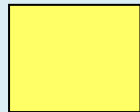


WHEN TO CALL INTO YORK CHILDREN'S CENTRES - THE AVENUES



Drop in for an Open-access Activity (times indicated)



Centre's open for **pre-booked** activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Child Health Drop-in 10.00am-11.30 am</p> 	<p>Tuesday Toddlers 10.00am -11.30 am</p>	<p>Register your Baby Appointment Only Please call 01904 654477 for an appointment</p>	<p>Tiny Tots 1.00pm – 2.30pm</p>	<p>Songbox 9.30am – 10.30am</p>	
	<p>Nurture Breastfeeding Support Drop In 10.00am -11.00 am Nurture Early Days 11am – 12.30pm Nurture Social</p>				<p>Childminders Drop-in The Avenues @ Osbaldwick 9.30am -11.30 am</p>
	<p>Baby massage Various times</p>			<p>Fun Fridays 1.00pm – 2.30 pm</p>	
	<p>Family Learning Courses Various times and courses, some of which have free childcare</p>				

KEY:  Scales available to weigh baby

More information about these activities



SESSION	DESCRIPTION
Child Health Drop In	Drop-in sessions run by the health visiting team for parents and carers to come and speak to a health professional. No appointment is needed.
Tuesday Toddlers Drop In	A free, weekly drop in group for local families with children under 5, led by parent volunteers.
Nurture Breastfeeding Support Drop In	Nurture Early Days Group - for pregnant ladies and their partners, new parents and babies up to 8 weeks old. To meet for advice and support, promote breastfeeding and address any difficulties. Nurture Social Group – for parents and babies over 8 weeks old to meet for advice and support and to socialise. Health Visitor available 10am-11.30am and Treasure Chest supporter available all morning. For more information contact the Healthy Child Service on 01904 551760.
Childminders Drop In	A group for all childminders to come and share positive working practices and provide peer support. Group held at The Avenues @ Osbaldwick Satellite.
Family Learning	Courses for parents to update your skills. For more information about contact Sally Waudby on -07909 934869
Song Box	Musical play sessions for families combining singing, action rhymes, movement, percussion, props and puppets with live music. Contact Song Box on 07855 126 408 for more information and to book your place. A small charge applies to these sessions.
Fun Fridays	A fun filled parent led group with activities and ideas for you and your child to enjoy
Baby Massage	For More information contact Irene on 07941697047. A small charge applies to these sessions
Register your baby	You are able to register the birth of your baby at The Avenue's by appointment only. To make an appointment please call the registrars office on 01904 654477
Tiny Tots	A free, weekly drop in group for local families with children under 5, led by parent volunteers.

York Children's Centres - The Avenues, Sixth Avenue, York YO31 0UT

We are on the same site as Tang Hall Primary School. Our pedestrian access is via Sixth Avenue.
Parking is limited to disabled spaces only for blue badge holders. We are within walking distance of FirstYork bus routes 6 & 11

01904 554444 * www.yorkchildrenscentres.org.uk