



Carterton Family Centre

Registered Charity 1175596

Weekly Diary 4th June to 26th July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9.30 - 11.00am Baby Clinic Health Visiting Team Drop-In clinic for well babies. Carterton Town Hall</p>	<p>10.30am - 11.45am New Baby Group For all mums with a new baby. A chance to meet other mums in a welcoming and friendly group with lots of time to chat about your experience of being a mum. The group also includes some music, simple baby massage and play activities for your baby.</p>	<p>10am - 12 noon Baby Drop In The small hall will be open for you and your baby (up to 1yr) to use during the morning. Tea/coffee is available.</p>	<p>Ante Natal Evenings 7- 9pm Your one-stop shop for information and support before you have your baby. Talks by experienced ante-natal teacher and a chance to meet and chat informally with other parents-to-be. • 12th July • 27th September Carterton Town Hall</p>	<p>9.00 - 10.30am Ante Natal Bumps, Balls & Breathing Learn highly effective breathing, relaxation and physical skills for a straightforward labour. To book please phone Sarah on 07909 545484 or email: sarah@birthbalance.co.uk The first Friday of every month is for partners too.</p>
<p>12.45 - 2.15pm Drop-In Come and have fun with your toddler. Lots of play activities with a bit of messy stuff too!! Circle time with singing and a story. The small hall will also be open for parents with a baby to play and chat. Tea/coffee available</p>	<p>1.00 - 2.00pm Little Crawlers Come and play with your baby! This group is geared to activities for little babies who can sit or crawl but haven't yet mastered the art of confidently walking. We will have lots of play ideas, singing and story time. It will also be a chance to meet other parents with babies.</p>	<p>11 - 11.45am Baby Movers In the main hall Lots of fun for you and your baby with music, simple baby massage, story time and some play ideas. Suitable for babies from birth onwards. This is also a really lovely group for meeting other mums with little babies.</p>	<p>4.30 - 6pm Ben Club Air Play Session Open to all children aged 5-7yrs. This term we will be working on our Creative Garden Project So come along and help to make our giant caterpillar and grow some vegetables.</p>	<p>9.00 - 10.30am Drop-In Come and have fun with lots of activities for babies and toddlers. Run by the Church - Family Centre Staff will help at this session. St John's Church</p>
<p>5pm - 7pm Air Play Session Open to all young people aged 8-11yrs This term we will be working on our Creative Garden Project So come along and help us design and create a funky garden space.</p>	<p>10am - 2pm The main hall is free during this time. If there is a session that you would like and are interested in helping us to provide it please pop in and see us.</p>	<p>12.30 - 2.30pm Parents Painting Starting 13th June Come and join us to experiment with paint using brushes, sponges, textiles and collage. This is a new group for any parent of a 0 to 19yr old. It will be a fun and relaxed opportunity for you to come and enjoy some time without the children. No need to book. A crèche will be available at a cost of £2.50 per child. Numbers are limited in the crèche so please text 07973 943 903 to book.</p>	<p>6.30 - 8.30pm Air Play Session Open to all young people aged 11yrs and over. Come and chill out and help us to design your space in the Allandale.</p>	<p>Want to help us develop the Centre?? Contact Jo on: 07973 943 903 if you are interested. We are especially looking for trustees and fundraisers</p>
<p>Take 3 Parenting Course For parents with children aged 10 years upwards. We are hoping to run this course during the year and can run on either a Tuesday evening or Wednesday afternoon (depending on parents' preference). It will run for 12 weeks with a break during school holidays We will look at: What is adolescence; Encouraging Young People; The Power of Listening; Misbehaviour and Listening; The 4 Styles of Parenting; "I" Statements and Boundaries; Negotiating Boundaries and Consequences; When Adults Disagree Please call Jo on 07973 943903 to register an interest in this course and to state your preferred time.</p>	<p>Please use the mobile number 07973 943 903 to contact us. Leave a message or send a text and someone will get back to you as soon as possible.</p>	<p>6 - 8pm Air Play Session Open to all young people aged 11yrs and over. Come and chill out and help us to design your space in the Allandale.</p>	<p>Some other groups in Carterton that your children might like. Rainbow Toddlers: Tuesdays 9.30 - 11am at the Methodist Church Burford Road Saturday Club: First Saturday of every month 2pm - 4pm for children aged 6 to 11yrs held at the Methodist Church, Burford Road Rhyme Time: Monday & Thursday 10.30 at Carterton Library If you run a group for children and would like to add it to our list please let us know!</p>	<p>We ask for a £1 donation at all our baby and toddler sessions and £2 for the Parents Painting session. This is to help to cover our costs. Other sessions may have different costs so please ask either when you book or when you arrive.</p>
	<p>Look out for our Summer Programme Family Days 31st July, 7th Aug 8th Aug 14th Aug</p>	<p>One Fit Mama will run again at the Family Centre in the Autumn. For information about classes here and others in the area please phone Carlene on 07834188672</p>		

Funded by Carterton Town Council; Oxford County Council; RAF Benevolent Fund; and Armed Forces Covenant Fund

Venues: The Allandale 8 Burford Rd OX18 3AA Carterton Town Hall 19 Alvescot Rd OX18 3JL St Johns Church 6 Burford Rd OX18 3AA