

Community Vision Children & Family Centre Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|
| 1 Bank Holiday Centre Closed | 2 Centre Closed | 3 Birth Registrations★ 09:00-17:00 | 4 Car Seat Safety Checks ★ 09:00-17:00 Links Midwife Clinic★ 10:00-14:30 Story Sacks★● 11:15-13:15 Working With Children★● 11:30-13:15 Learn & Play Active 13:45-14:45 After School Play 15:15-16:15 | 5 ESOL★● 09:15-11:15 New Forest Parenting Programme★● 09:30-11:30 Midwives Clinic★ 09:30-12:00 Freedom Programme★● 11:15-13:15 Young People Support Group★● 11:15-13:15 Learn & Play Creative 13:45-14:45 | 6 |
| 8 Learn & Play Tiny Talkers 09:30-10:30 Midwives Clinic★ 09:30-12:00 Music & Movement Toddler (12m+)★ 10:00-10:40 Learn & Play Creative Baby 10:45-11:45 Child Health Clinic 13:30-15:30 | 9 Learn & Play Active(12m+) 09:30-10:30 Baby Massage★ 10:45-12:00 Learn & Play Music & Movement Baby (0-12m) 10:45-11:45 Young Active Parents★ 12:30-14:30 After School Play 15:15-16:15 Family Kitchen★ 15:15-16:45 | 10 Midwives Clinic★ 09:30-15:00 Breastfeeding Support 10:00-11:30 | 11 Car Seat Safety Checks ★ 09:00-17:00 Positive Parenting Skills★● 09:30-11:30 Links Midwife Clinic★ 10:00-14:30 Story Sacks★● 11:15-13:15 Working With Children★● 11:30-13:15 Learn & Play Active 13:45-14:45 After School Play 15:15-16:15 | 12 ESOL★● 09:15-11:15 New Forest Parenting Programme★● 09:30-11:30 Midwives Clinic★ 09:30-12:00 Freedom Programme★● 11:15-13:15 Young People Support Group★● 11:15-13:15 Learn & Play Creative 13:45-14:45 | 13 Saturday Sport★ 10:00-11:00 11:00-12:00 |
| 15 Learn & Play Tiny Talkers 09:30-10:30 Midwives Clinic★ 09:30-12:00 Music & Movement Toddler (12m+)★ 10:00-10:40 Learn & Play Creative Baby 10:45-11:45 Child Health Clinic 13:30-15:30 | 16 Learn & Play Active(12m+) 09:30-10:30 Baby Massage★ 10:45-12:00 Learn & Play Music & Movement Baby (0-12m) 10:45-11:45 Young Active Parents★ 12:30-14:30 After School Play 15:15-16:15 Family Kitchen★ 15:15-16:45 | 17 Birth Registrations★ 09:00-17:00 Midwives Clinic★ 09:30-15:00 Breastfeeding Support 10:00-11:30 Learning Language Through Play★ 10:00-11:00 | 18 Car Seat Safety Checks ★ 09:00-17:00 Positive Parenting Skills★● 09:30-11:30 Dietitian Drop In 09:30-12:30 Links Midwife Clinic★ 10:00-14:30 Story Sacks★● 11:15-13:15 Working With Children★● 11:30-13:15 Learn & Play Active 13:45-14:45 After School Play 15:15-16:15 | 19 ESOL★● 09:15-11:15 New Forest Parenting Programme★● 09:30-11:30 Midwives Clinic★ 09:30-12:00 Freedom Programme★● 11:15-13:15 Young People Support Group★● 11:15-13:15 Learn & Play Creative 13:45-14:45 | 20 Midwife Parent Education Session ★ 10:00-12:00 Saturday Sport★ 10:00-11:00 11:00-12:00 |
| 22 Learn & Play Tiny Talkers 09:30-10:30 Midwives Clinic★ 09:30-12:00 Music & Movement Toddler (12m+)★ 10:00-10:40 Learn & Play Creative Baby 10:45-11:45 Volunteer Training★ 12:30-14:15 Child Health Clinic 13:30-15:30 | 23 Learn & Play Active(12m+) 09:30-10:30 Basic Life Support (Toddlers)★ 10:30-12:00 Baby Massage★ 10:45-12:00 Learn & Play Music & Movement Baby (0-12m) 10:45-11:45 Talk About....."Common Childhood Illnesses" 11:00-12:30 Young Active Parents★ 12:30-14:30 After School Play 15:15-16:15 Family Kitchen★ 15:15-16:45 | 24 Midwives Clinic★ 09:30-15:00 Breastfeeding Support 10:00-11:30 Learning Language Through Play★ 10:00-11:00 | 25 Car Seat Safety Checks ★ 09:00-17:00 Positive Parenting Skills★● 09:30-11:30 Links Midwife Clinic★ 10:00-14:30 Story Sacks★● 11:15-13:15 Working With Children★● 11:30-13:15 Learn & Play Active 13:45-14:45 After School Play 15:15-16:15 | 26 ESOL★● 09:15-11:15 New Forest Parenting Programme★● 09:30-11:30 Midwives Clinic★ 09:30-12:00 Freedom Programme★● 11:15-13:15 Young People Support Group★● 11:15-13:15 Learn & Play Creative 13:45-14:45 | 27 Saturday Sport★ 10:00-11:00 11:00-12:00 |
| 29 Learn & Play Tiny Talkers 09:30-10:30 Midwives Clinic★ 09:30-12:00 Music & Movement Toddler (12m+)★ 10:00-10:40 Learn & Play Creative Baby 10:45-11:45 Volunteer Training★ 12:30-14:15 Child Health Clinic 13:30-15:30 | 30 Learn & Play Active(12m+) 09:30-10:30 Baby Massage★ 10:45-12:00 Learn & Play Music & Movement Baby (0-12m) 10:45-11:45 Young Active Parents★ 12:30-14:30 After School Play 15:15-16:15 Family Kitchen★ 15:15-16:45 | 31 Birth Registrations★ 09:00-17:00 Midwives Clinic★ 09:30-15:00 Breastfeeding Support 10:00-11:30 Learning Language Through Play★ 10:00-11:00 | Child Development Checks are carried out at the Centre by appointment with the Health Visitors. Please call 020 8315 8766 | | Our Sensory Room is bookable★ Monday-Friday 09:30-15:30 Please contact the centre to check availability |

Centre Update

The staff at **Community Vision Family Centre** would like to Wish You a Very Happy New Year.

Just a reminder....Our Sensory Room is available to book Monday to Friday 09:30 to 15:30, speak to a member of staff to check availability.



What's on this month

NEW for January!

Family Kitchen: Tuesdays 9th January to 13th February - 15:15 to 16:45.

Working With Children: Thursdays 4th January to 8th February - 11:30 to 13:15.

Story Sacks: Thursdays 4th January to 8th February - 11:15 to 13:15.

Volunteer Training: Mondays 22nd January to 19th March - 12:30 to 14:15.

Learning Language Through Play: Wednesdays 17th January to 7th February - 10:00 to 11:00.

Saturday Sports: 13th to 27th January - 10:00 to 11:00 (2 - 3 years) 11:00 to 12:00 (3 - 5 years)

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Call 020 8778 2970 or

Email: Communityvisioncfc@bromley.gov.uk
to book your place

Book early as spaces are limited

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How to find us

From Anerley Station: Bus 432 or 249 to Jasmine Grove and walk to Woodbine Grove

Walking from Anerley station. Head southwest on Ridsdale Rd toward Anerley Rd/A214, take the 1st left onto Anerley Rd/A214, take the 1st left onto Anerley Station Rd, slight left onto Oakfield Rd, take the 2nd right onto Woodbine Grove

From Avenue Road tram stop: Bus 354 to Anerley station or 356 to Avenue Road and walk to Woodbine Grove

Walking from Avenue Road tram stop: Head northwest, Continue straight onto Ave Rd, turn right onto Croydon Rd/A213, turn left onto Howard Rd, turn left onto Maple Rd, turn right onto Graveney Grove, continue onto Woodbine Grove

Other routes: Bus 176, 197 and 227 to Penge West station

Walking from Penge West Station: Head northwest toward Anerley Park, turn left onto Anerley Park, turn left onto Anerley Rd/A214, turn left onto Anerley Station Rd, slight left onto Oakfield Rd, take the 2nd right onto Woodbine Grove.