

### NEW this term

A new group for Two year olds and their parents to continue working on skills after Home Visits have finished.  
FEET eligible 2 year olds will also be invited to attend.  
Friday mornings 10-11am

### Family Links Parenting Puzzle Courses

This term we will be running a 10 week parenting puzzle course starting on Monday 19th September 1pm-3pm  
Crèche available for free  
Course fee £20  
To find out more, or to add your name to the waiting list, please call the Centre on 01306 740095.

### ESOL COURSE £10 for 6 week course

September 14th for 6 weeks at West Street 10-11am  
Improve your conversation skills, meet new friends and learn useful vocabulary. Under 5s welcome to attend with you.

### HEALTHY EATING and NUTRITION

Our next HENRY course (Healthy Eating and Nutrition in the really young) will be in January 2017. Please let us know if you are interested in attending

### Home Visiting Scheme

We provide a Home Visiting service to families in our local area, working alongside parents within the home to support their child's development and learning through play.

### Family Outreach Support

One of our family support practitioners can offer support with children's sleep difficulties, behaviour management, routines and parenting as well as helping you to access other services.

Please note - We prioritise attendance at busy sessions to those families living within our reach area.



## Dorking Nursery School and Children's Centre

### Autumn Term 2016



### **West Street Children's Centre Site**

**(Term time only)**

West Street  
Dorking RH4 1BY  
01306 882397 or email:  
[reception@dorking.surrey.sch.uk](mailto:reception@dorking.surrey.sch.uk)  
Groups start on 12th September until  
Friday 16th December.  
Closed at half term

### **Goodwyns Road Children's Centre Site**

**(All year round)**

Goodwyns Road  
Dorking RH4 2LR  
01306 740095 or email:  
[adminrural@dorking.surrey.sch.uk](mailto:adminrural@dorking.surrey.sch.uk)  
Groups start on 6th September until  
23rd December 2016  
Open at half term

**A Sure Start Children's Centre**

## Monday

10am—11.45am  
**Under 5s Stay and Play  
Drop-in**

9.30am-11am  
**Exploring Communication  
Development**  
26th September  
to October 10th




9.45am-11.45am  
**First Aid Course**  
7th November  
to 28th November



1pm-3pm  
**10 week Parenting Puzzle**  
19th September  
to 28th November



Crèche provided 

West Street site 

Goodwyns Road site 

## Tuesday

9.30am—11.15am  
**Child-minders Group**

10am—11.45am  
**Under 5s Stay and Play  
Drop-in**

11.15-11.45am  
**Toy Library**  
Toys, books, games and  
instruments to borrow.  
£2 membership for a year  
50p to borrow for 2 weeks

1pm—4pm  
**Midwife Discharge Clinic**  
Appointments booked through  
midwife



1pm—2pm  
**Toilet training workshops**  
Ring the centre to add your  
name to the waiting list for  
the next workshop  
on 8th November at 1pm

**Vitamins**  
Healthy start vitamin drops  
for children  
available at both sites

## Wednesday

10-11am  
14th September for 6 weeks  
**ESOL  
Conversation Time**  
English class for speakers of  
other languages

**Speech and Language Advice  
Session**  
10-11am 2nd November  
Drop in for advice and  
information

1pm-2.45pm  
**Under 3s Stay and Play  
Drop-in**

1-3pm  
**Post natal courses**  
Introductory course for first  
time parents.  
5th October for 3 weeks  
30th November for 3 weeks

1-2.30pm  
**Baby Massage**  
4 week course for babies  
under 6 months.  
£15 per family.  
Ring us to find out when the  
next course is.

## Thursday

9.30am—11.15am  
**Under 3s Stay and Play  
Drop-in**

10am—11.45am  
**Under 5s Stay and Play  
Drop-in**

1.pm—2.45pm  
**Kickers and Crawlers**  
Drop in session for pregnant  
Mums and babies under 1y.  
Breast feeding advice on hand

**Health Clinic**  
9.30am and 10.40am  
27 month check appointments

1pm—2.30pm  
**Healthy Weight Clinic**  
Appointments booked at  
Medwyn 01306 748901

2.30pm—3.30pm  
**Early weeks (under 16w)  
Drop-in clinic**

1.30-3.30pm  
**Breast feeding support**



## Friday

9.30am—11.15am  
**Under 3s Stay and Play  
Drop-in**

10am-11.00am  
**"Tadpoles"**  
Twos and Parents  
A small group for 2s focusing  
on Language, Emotions and  
Socialising. To find out more  
ring the centre.

10am—11am Monthly  
**Introducing solid foods**  
2nd Friday of the month  
Please let us know if you  
intend to come



£1.50 donation  
for groups