


	Monday	Tuesday	Wednesday	Thursday	Friday
Sandbach Activities	<p>Cherubs 10.00-11.30 Ashfields Medical Centre</p>  <p>Follow us on twitter @SandbachAlsager</p>	<p>SCPS Toddler Fun Time (invitation only session)</p> <p>Monthly Lego Club 3:30-4:30 2nd Tuesday of the month</p> <p>Antenatal Clinic 2.30-4.30 Appointment Only Ashfields Medical Centre</p> <p>Child Health Clinic 10.00-12.00 Ashfields Medical Centre</p> <p>Adult Learning 1.00-3.00 Sandbach Children's Centre Call 01270 371235 for more information</p>	<p>Antenatal 9:00-5:00pm Call 01270 371235 to book</p> <p>Baby Basics(postnatal group) 2.00-3.00 Health Visitor led session covering women's health, sleep, play & more Please call 01270 371235 to confirm.</p> <p>Playmakers 12.30-1.30 Sandbach Children's Centre 8th, 15th, 22nd, 29th July. A physical activity programme for children from walking to preschool. Please call 01270 371235 to book.</p>	<p>Gingerbread Group 5.00-7.00pm 1st Thursday of the month. A single parent/carer group.</p> <p>Little Stars 10:00-12:00, Last Thursday of the month A group for children with additional needs.</p> <p>Sensory Time Under 1's 1:30-2:30 Under 1's Sensory Time</p> <p>Dads' Stuff Monthly group for male carers 5:00-8.00pm next sessions 11th Jun, 9th July</p> <p>Antenatal Clinic 2.30-4.30 Appointment only Ashfields Medical Centre</p>	<p>Sandbach Stay and Play 10:00-12:00 Play for 0-5's Come meet the team & other local families at our Stay & Play session.</p> <p>Weaning Advice 10.00-11.00 Ashfields Medical Centre (monthly)</p> <div> <p>HELP WANTED! Join the Advisory Board and support the work of your Children's Centre Call 01270 371235 for more information</p> </div>
Alsager Activities	<p>Sensory Time Under 1's 10.45 or 11.30 - (30 min sessions) Alsager Medical Centre Call 01270 371127 to book a place</p> <p>Cherubs 1.30-3.00 Alsager Health Centre Breastfeeding Support Group</p> <p>Weaning Advice 10.30-11.30 Alsager Health Centre (monthly)</p>	<p>Monthly Lego Club 3:30-4:30 Alsager Library 3rd Tuesday of the month</p> <p>Playmakers 9.20-10.20 2nd, 9th, 16th, 23rd June Alsager Civic Centre A physical activity programme for children from walking to preschool. Please call 01270 371235 to book.</p>	<p>Alsager Stay and Play 1:30-3:00pm Alsager Civic Centre Meet the team & other local families at our Stay & Play session.</p> <p>Child Health Clinic 2.00-4.00 Alsager Health Centre Health Visitors available for advice and baby weighing</p>	<p>Baby Basics(postnatal group) 10.30-11.30 Alsager Health Centre Health Visitor led session covering women's health, sleep, play & more</p> <div> <p>Interested in Volunteering? Call us on 01270 371235</p> </div>	<div> <p>English Functional Skills Starting at Cranberry Academy Alsager on 8th Sept for 12 weeks (excluding half term) 9.30-12.30. Creche provided. Call 01270 371235 to book your place.</p> </div>
Middlewich Activities	<p>Antenatal Clinic 9:00-12:30 Salinae Appointments only</p> <p>Sensory Time Under 1's 10:00-11:00 Salinae Under 1's play time</p>	<p>Baby Basics(postnatal group) 2:00-3:00 Salinae Health Visitor led session covering women's health, sleep, play & more</p>	<p>Baby Sign 1, 8, 15, 22 July Wych Centre 12.40-1.10 You and your baby can learn non verbal signs to communicate.</p> <p>Toddler Dance 1, 8, 15, 22 July Wych Centre 1.20-1.50 Keep healthy, enjoy music and learn basic dance steps with your toddler. Call 01270 371235 to book either session</p>	<p>Weaning Advice 10.30- 11.30 Salinae (monthly)</p> <p>Middlewich Stay and Play 1:30-3:00 Wych Centre Play session for 0-5's Come and meet the team & other local families at our Stay & Play.</p> <p>Child Health Clinic 2:00-4:00 Salinae (HV's advice and weighing session)</p>	<p>Cherubs 1.30-3.00 Salinae, Middlewich Breastfeeding Support Group</p>

Sandbach Children's Centre

Serving Sandbach, Alsager & Middlewich

We run regular 5 week courses of **BABY MASSAGE** within our three settings and rural areas. We have a waiting list set up so please call us on **01270 371235** to book your place.

We provide **ADULT ENGLISH** and **ADULT MATHS** courses. Please ring us on **01270 371235** for more information

PARKING



Due to limited space in the primary school car park, we advise parking on either Newall Avenue or Union Street which are situated off the main road before and after the Children's Centre pedestrian entrance.

ENGLISH FUNCTIONAL SKILLS COURSE

Starting on Tuesday 8th September 1.00-3.00pm

Last session on Tuesday 1st December

"For those who need a stepping stone into employment or want to be able to support their children with their homework needs. We will be working towards the Functional Skills Qualification in Adult Literacy"

To book onto this course call : **01270 371235**



WORK CLUBS

Did you know that there are Work Clubs in Sandbach, Alsager & Middlewich who can help with writing CVs, sourcing training and seeking employment?

Sandbach session-Wed 10.00-12.00
call 07580724932

Alsager session-Thurs 12.00-2.00
call 07751960579

Middlewich session-Wed 10.00-12.00
call 07580724932

POP UPS

Pop Ups are a new range of activities which run in addition to our Children's Centre timetable.



A date for your diary!
Healthy Picnic Pop Up
Tues 28th July
11.00-3.00

Look out for more information soon!

Need Health Visitor Advice?

Ring your local clinic:

Salinae, Middlewich - 01606 544050
Alsager Health Centre - 01270 275570
Ashfields Sandbach- 01270 275050

FIRST AID

Concerned about your level of First Aid knowledge? Come along to a friendly relaxed First Aid session in your area:

Sept 2015 - Alsager Health Centre

Nov 2015 - Salinae, Middlewich

Feb 2016 - Sandbach Children's Centre

For more info or to book :
Call 01270 371235



Follow us on twitter
[@SandbachAlsager](https://twitter.com/SandbachAlsager)

Like us on:



FOOD BANKS

Did you know that there are food banks in Sandbach, Alsager & Middlewich?

Would you like to be referred for support?

Call Sandbach Children's Centre:
01270 371235

WE CAN HELP !