

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandbach Activities	<p>Cherubs 10.00-11.30 Ashfields Medical Centre Breastfeeding Support Group</p> <p>Adult Learning 9.30-11.30/1.00-3.00 Sandbach Children's Centre Call 01270 371235 for more information</p> <div>Interested in Volunteering? Call us on 01270 371235</div>	<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>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 4, 11, 18, 25 Nov A physical activity programme involving ball skills, athletics, imagination & more! Please call 01270 371235 to book a place.</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 session Oct 15th</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>Our Family Service workers are always available to offer advice and support with parenting, benefits, work issues and much more...Please call 01270 371235</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>Adult Learning 9.30-11.30 Cranberry Academy, Alsager Call 01270 371235 for more information.</p> <p>Playmakers 9.20-10.20 Alsager Civic Centre 6, 13, 20, 27 Oct A physical activity programme involving ball skills, athletics, imagination & more! Please call 01270 371235 to book a place</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. Please call 01270 371235 to confirm.</p>	<div>  <p>English Functional Skills Starting at Cranberry Academy Alsager on 3rd Nov-8th Dec (Christmas break) 5th Jan-9th Feb 9.30-11.30. 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. Please call 01270 371235 to confirm.</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>	<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 .</p> <p>Child Health Clinic 2:00-4:00 Salinae (HV's advice and weighing session)</p>	<div>  <p>Follow us on twitter @SandbachAlsager</p> </div>

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.



CEOP Awareness Evening for Carers



Come and join us on Tuesday 17th November 6.00pm—7.00pm at Sandbach Children's Centre to discuss issues around on line safety for children. A speaker will be present on the night to answer questions and provide you with advice on how to keep your child safe on line.

Please call 01270 371235 to book a place on this event.

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 1.30-4.30
call 07580724932
(Sandbach Library)

Alsager session-

Thurs 12.00-2.00
call 07751960579
(Christ Church)

Middlewich session-

Wed 10.00-12.00
call 07580724932
(Middlewich Library)

FIRST AID

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

Nov 12th '15 - Salinae, Middlewich

Feb 2nd '16-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 !

A Sure Start Children's Centre .