

<u>Children's Centre</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Weekend</u>
<b>All Saints</b> Magpie Hall Road Chatham Kent ME4 5JY (338833)	9.30—10.30 Clothes Swap (3rd Monday of month) 10—11.30am Adopters Group drop in (fortnightly) 10.30—11:30am Music group 12—1pm Baby Massage (bookings) 1.30—2.30pm Baby Yoga (bookings) <u>Luton Junior School</u> 9.15—10.15am Music Group <u>Greenvale School</u> 11.15—12.15 Music Group	9.30—11am Nipper Nosh (bi-monthly bookings) 9.30 – 11am Want to cook (monthly bookings) 9.30 – 11am Baby bites (monthly bookings) 12.30—2 Under 1's group 1—2pm Toy Library for under 1's 1—3pm Child Health Clinic 1-3pm Language Ambassadors 2.15—3pm Baby sign (bookings) 3.30-4.30pm Little chefs (bookings)	9.30—10.30 Breakfast club (fortnightly bookings) 9.30—11.30am Playlink drop in 9.30—10.30am Toy Library 9.30—11.30am English classes 9.45—12.30 Walking Group 10—12 Lunch group (fortnightly) 12—2pm 1—2 year old drop in 1—2pm Toy library for children aged 1-2 years 2-3.30pm young parents drop in 2-4pm New mums group (bookings) 1-3pm Lighter Living (fortnightly) <u>Greenvale Infants</u> 1.45-3pm Topsy Turvy Tots	9am—2pm Midwife (bookings) 9.30—11am Spend less. Eat better (bookings) 9.30—11am Play with your food (bookings) 1-2 pm Toy Library 1-3pm Multi sensory drop in <u>Luton Library</u> 10.30—11.30am Baby bounce, wiggle & giggle <u>Greenvale Infant School</u> 1.30—3pm Coffee and culture	9.30—12 Playlink drop in 9.30—10.30 Toy Library 9.30—10.30 Nutrition nuggets 12 – 1pm Early Bird (bookings) 1—2.30pm multiple birth drop in 1—3pm Breast feeding support group	10—11am Baby Massage for Dads (bookings) (fortnightly) 10—12.30 Dads group (fortnightly)
<b>Bligh</b> Bligh Way Strood Kent ME2 2XJ (336220)	9.30—11.30am Parent Support Group 2—4 pm Midwife (bookings) <u>Strood Sports Centre</u> 11am—12pm Soft play for Under 5's (bookings) <u>Elaine Primary</u> 1:30—3:30 Music Group for babies up to 18months	1.30—2.45pm Health Visitor Clinic (drop in) 9.15—11am—ESOL Group <u>Elaine Primary</u> 9-10.30 Messy Play	1-2:30pm Health Visitor 4U <u>Strood Library</u> 10—11am Sports for Over 2's <u>Jubilee Hall, Upper Halling</u> 10—11am Sports for Over 2's	9.30—11am First Aid Course (bookings) 9.30—11.30am Childminder Support Group 2-3.30pm Breastfeeding support group <u>Sherwin Knight Infants</u> 9—11am Stay & Play <u>Cuxton Library</u> 9—10.30am Under 2's Group (fortnightly) 9.30—11am Health visitor clinic (fortnightly) <u>Halling Community Centre</u> 9.30—11am Baby clinic (fortnightly)	9.30am—4pm Midwife (bookings) 1—3pm Stay & Play <u>Strood Sports Centre</u> 1.15—1.45pm Parent & child swimming (bookings)	

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<b>Brompton</b> Kings Bastion Brompton Gillingham Kent ME7 5DQ (844152)	9am—4.30pm Midwife (bookings) 10—11am Under 1's Group 10—11:30am Active Tots 1-3:30pm Play learn and grow 2.30—3.30pm Smoking Cessation	9am—4.30pm Midwife (bookings) 8.30—10.30am Health Visitor Clinic (2nd Tuesday of month) 8.30—10:30 Breast feeding support group 2-3:30pm Stay & play with storytime 3.30—4.30pm Adult Keep Fit <u>St Mary's Island Primary</u> 10—11am Baby Bounce, wiggle & giggle	9am—4.30pm Midwife (bookings) 9—12:30 SALT sessions 10—11am Nature Walk (first Wednesday of month) 1.30—2.30 Tots and Toddle 3.30—4.30pm Little Green Fingers	9am—4.30pm Midwife (bookings) 9.15—10.15 Trendy Totz 9.30—11.30am Toddler Tantrum Support 2—3:30 Messy Play 6:30—8:30 Care of the newborn & infant feeding (2nd Thursday of month) <u>St Mary's Island Community Centre</u> 10—12 Health Visitor Clinic (1st Thursday of month) 10—12 Breastfeeding support group	9am—2pm Midwife (bookings) 9—10:30 Adult Sew & Stitch 11.30—1pm Parent and Child cooking (bookings) 2.30—3.20 Baby bounce, wiggle and giggle <u>St Mary's Island Primary</u> 10—11am Baby massage	First Saturday of the month 10—11:30 Family Fun
<b>Burnt Oak</b> Richmond Road Gillingham Kent ME7 1LS (334344)	9—10.45 Stay & Play 1—2.45 Under 1's Group	10—12 Baby Massage <u>Sunlight Centre</u> 12.30—2.30 Child health clinic (fortnightly)	9—10:30 Cooking on a budget <u>Sunlight Centre</u> 1.30—2.30 Music & Movement Group <u>Adult Education Centre</u> 1—2.45pm Stay & Play	10.30—12 Parent and new baby group 1.15—3pm Stay & Play <u>St Barnabas Hall</u> 10—11.30 Stay & Play <u>Sunlight Centre</u> 1—3pm Breastfeeding support Group	1.30—3pm Books and Cooks <u>Sunlight Centre</u> 9.30—11.30 Messy Play	
<b>Deanwood</b> Long Catlis Road Parkwood Gillingham Kent ME8 9TX (231901)	9.30—11am Under 2's group 2—3.30pm First time parents under 1's group <u>Deanwood Ducklings</u> 1:30—3pm Parent & Toddler Group	9am—3pm Sensory Room (bookings) 9—5 Midwife (bookings) 1.30—2.30 Messy Play <u>Fairview Primary School</u> 10—11.30 Parent & Toddler Group <u>Hempstead Library</u> 2.15—2.45pm Bounce & Rhyme <u>Hempstead Village Hall</u> 1.15 - 2.45pm Stay & Play (4th Tuesday of month) <u>All Saints Church, Hempstead</u> 1.15—2.45pm Toddler Music Group	9am—3pm Sensory Room (bookings) 9—5 Midwife (bookings) 9—10.30am Stay & Play 10.30—11am Music & Movement	9am—3pm Sensory Room (bookings) 9.30—11.30am Playbox (bookings) 1.30—2.30pm Bake and Take (bookings) 1.30—3pm post natal classes (bookings) 6.30—7.30pm Zumba classes <u>Parkwood Health Centre</u> 11—1pm Child health clinic (fortnightly) <u>Fairview Primary School</u> 1.15—2.45pm Parent & Baby Group <u>Hempstead Youth Centre</u> 10—11.30am Physical play (fortnightly)	9am—2pm Sensory Room (bookings) 10.30—12 Baby massage (bookings) 1—2:30 Breastfeeding Support Group <u>Wigmore Library</u> 11—11:30am Bounce & Rhyme 2.30—3.15pm Toddler Shake & boogy <u>Hempstead Pavilion</u> 1—2:30 Crafty Tots <u>Hempstead Library</u> 2.15—2.45pm Story time	

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<b>Delce</b> Green Close Rochester Kent ME1 2QA (844127)	9am—4pm Midwife (bookings) 10-11am Signalong	9:30—12 Child health clinic 9:30—12 Weigh & play 1—3pm English Classes 2-3pm Community Walk (fortnightly)	9—10:30am Stay & Play 9—12 Midwife (bookings) <u>Warren Wood Primary</u> 1.30—3pm Stay and Play	8.30—9.30am Earlybird (bookings) 9am—4pm Midwife (bookings) 10—12 Healthy cooking on a budget (bookings) 1.30 –3pm Group for expectant mums and under 9 months <u>Thomas Aveling Community Library</u> 3.45—4.15 Teatime Tales	<u>Warren Wood School</u> 9.15—10am Dinky Dancers	
<b>Gun Lane</b> Gun Lane Strood Kent ME2 4UF (717115)	10—12 Breast feeding support group 12.30—2:30pm SALT sessions	9.15—10.15 Music and dance for 1-3's 10.30—11.30am Music and dance for 3-5's 1.30—3pm Stay & Play	9.30—12noon Sip & Sign (fortnightly) 1.30—3pm Under 1's group	9.30—11.30 Active Tots for 2-5's 1.30—3pm Arts and crafts for 3-5's	9.30—11am Stay & Play 11.30—12.30 Soft play for under 1's 1.30—3pm Soft play for 1—3's	
<b>Hand In Hand</b> Twydall Lane Gillingham Kent ME8 6JS (365985)	9am—5pm Midwife (bookings) 9am Childminder group (fortnightly) 10—11am Short family walk (fortnightly) 1.30—3.15pm Under 1's Group	9am Walking Group (1st Tuesday of Month) 1.30—3.15 Parent & Toddler Group	9am—12 Midwife (bookings) 9.30—11.30 Breastfeeding support group 1.30—3.15pm Stay & Play	9am Child Health Clinic 12pm Midwife (bookings) (fortnightly) Featherby Infant School 1.15—2.45pm Parent & Toddler Group	10—12 Step4ward 12 noon Midwife (bookings)	Every other Saturday 10—12 Dads Group
<b>Kingfisher</b> Kingfisher Drive Walderslade Chatham Kent ME5 7NX (335850)	9.30—12.30 Healthy Lifestyles 9.30—11am Triple P Programme 1-3pm Stay & Play	1—3pm Topaz self esteem course <u>Christ the King Church</u> 9:30—11 Art & Craft Session	9.30—11.30 Health Visitor drop in 1-3pm Under 1's Group 1.30—2.30 Buggyfit exercise class 3.30—5pm Young Parents Group <u>Maudene School</u> 9.15—10.45 Music & Rhymes	9.15—11.15 Messy Play 10.15—11am Parent and child swimming 1—2.45 Breastfeeding Support Group 3.30—4.30 Toddler football	9.30 — 10.45 Baby Massage 11—12 Baby Yoga 1.30—4pm Twins Group <u>Christ the King Church</u> 9.30—11 Mini movers	9—11.30 Male Carer Group (monthly) 9—12 First Aid Course

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<b>Lordswood</b> Lordswood Lane Lordswood Chatham Kent ME5 8NN (333670)	9am—12 Midwife (bookings) 9.15—11:15am Childminder group (fortnightly) 9.30—11.30am Nappucinos (Cloth Nappy Network) (1st Monday of month) 1.30—3.30pm Under 1's group 1.30—3.30pm Health Visitor clinic	9am—4pm Midwife (bookings) 9.30—10.30am Movers and groovers 2—3pm Stay & play Walderslade Primary 8.30—9am Drop in	9am—12 Midwife (bookings) 9.15—10.45 SALT sessions 2—3pm Sensory Play	9am—4pm Midwife (bookings) 2-3pm Shake, Wiggle & giggle <u>Swingate Infants</u> 9—10.15 Messy Play	10.30—12 First Timers 1.30—3pm Jo Jingles 2—3pm Storytime	
	<b>Miers Court</b> Silverspot Close Rainham Kent ME8 8JR (236974)	9.30—10.30am Chatterbox 10—11:30 Jo Jingles 1.30—2.30 Community Walk (fortnightly) 1.30—3pm Baby Massage (bookings)	9am—4pm Midwife (bookings) 9.15—12.15am SALT sessions 1—2:30pm Post natal class (bookings) <u>Parkwood Christian Fellowship</u> 1.30—3pm Parent and Toddler Group	10—11.30am Under 2's Group 1.30—3.30pm Under 1's Group <u>St Paul's Church</u> 1.30—3pm Parent and Toddler Group <u>The Howard School</u> 6.30—7.30pm Zumba class	2-3.30pm Stay & play 6.30—9.30pm Peadiatric First Aid for Parents <u>St Paul's Church</u> 10.15—11.45am Parent and Toddler Group <u>Parkwood Health Centre</u> 10.30—12.30 Baby weighing and sensory session	10-11am Messy Play
<b>Oaklands</b> Weedwood Road Walderslade Kent ME5 0QS (333820)		9—10am Community Walk 10—12 noon Midwife (bookings) 10.15—12 Toddler Swim 3.15—4.30 Cooking Club <u>Horsted Infants</u> 9—9.30 Singing for under 3's <u>Hook Meadow Community Centre</u> 10—12 Adult Numeracy (bookings)	9.30—12.30 Midwife (bookings) 9-12 Baby swim 1.30—3.30pm Health Visitor Clinic <u>Hook Meadow Community Centre</u> 9.15—9.45 Music & Movement Group 10.30—11.30 Messy Play 1.30—2.45 Messy Play	9—9.45am Treasure baskets for under 18months 10—10:45 Messy play for under 18 months 1.30—2.45pm Stay & Play <u>St Thomas More School</u> 1.30—3pm Messy Play Hook Meadow Community Centre 9—12 SALT sessions	9.30—4pm Midwife (bookings) <u>Hook Meadow Community Centre</u> 9.15—10am Physical play for under 18 months 10.15—11.15 Physical Play 1.30—2.45 Arts and crafts for under 4's	9—10.30am Coffee Morning 11—12 Back to work skills workshop 11.30—12.30 Post natal session (first Friday of month) 1—3pm Midwife (bookings) 1—3pm Childminding group (first Friday of month)
	<b>Riverside</b> St Edmund's Way Rainham Kent ME8 8ET (338700)	9:30—11:30 Childminding group (fortnightly) 10-11 Messy Play (fortnightly) 12.30—2.30 Baby clinic (fortnightly) 6-7pm Dancercise 1-3pm Family Coaching Café (monthly)	10—12 Breastfeeding support group (fortnightly) 9.30—11am Trendy Tots 1—2:30 Under 1's Group 1—2:30pm Cooking (bookings) 1.15—3.45 Mobile Library (fortnightly)	1.30—3pm Stay & Play 7:30—9pm Slimming World	9.45—10.30am Soft play for under 2's 10.30—11.30am Soft play for under 5's 2—3pm Little explorers	10—11.30am Trendy Tots 10-12 SALT sessions 2—3pm Early Bird Ante Natal (bookings)

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<b>Saxon Way</b> Church Path Ingram Road Gillingham Kent ME7 1SJ (852320)	8—8.45am Breakfast at Poppies 9—12 Reach out to work and online computer course (bookings) 9—10am Community Walk 10.30—12 Baby massage (bookings) 2—3pm New parents coffee afternoon (1st Monday of month)	9am—4pm Midwife (bookings) 10—11.30 Stay & Play 11.30—12.30 Make and munch 1.30—3pm Stay and play for children aged 6 months and over.	9am—12 Midwife (bookings) 9.15—12.17 SALT sessions 10.45—1 Speech & Language drop in (1st Wednesday of month) 9.30—10.30 Active play for 2-5 year olds 11—12 Adult Zumba (bookings) 1—3pm Child health clinic 3.30—4.15 Active play	9am—4pm Midwife (bookings) 10—11 Creative play 1—2.30 Stay & play 1—2:30 Baby massage (bookings)	9am—12 / 3-5pm Midwife (bookings) 10—11.30am breastfeeding support and baby group 2—3pm Messy play	Family Fun (3rd Saturday of month) Dads Group (1st Saturday of month)
<b>St James</b> High Street Isle of Grain Rochester Kent ME3 OBS (270341)	9—10am Walking Group 10.30—11:30am Messy Play 2-3pm Parents Forum (4th Monday of month) <u>Chattenden Community Centre</u> 9.30 –10.30am Music & Movement Group 12.30—2.30pm Health visitor clinic (fortnightly) 11—12.30pm Under 2's Group <u>Stoke Village Hall</u> 1—3pm Stay & Play	9—10am Walking Group 9.15—11.45am Breastfeeding Support Group <u>Grain Library</u> 10.15—11.15am Bounce & Rhyme <u>Hoo St Werburgh</u> 9—12 Parent & Toddler Group <u>Hoo Library</u> 2.15—2.45 Story time & craft for 18 months + <u>Stoke Pre-school</u> 1-3pm Under 2's Group	<u>Chapel, Isle of Grain</u> 9:30—10:30am Employability & Training Skills <u>Chattenden Community Centre</u> 9.30-11.30am Breastfeeding support group 1-3pm Step4ward <u>Hoo Leisure Centre</u> 12.45—2.45pm Health Visitor clinic (fortnightly)	10—11am Music and movement group 10—12 Child health clinic (4th Thursday of month) <u>Allhallows Primary School</u> 9-11am Stay & play <u>Allhallows Village Hall</u> 1—2:30 Health visitor (1st Thursday of month) <u>Stoke Primary School</u> 1.30—3 Parent & Toddler Group <u>Hoo St Werburgh Church</u> 9.30-11.30 Parent & Toddler Group <u>Village Hall, Chapel Road</u> 12:30—2:30pm Toddler group	1.30—3pm Under 2's Group 3—3:30pm Lending Library <u>Chattenden Community Centre</u> 9.30—10.30am Walking Group 11-12 Messy play <u>Hoo Library</u> 10.30—11.30am Bounce & Rhyme for under 18 months	
<b>St Margaret's at Troy Town</b> King Street Rochester Kent ME1 1YF (843843)	9—10am Stay & play <u>St Peters School</u> 9—10am Stay & Play <u>St Peters Church</u> 10-12 Parent and Toddler Group <u>Rochester Hub Library</u> 10.30—11am Baby bounce and rhyme	1—3pm Baby Massage (bookings) 1.30—3.30pm Fun with Food (bookings) <u>ABC Pre-school</u> 8.45—9:30am Meet the community team <u>St Peters Church</u> 9.30—11am Benefit advice drop in (First Tuesday of Month)	8:45am—1pm Ante natal clinic (bookings) <u>St Peter's Church Hall</u> 10:30am—12 Messy Play 10.30—11.30am Walk and Talk (1st Wednesday of month) <u>ABC Pre-school</u> 1.30—2.30 Drop in health visitor clinic	11-1pm Young Parents Group <u>Borstal Village Hall</u> 1.30—2.30pm Monster Music Chatham Library 10.30—11am Toddler shake and boogie	<u>The Pilgrim School</u> 10—11.30am Under 1's Group 1.30 –3pm Messy Play <u>St Peters Church</u> 10—12 Parent & Toddler Group <u>Rochester Hub Library</u> 10.30—11 Baby dance and rhyme	

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<b>Temple Mill</b> Cliffe Road Strood Kent ME2 3NL (338200)	10—12 Under 1's Group 1.30—3.30pm Splish Splash Splosh 1.30m LAC medicals 6-8pm Early Pregnancy Evening <u>Cliffe Community Hall</u> 9:30—11.30 Teddy Bear Toddle	9.30—4pm Antenatal clinic (bookings) 9—11.30am Portage outreach team <u>Wainscott Memorial Hall</u> 1.30—3pm Stay & Play	9.30—4pm Antenatal clinic (bookings) 9:30—11:30 am Childminder group (fortnightly) 3.30—4.30pm Baby Massage <u>Wainscott Primary School</u> 9.15—11.30am Adult literacy & numeracy <u>Wainscott Memorial Hall</u> 9-11am Stay & Play	10—12 Step4ward 1.30—3pm Mess & Mayhem <u>Cliffe Woods Primary School</u> 9—11am Stay & Play	9.30am LAC medicals 9.30—11.30am Health Visitor Clinic (bookings) 1.30—3pm Bounce and rhyme <u>Cliffe Woods Primary</u> 9—11am Baby bounce and rhyme	Last Saturday of month 10—12 Dads group (every other week) 10am—12 First Aid Course £5 charge 10 - 12 NCT Home birth support group 10—12 Ante natal exercise class 9.30—1.30 Active Birth Session
<b>Wayfield</b> Wayfield Road Chatham Kent ME5 0HH (336350)	9:30—11:30am Child health clinic 9.30—11 Bumps and Under 1's group 1:30—3pm Stay & Play	9.30—11.30 Parents of children with SEN support group (first Tuesday of month) 1—3pm Young Parents group 3.30—4.30 Parent & child under 8 group (bookings)	9.30am—4.30pm Midwife (bookings) 9.30—11.30 Speech & Language Drop in advice clinic (4th Wednesday of month) 10—11:30 Baby Massage (bookings)	9am—4.30m Midwife (bookings) 9.15—10.15 Walking group 10—10.45 Messy play for adults 11—11.45 Under 2's group 12—1pm Make & Munch	9am—4.30m Midwife (bookings) 9—12 Reach out to work 9.30—10.30am Messy Play 10.30—10.50 Bounce and rhyme 12.30—3.30pm SALT Sessions 9.30—11.30 Tripe P	First Saturday of the month 10.30—12 Dads group
<b>Woodlands</b> Woodlands Road Gillingham Kent ME7 2DU (338370)	9am—4pm Sensory Room 8.30am—4.30pm Midwife (bookings) 10am - 12noon Child Health Clinic 9.30—11.30am Volunteer Programme 1.30—2.30pm Early Bird session 1.45—2.45 Mobile Library (fortnightly) 7-9pm Information Evening for Expectant Parents <u>Barnsole Infant School</u> 2—3pm Stay & Play	9am—4pm Sensory Room 8.30am - 4.30pm Midwife (bookings) 9:30—11:30am Playbox (bookings) 11.45—1.15 cooking course for under 18 months (bookings) 1.15—3.15pm Parenting Course 1.30—3pm Under 1's group <u>Napier Primary School</u> 9—10am Parent Group	9am—4pm Sensory Room 8.30am—4.30pm Midwife (bookings) 10—11am Baby bounce & rhyme 11.45—1.15 Cooking course for 1-3's 1.30—2.45 Arts & Crafts 2.45—3.15pm Storytime	9am—4pm Sensory Room 8.30am—4.30pm Midwife (bookings) 9.30—11.30am Childminder Group (fortnightly) 10—11am Parent Forum (third Thursday of month) 1—3pm Young Parent Group <u>Barnsole Junior School</u> 10am—3pm Beauty Therapist (bookings) <u>Rainbow Room—Hazelmere Drive</u> 10.30—12 Stay and play	9am—4pm Sensory Room 8.30am—4.30pm Midwife (bookings) 10—10:45am Tumble Time for 1—2 year olds 1.30—3pm Baby Massage (bookings)	Ante natal clinic First Saturday of the month 10—11:30am Family Fun Time Third Sunday of the month 10.30—12 Dads Group