

Perry Barr District Activity Calendar - January - March 2020

Monday

Little Talkers
9:30am—11:00am
(Rookery)

Baby Massage
10:00am -11.30am
(Rookery)

HENRY Programme with crèche
9:30am—11:30am
(Lime Tree)

Family Support Drop In
9:30—11:30am
(Lime Tree)

Stay & Play
9.15—10.45am
(Dorrington Academy)
Starts Monday 2nd
March 2020

Approachable Parenting Programme with crèche
1:00pm-3:00pm
(Rookery)

Baby Group
1:00pm-2:30pm
(Lime Tree)



Tuesday

Journey To Parenthood
10.00am—11.30am
(Rookery)

Kids Family Group
9:30am-11:30am
(Rookery)

Breast Feeding Drop In
11:30am - 12:30pm
(Rookery)

English Classes with crèche
9:30am -11:30am
(Lime Tree)

Little Talkers
9:30am—11:00am
(Tower Hill Health Centre)

Physical Fizz
1:00pm - 2:00pm
(Lozells Methodist Church)

Fresh Minds with crèche
1:00pm-3:00pm
(Lime Tree)

Promoting Happier Parenting Programme with crèche
1:00pm-3:00pm
(Lime Tree)

Baby Group
1:00pm-2.30pm
(Rookery)

Wednesday

ESOL with crèche
9:30am -11:30am
(Elim Life Church)

ESOL with crèche
9:30am -11:30am
(Rookery)

Family Support Drop In
9:30am - 11:30am
(Rookery)

Stay & Play
9:30am-11:00am
(Cherry Orchard School)

Baby Massage
10:00am -11.30am
(Lime Tree)

Skills, Share & Play
1:00pm-3:00pm
(Rookery)

Twilight Stay & Play
3.00pm—4.30pm
(Lime Tree/Rookery)

Thursday

Stay & Play
9:15am - 10:45am
(Westminster School)

Physical Fizz
10:00am - 11:00am
(Laurel Road)

Training & Employment Drop In
9.30am-11.30am
(Lime Tree)



Skills, Share & Play
1:00pm-3:00pm
(Lime Tree)

Parent-Led Stay & Play
1:00pm-2:30pm
(Rookery)

Stay and Play
1:30pm—3:00pm
(Welford School)

Friday

Terrific 2's Stay and Play (1-2 year olds)
9:30am—11:00pm
(Lime Tree)

Training & Employment Drop In
9:30am-11:30am
(Rookery)

Level 1 Childcare with crèche
9:30am -11:30am
(Rookery)

Terrific 2's Stay and Play (1-2 year olds)
1:00pm-2:30pm
(Rookery)



- Key:**
- (Rookery)** Children's Centre
60 Mount Pleasant Avenue
Off Rookery Road
B21 9QA
Tel: 0121 752 1840
 - (Lime Tree)** Children's Centre,
Heathfield Road
B19 1HJ
Tel: 0121 752 1900
 - (Lozells Methodist Church)**
Lozells Street, Lozells, B19 2AP
 - (Elim Life Church)**
120 Warren Road, Kingstanding,
B44 8QD
 - (Westminster School)**
Stamford Road, Handsworth, B20 3PN
 - (Welford School)**
Welford Road, Handsworth, B20 2BL
 - (Cherry Orchard School)**
Cherry Orchard Road, Handsworth
Wood, B20 2LB
 - (Laurel Road)**
Community Sports Centre,
Laurel Road, Handsworth, B21 9PB
 - (Tower Hill Health Centre)**
433 Walsall Road, Perry Barr,
B42 1BT
 - (Dorrington Academy)**
Dorrington Road, Perry Barr,
B42 1QR

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**

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**

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**

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**

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**

BE A ROLE MODEL FOR YOUR CHILD BY:

- Encouraging them to eat a variety of foods
- Praise them when they try a new food
- Involving children in food shopping, food preparation and meal times.

Startwell

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**

Find us on **HOOP**



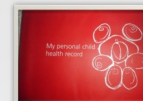
Perry Barr Children's Centres

HEALTHY START VITAMINS



ASK FOR YOURS AT RECEPTION!!

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



Birmingham Community Healthcare
NHS Foundation Trust

