

What's New or Coming Up!!

1 Off Sessions/Courses

Paediatric First Aid Awareness

1.00 till 3.00 Wednesday

01/03/2023, 31/05/2023, 13/09/2023 and 06/12/2023

Workshop for pregnant or new mums

Highlights emotional rollercoaster of being a new mum. Full of top tips to reduce stress & negative thinking

1:00 till 3:00 Wednesday

22/02/2023, 24/05/2023, 16/08/23 and 22/11/2023

Weaning Workshops 2023

1.30 till 3.00 Wednesday

08/03/2023, 07/06/2023, 06/09/2023 and 29/11/2023

Places are limited, booking is essential Tel: (01752) 313293

Solihull Ante Natal 6 Week Programme

12.45 – 15.00 Wednesdays

18/01/2023, 12/04/2023, 12/07/23 and 18/10/2023

Ante Natal Re-Union

Wednesday 12:45 till 3:00

15/03/2023, 14/06/2023, 23/08/2023 and 13/12/2023

Places are limited, booking is essential Tel: (01752) 313293



LARK & Popin Children's Centre Timetable

If you require any further support or advice please call the Sure Start Shop, The Beacon, Lark Hill, Plymouth PL2 2LL.

Or call us on **(01752) 313293**



Groups are Term Time Only

Most of our groups are held at:

LARK Children's Centre, Sure Start Community Room (rear of Ham Drive Nursery) Ham Drive, Plymouth, PL2 2NJ



Lark Children's Centre is part of the LARK Cluster



Monday

Solihull Post Natal *9.30 – 11.30*

Understanding yours & your baby's emotions, Brain development, Supporting baby's play & development

Starts 20th February 23

Parenting Programmes

Circle of Security

Helps us understand our child's emotional needs and behaviours

Solihull

Offers skills to build a positive relationship with your child

Rolling timetable through the year

Tuesday

Step by Step *9.30 – 10.30 or 11.00 - 12.00*

Is a group for parents who have concerns about their child/ren's (0-4 years) development

Call 01752 313293 to check it's the right group and to book on

Chatterbox *1.30 – 3.00*

Stay & Play session with themed Health topics, opportunity to self-weigh your baby and/or speak to a Health Visitor

Latch On *1.30 – 3.00*

provides breastfeeding support from pregnancy and beyond & a bra fitting service.

The Community Room, Main Hall, The Beacon, Lark Hill, Plymouth, PL2 2LL.

Wednesday

Solihull Ante Natal

Providing parents-to-be with useful information and practical skills, to help them feel more comfortable about making choices for their new arrival.

Dates on outside

Well-Being through Crafting

9.30 – 11.30

**Starts Wednesday
1st March 2023**

Want some me time? Enjoy crafting? This friendly 5 week course for you.

Spaces are limited so need to be booked, call us or drop in to the Sure Start Shop and book

Thursday

Mini Mix *9.15 – 10.45*

A group for parents, that prides itself on making sure all new parents are made to feel welcome and included from day one.

Welcome to the World (Baby Group)

1.00 – 2.30

A session that will encourage baby to explore & communicate from an early age. Babies welcome from birth.

Friday

Little Squirrels (Baby & Toddler Group) *10.00 – 11.30*

A session that will encourage baby to explore & communicate from an early age. Babies welcome from birth.

Check out our Facebook page for more information, to keep up to date on what we are doing and to join our groups!