




# Northfield District Children's Centres: Timetable of Activities 11<sup>th</sup> September – 15<sup>th</sup> December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Antenatal Breastfeeding Support</b> <b>(Once a month)</b> <b>10:00-11:30am</b> Wychall Children's Centre <i>Booking essential</i>	<b>Little Talkers</b> <b>(2+ Years)</b> <b>9:30-10:30am</b> Wychall Children's Centre <i>By referral only</i>	<b>HENRY - Healthy Families: Right from the Start</b> <b>9:30am-12:00pm</b> Oddingley Hall <i>Booking essential</i> <i>Creche available</i>	 The best start for our children	<b>First Words Together</b> <b>(0-2 Years)</b> <b>9:30-10:30am</b> Wychall Children's Centre <i>By referral only</i>
<b>Baby Massage</b> <b>(0-6 Months)</b> <b>10:00-11:00am</b> Wychall Children's Centre <i>Booking essential</i> <b>£5 per course – payable on the first week.</b>	<b>Antenatal Solihull Approach</b> <b>10:00-11:30am</b> Virtual <i>Contact Becki on</i> <b>0121 453 3515 for further details.</b>	<b>KIDS - SEND Group</b> <b>10:00-11:30am</b> Frankley Plus Children's Centre <i>By referral only</i> <i>Please call 0121 362 4580 for more information.</i>	<b>Our Journey</b> <b>10:00-11:30am</b> Wychall Children's Centre	<b>Baby Sensory</b> <b>(Birth-18 Months)</b> <b>10:00-11:00am</b> Frankley Plus Children's Centre
<b>Little Talkers</b> <b>(2+ Years)</b> <b>10:00-11:00</b> Oddingley Hall <i>By referral only</i>	<b>Developing Me</b> <b>Drop in between 11:00am-12:00pm</b> Wychall Children's Centre	<b>Antenatal Solihull Approach</b> <b>10:00-11:30am or 7:00-8:30pm</b> Frankley Plus Children's Centre <i>Contact Becki on</i> <b>0121 453 3515 for further details.</b>	<b>Would you like to volunteer within our groups?</b>  If the answer is yes, then please contact Michele on <b>0121 453 3515</b> for more information.	<b>Developing Me</b> <b>Drop in between 11:30am &amp; 12:30pm</b> Frankley Plus Children's Centre
<b>Promoting Happier Parenting</b> <b>1:00-2:30pm</b> Frankley Plus Children's Centre <i>Booking essential</i>		<b>Basic English Workshop</b> <b>10:30-11:30am</b> Frankley Library	<b>Breastfeeding Lounge</b> <b>11:00am-12:00pm</b> Virtual <i>Contact Becki on</i> <b>0121 453 3515 for further details.</b>	<b>"Do I need to book to come to a group?"</b>  Groups do not require booking unless stated otherwise.
<b>Basic English Workshop</b> <b>1:00-2:00pm</b> Virtual <i>Booking essential</i>	<b>Breastfeeding Lounge</b> <b>1:30-2:30pm</b> Virtual <i>Contact Becki on</i> <b>0121 453 3515 for further details.</b>	<b>Little Talkers</b> <b>(2+ Years)</b> <b>1:00-2:00pm</b> Frankley Plus Children's Centre <i>By referral only</i>	 Being active, eating well, achieving more.	<b>Stay &amp; Play</b> <b>(Birth-5 Years)</b> <b>1:00-2:30pm</b> Wychall Children's Centre
<b>Breastfeeding Lounge</b> <b>1:30-2:30pm</b> Wychall Children's Centre	<b>"How much is it to come to a group?"</b>  All groups are free of charge unless stated otherwise.	<b>Now I am Two</b> <b>(18m-3 Years)</b> <b>1:30-3:00pm</b> Wychall Children's Centre	<b>Introduction to Solids Workshop</b> <b>(Once a month)</b> <b>1:00-2:00pm</b> Virtual <i>Booking essential</i>	<b>Step by Step</b> <b>1:30-2:30pm</b> Frankley Plus Children's Centre <i>By referral only</i>



# Where?

- Wychall Children's Centre, Staple Lodge Road, B31 3ER
- Frankley Plus Children's Centre, 131 New Street, B45 0EU
- Oddingley Hall, 18 Oddingley Road, B31 3BS
- Frankley Library, Balaam Wood Academy, B45 0EU

# Group Information

**Antenatal Breastfeeding Support** - Advice and support to get your breastfeeding journey off to the best start.

**Antenatal Solihull Approach** - An advice and guidance group for expecting parents.

**Baby Massage** - Massage course for babies aged 0-6 Months.

**Baby Sensory** – Activities that will stimulate your baby's cognitive and language development.

**Basic English Workshop** - An opportunity to learn the basics of the English language.

**Breastfeeding Lounge** - A comfortable drop-in group for advice and support with breastfeeding.

**Our Journey** - A wellbeing group for parents and carers from pregnancy up until children are two years old.

**Developing Me** – CV writing, interview skills, identifying your current skills, employment support...

**First Words Together** - Helping parents support their children in early communication and language development.

**HENRY** - Healthy Families: Right from the Start - A healthy lifestyle course aiming to create long term life changes for families.

**Introduction to Solids Workshop** – Information on introducing solid food to your baby.

**KIDS** - A stay and play session for children with additional needs.

**Little Talkers** - Language and communication stay and play style group for children aged 2+.

**Now I am Two** - Activities and experiences to support your child's next stage of learning and preparation for their two-year development check.

**Promoting Happier Parenting** - A parenting course offering advice and guidance.

**Stay & Play** - Activity group for children aged 0-5 years.

**Step by Step** - A stay and play session for children with additional needs.



Like our Facebook page for updates and information - scan the QR Code or search: 'Northfield District Birmingham Forward Steps'.

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Monday 11<sup>th</sup> September – Friday 15<sup>th</sup> December 2023

Kings Norton, Longbridge, Northfield and Weoley Castle

Frankley Plus Children's Centre: 0121 453 3515

Wychall Children's Centre: 0121 433 4130



Believe in  
children  
Barnardo's

Birmingham  
forward  
steps  
The best start for our children



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