

Dear Parents and Carers,

Some sessions at the Rowans Children's Centre have become very busy. To prevent us from having to turn anyone away we now taking bookings for some sessions and priority will be given to families from the Rowans and Sycamores communities. Please check below to see which sessions you need to book for. If you are driving to the centre, parking is available in the car park on the left as you enter through the school gates, but if this area is full you will need to park off-site. Thank you.

Monday

09:30 - 11:30 **German Group** (1st & 3rd of month)

09:30 - 11:30 **Bengali & Hindi Group** (2nd of month)

10:00 - 11:30 **Hanover Gardens Mother & Baby Drop-In** (The Residents Lounge, Hanover Gardens, Hanworth Road, RG12 7PD. Walk through the housing complex and the residents lounge is inside the centre)

10:30 - 12:00 **Breastfeeding Café**

13:30 - 15:00 **Creative Play Together** (All ages - please call to book)

Tuesday

10:00 - 11:30 **Family Play Together** (Walkers up - Please call to book)

10:00 - 11:00 **Family Fitness** (Please call to book – no crèche) **NEW!**

13:00 - 14:30 **Baby Remedies - Weaning** (Once a month – please call for dates)

13:00 - finish **Young Parents Stay & Cook Together** (Up to 22 - Please call to book)

Wednesday

10:00 - 11:30 **Family Play Together for Babies & Crawlers** (Please call to book)

10:00 - 13:00 **Shelter Housing Advice** (Please book for an appointment)

10:30 - 12:00 **Bumps and Babies**

13:00 - 15:00 **Childminders Cook Together** (Please call to book)

Thursday

09:30 - 11:30 **Well Baby Clinic** (Not on 1st of month)

09:00 - 11:00 **Speech & Language Therapy Drop-In** (1st of month)

10:00 - 11:00 **Baby Massage** (Please call to book)

14:00 - 15:00 **Play Ranger Activities**

13:15 - 14:00 **MAD Academy for Walkers** (Please call to book)

14:10 - 14:45 **MAD Academy for Crawlers** (Please call to book)

15:30 - 17:00 **Spanish Group** (1st & 3rd of month)

15:30 - 17:00 **Russian Group** (2nd of month)

Friday

10:00 - 11:00 **Baby Yoga** (Please call to book)

10:00 - Finish **Stay and Cook Together** (Please call to book)

13:00 - 13:45 **Mad Academy for Childminders** (Please call to book)

13:00 - 14:30 **Baby Fun Time** (Please call to book)

Saturday

10:00 - 12:00 **Just Dads** (1st of month)

'KIDS' Together - For Young People with Additional Needs (Private group – please Children's Information Service for details)



It's Time to Stop

A session for parents who want to **stop smoking**

Talk to a stop-smoking advisor – available **every Thursday** at The Rowans Centre

09:30 - 11:30

Coming soon...

Children Cooking Together

Unless otherwise stated sessions are for parents and their children

The Rowans

Tel:01344 312800

www.bracknell-forest.gov.uk/childrenscentres



January 2010

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The Sycamores Children's Centre is a new centre that serves the communities of Crown Wood, Harmans Water, Forest Park and Martins Heron. At present there is no central building for the centre so we will run sessions from community venues. Current sessions running are listed below. **Please check below to see which sessions you need to book for.**

Monday

11:00 – 12:00 at Crown Wood Hall: **Baby Yoga** (£2.00 per session. Please call to book your place).

13:00 – 14:30 at Crown Wood Hall: **Well Baby drop-in clinic** run by the Health Visiting Team.

Thursday

09:15 – 11:15 at Crown Wood Hall: **Family Play Together** drop-in session every week. (Please call to book)

11:30 – 12:15 at Crown Wood Hall: **MAD Academy – all ages welcome!** (£2.00 per child per session. Please call to book your place) **NEW!**

Saturday

10:00 – 12:00 (1st Sat of the month, **except January 2010, which is on the Jan 9th**) at the Rowans Children's Centre: **Just Dads.**

'KIDS' Together – A group for young people with additional needs (Private group – please contact Children's Information Service for details).