

# WHEN TO CALL INTO THE AVENUES CHILDREN'S CENTRE

For more information on any activity please see overleaf or contact us on 01904 554444



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Diddi Dance</b> Pre school dance for young children Contact <a href="mailto:hayley.evans@diddidance.com">hayley.evans@diddidance.com</a> <a href="http://www.diddidance.com">www.diddidance.com</a> 10.30am</p> <p><b>Child Health Drop In</b> 10.00 -11.30am</p> <p><b>Birth to Crawling</b> <i>Invite Only</i></p> <p><b>Midwives Post Natal Clinic</b> <i>Invite Only</i></p>	<p><b>Tuesday Toddlers</b> Drop In for Parents Children 0 - 4 yrs (Volunteer lead) 10.00am -11.30am Term Time Only</p> <p><b>Nurture Breast Feeding</b> (Early Days Babies under 8 weeks) 10.00am – 11.00am</p> <p><b>Nurture Social</b> Any age Breastfeeding support 11.00am – 12.00pm</p> <p><b>Housing Drop-In</b> 9.30am – 12.00pm</p> <p><b>Baby Massage</b> Contact Irene on 07941697047</p> <p>9-12 Month review <i>Invite Only</i> Contact Health Team</p>	<p><b>Register your Baby</b> Appointment Only Please call 01904 654477 for an appointment</p> <p><b>Midwives Post Natal Clinic</b> <i>Invite Only</i></p> <p><b>Family Learning Courses</b> Various times and courses, some of which have free childcare Contact Julia Watola on 07785 996895</p> <p>IAPT <i>Appointment Only</i> 12.00pm – 5.00pm</p>	<p><b>Childminding Group</b> 9.30am – 11.30am</p> <p><b>Playtime group for children 1-2years</b> 1.00pm - 2.30pm drop in or contact <b>Valeria</b> <b>Mob: 07792 911410</b></p> <p><b>Time and Space</b> Midwives and LAT <i>Invite Only</i></p> <p><b>Smoking Cessation</b> 1.00pm – 4.30pm</p>	<p><b>Songbox</b> 9.30am – 10.30am</p> <p><b>Small Talk</b> <i>Invite Only</i></p> <p><b>Midwives Post Natal Clinic</b> <i>Invite Only</i></p> <p><b>FunFriday</b> at Osbaldwick 9.45 – 11.15</p>

<b>SESSION</b>	<b>DESCRIPTION</b>
Register your baby	You are able to register the birth of your baby at The Avenues Children’s Centre. To make an appointment for The Avenues please call the Registrars office on 01904 654477
Family Learning Courses	Courses for parents and carers to update their skills. Childcare is available with some courses. Contact Julia Watola on 07785 996895 for more information and a list of courses.
Childminders Group	A group for all childminders and nannies to come and share positive working practices and provide peer support.
Self Weigh	You are welcome to call in to weigh your baby/toddler on our scales. Monday to Friday 8.30am – 4.30pm Instructions and a weight conversion chart are available in the room.
Healthy Child Clinic	Healthy Child Drop-in clinic 10.00-11.30am every Monday – come along and speak to a member of the Healthy Child Team

**The Avenues Children’s Centre, Sixth Avenue, York, YO31 0UT**

01904 554444 \* [fis@york.gov.uk](mailto:fis@york.gov.uk) \* [www.yorkchildrenscentres.org.uk](http://www.yorkchildrenscentres.org.uk) We’re also on Facebook search “YorkChildrensCentres” and click “Like”

