

COURSES AND WORKSHOPS
For more information ring the Centre

COFFEE AND CONVERSATION-English speaking group
10am-11.30am Fridays at Dorking Halls Coffee bar

UNDERSTANDING CHILDRENS BEHAVIOUR
5 week course run by Family Learning starts on November 6th at West Street
Increase your understanding of how children think and how they learn

EXPLORING COMMUNICATION DEVELOPMENT
3 week workshop looking at language development from birth and how we can support our children to develop good communication skills . Starts October 2nd

TADPOLES Speech and Language sessions
A 3 week group for two year olds and their parents.
Friday mornings 10am-11am. Starts on September 15th

BABY MASSAGE COURSES-4 week course
Baby massage courses run regularly throughout the year at both sites.
These popular sessions can be booked by the Centre.
£15 per course. Ideal for babies under 6 months of age.

BABY FIRST AID
Tuesday 21st November. Goodwyns Road. Cost £15 per person.

TOILET TRAINING WORKSHOP
We run a one hour toilet training advice session each month. It is informal and relaxed and provides an opportunity to ask questions.
This terms dates are: 29th September, 27th October and 24th November
To book yourself in for one of these sessions ring 01306 740095.

ENGLISH for SPEAKERS of OTHER LANGUAGES (ESOL)
Tuesdays and Thursdays at West Street 9.30am-11.30am

COOK AND EAT WORKSHOP-4 week course
Fun and practical sessions looking at easy meals to prepare for the family, healthy options and portion sizes. Starts 17th November

ANXIETY WORKSHOP-3 week course
A 2 week informal workshop which offers practical ideas for managing anxiety. September 15th and 22nd. A third week to share experiences and successes will be on October 20th



**Dorking Nursery School
and Children's Centre**

September-December 2017

AUTUMN

**West Street
Children's Centre Site
(Term time only)**

West Street
Dorking RH4 1BY
01306 882397 or email:
reception@dorking.surrey.sch.uk
Groups start on September 7th
Closed half term 23rd Oct-27th Oct
Last group 14th December

**Goodwyns Road
Children's Centre Site
(All year round)**

Goodwyns Road
Dorking RH4 2LR
01306 740095 or email:
adminrural@dorking.surrey.sch.uk
Centre open 5th September
Groups start on 7th September
Closed Christmas week

A Sure Start Children's Centre

Monday

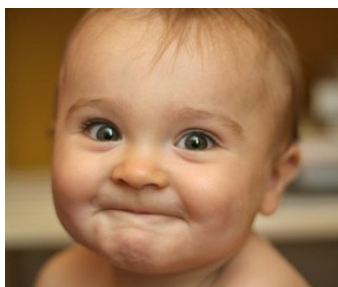
9.45am-11.15am
Exploring Communication Development
3 week course with crèche
Starting 2nd October



9.45am-11.45am
Understanding Children's Behaviour
5 week course with crèche
Starting 6th November



10am-11.45am
Under 5s Stay and Play Drop-in



West Street site

Goodwyns Road site

Tuesday

9.30am-11.30am
ESOL English classes

10am-11.45am
Under 5s Stay and Play Drop-in



1pm-4pm
Midwife Discharge Clinic



1pm-2.30pm
Baby Massage
4 week course
Starts on September 19th
£15 per family

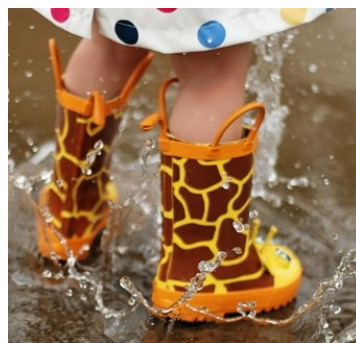
1.30pm-3pm
Post Natal Course
3 week introductory course
for Parents of babies under 6 months
Starts 31st October

1pm-3pm
November 21st
Baby First Aid £15



Wednesday

12.30pm-2.30pm
PND support group
For more information see posters or ask one of the staff
Crèche available



£1.50 donation
for Stay and Play



Vitamins
Healthy Start vitamins available every day at both sites

Thursday

9.30am-11.30am
ESOL English classes

9.30am-11.15am
Under 3s Stay and Play Drop-in



10am-11.45am
Under 5s Stay and Play Drop-in



12pm-12.30pm
Swimming

1pm-2.45pm
Kickers and Crawlers
Drop in session for expectant Mums and babies under 1y

Healthy Weight Clinic
1pm-2.30pm
Appointments booked via health visitors
Feeding Support 1pm-3pm
A member of the 0-19 team can offer advice on breast and bottle feeding
Early weeks (under 16w)
Drop-in clinic 2.30-3.30pm



Friday

9.30am-11.15am
Under 3s Stay and Play Drop-in



10am-11am monthly
Introducing solid foods
2nd Friday of the month
Booking required



12.45pm-2.45pm
Anxiety Workshop
2 week course with crèche
Starts on 15th September

10am-12pm
Cook and Eat
4 week course with crèche
Starts on 17th November

Saturday

10am-2pm
Parent Craft
Book with your Midwife
Sept 2nd or Nov 4th



10.30am-12.30pm
Bump to Baby
Antenatal workshop
Sept 16th or Nov 18th