

Home-Start Birmingham North-West



What's on



	Time	Where	Group Activity
Monday	10.30-12.00	Kingstanding Leisure Centre Room 3	<p>Baby Bonding</p> <p>This group is for parents and carers with babies under 1. During the group you will learn massage techniques to help soothe, calm, and relax your baby. You will also be shown stretches and breathing techniques to help improve your own wellbeing. All classes are run by certified instructors.</p>
Tuesday	10.00 – 11.45 & 1.00 – 14.45	Kingstanding Leisure Centre Room 3	<p>Play and learn sessions.</p> <p>A safe, informative, and stimulating environment which is welcoming and supportive to all. Offering a themed activities each week for children and parents to attend, socialise and have fun.</p> <p>Our aim is for you to have some time just for you to encourage you to feel more positive & relaxed while learning new techniques that you can hopefully recreate at home.</p>
Wednesday	12.30-14.00 Booking is required.	Kingstanding Leisure Centre Room 3	<p>CALM (with creche facility)</p> <p>Our 'Calm' (Create and Learn Mindfully) sessions offer just this, 90 minutes and chatting will take your mind of things for a little while at least.</p> <p>Our aim is for you to have some time just for you to encourage you to feel more positive & relaxed while learning new techniques that you can hopefully recreate at home.</p>

Home-Start Birmingham North-West

What's on

Thursday	09:45-11:00	Perry Common Library College Road Kingstanding	Play and Learn alongside First Words Together First Words Together helps parents support their babies' and toddlers' early communication and language development.
	10.00 – 11.15	Sutton Park (Town Gate visitors centre)	Park Walk An opportunity to get outdoors for a friendly stroll and meet other parents.
	13.30 – 14.45	Kingstanding Leisure Centre Room 3	Play and learn sessions. A safe, informative, and stimulating environment which is welcoming and supportive to all. Offering a themed activities each week for children and parents to attend, socialise and have fun.
Friday	10:00-11.30	Kingstanding Leisure Centre Room 3	Baby Sensory Group (Birth- 18 months) Sensory play is any activity that stimulates at least one of your child's senses. This could be hearing, sight, touch, smell, or taste. It also includes play that involves movement or balance. The session allows the opportunity to explore and discover in a safe, stimulating environment. This session can get messy....towels are a must 😊

Please contact us for further information. Booking can be essential for some activities

Telephone: 0121 323 5181

Email: info@homestartbnw.org.uk

Home-Start Birmingham North-West, Kingstanding Leisure Centre, Dulwich Road, Birmingham, B44 0EW