

What's New or Coming Up!!

1 Off Sessions/Courses

Paediatric First Aid Awareness

1.00 till 3.00 Wednesday

12/01/2022, 02/03/2022, 18/05/2022 & 08/06/2022

Weaning Workshops 2022

1.30 till 3.00 Wednesday

23/02/2022, 11/05/2022, 17/08/2022 & 09/11/2022

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

Great Expectations

Wednesday 12:45 till 3:00

09/03/2022, 08/06/2022, 21/09/2022 & 23/11/2022

Great Expectations Re-Union

Wednesday 12:45 till 3:00

06/04/2022, 06/07/2022 & 02/11/2022

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



Popin Children's Centre Timetable

Your local Children's Centres have a range of activities and opportunities for you and your family. Inside you will find our timetable of family activities that we currently offer.

We are here to help!!

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**

All groups are strictly booked sessions, drop in will not be accepted at this time.



Popin Children's Centre is part of the LARK Cluster



Come find us on Facebook - Look for our Logo!



Popin Children's Centre

Monday

Baby Buds & Latch On 10.00 – 11.30

*Sure Start Community room
(the rear of Ham Drive
Nursery), PL2 2NJ*

Suitable from Birth
Promotes skin to skin
contact & bonding with
your baby, will incorporate
techniques from Baby
Massage.

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

Tuesday

Step by Step 9.30 – 10.45

*Sure Start Community room
(the rear of Ham Drive
Nursery), PL2 2NJ*

Is a group for parents who
have concerns about their
child/ren's (0-4 years)
development. Supported by
LARK and Portage Service.

Toddler Group 10.00 – 11.00

*Popin Children's Centre
(Through the Pencil Gates
between Hope Baptist
Church & Peverell Library)*

Come & join Liz & Stacey for
a fun mix of physical and
messy play

Wednesday

Great Expectation 09.45– 12.00

*Popin Children's Centre
(Through the Pencil Gates
between Hope Baptist
Church & Peverell Library)*

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

**For 1 off Sessions and
short courses please
see over**

Thursday

Mini Mix 9.15 – 10.45

*Sure Start Community room
(the rear of Ham Drive
Nursery), PL2 2NJ*

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

**All sessions must be
booked in advance**

Friday

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