to-be, their partners, other family members and those who will be present at the birth of the baby.
The group aims to provide a framework of thinking about parent/baby relationships, which can be developed into a lifelong skill.
A good start in the relationships between the baby and his primary carers will help his brain development, his cognitive development and his social development.
Tuesdays - 9:30am - 11:30am at Rookery

HENRY PROGRAMME
HENRY is a free 8 week programme for parents and carers with children under 5.
You’ll find out about emotional wellbeing, parenting skills, healthy eating, oral health and a more active lifestyle for your family.
Everything you need to help get your little one off to a great start!
Mondays - 9:30am-11:30pm at Lime Tree

TRAINING & EMPLOYMENT DROP IN
Training & Employment Support - a weekly drop-in to help you with:
- CV writing
- Job applications
- Job searches
- Identifying training courses
- Functional skills
- Volunteer opportunities

Thursdays - 9:30am - 11:30am at Lime Tree
Fridays - 9:30am - 11:30am at Rookery

BABY MASSAGE
A fun way to get to know your baby better through massage…….
Its a 5week course run by Instructors who are certified in IAIM Infant Massage and Hands on Babies
Mondays - 10:00am-11:30am at Rookery
Wednesdays - 10:00am-11:30am at Lime Tree

Please bring your child’s red book with you to sessions