

St Ann's Group Timetable 2024

All sessions are FREE! Please pre-book your place

Weekly groups

MONDAYS

Cook & Play
11am-12.30pm

Booking Required

Bluebell Hill Community Centre

Book: <https://fwcnp.eventbrite.co.uk>

THURSDAYS

Baby Massage
1pm-2pm

Booking Required

Valley Centre

Booking required

WEDNESDAYS

Small Steps to Your English (ESOL course)

Learn English for free!
12-week course for parents with babies and toddlers under four.

Booking required
Children welcome

FRIDAYS

Story & Rhyme Time
10am-11am

Valley Centre Library



Regular family activities for parents & caregivers



For dates, times and booking:

07814 938295 / groups@frameworkha.org

Triple P Discussion Groups

Get practical advice for tackling behaviours. Such as:

- Hassle-free mealtimes
- Bedtime routines
- Managing fighting and more!

Walk & Talk

Each week we'll try a new adventure

- Meet other parents
- Try different groups
- Explore new places



Around Again

- Donate baby equipment, toys and clothes
- Collect items you need
- The cycle starts again
- Around Again

Book to visit here:
bit.ly/AroundAgain



Do you want to make a difference to your community?

Volunteering makes a big difference to our services and families who use them.
Contact Sonja for more information:

07890 301713 / sonja.austinmepham@frameworkha.org

