

## "What's On" at Visions at Great Casterton – January 2012

Day	What time?	Whats On?	What is it?	Dates held
Monday	10.00 – 11.00	Baby Massage	A five week course for parents with non-mobile babies. Come and learn a wonderful skill that gives your baby the best possible start in life. Booking required.	9/16/23/30
	11.30 – 12.30	Baby Yoga	A six week Baby Yoga course for parents with non-mobile babies. Booking required.	9/16/23/30
Tuesday	10.00 - 10.45	Jellybeans Music Sessions	A vibrant child centred music session for parents and mobile children up to the age of 5 years. Booking required.	10/17/24/31
	11.00 – 11.45	Babybeans Music	Similar to Jellybeans but for non-mobile babies. Booking required.	10/17/24/31
	13.15-14.15	Messy Play sessions	Come and enjoy an arts session! For children aged 2 – 5 years. Please wear old clothes! And bring a towel.	10/17/24/31
Wednesday	09.00 – 12.00	Health Visitor Clinic	Please contact your Health Visitor on 01572 772069 for an appointment.	11
	12.45 – 14.15	Young Parents Group <b>(New group!)</b>	For young parents up to 20 years of age, (plus a friend or relative, if you wish, to meet other young parents in the area. No booking required.	11/18/25
Thursday	10.30-12.00	New Parents Group	6 week course, covering informative sessions for new parents and a chance to meet other new parents. Please contact your Health Visitor or the Centre about joining.	12/19/26
	13.15-14.15	Stay and Play session	For parents/carers to come along with young children and relax, chat and have a cup of tea plus free play activities! For children up to the age of 4 years. No booking required.	5/12/19/26
	16.30 - 18.00	Down's Syndrome Group Tea Club	Support for carers/families and friends of children with Down's Syndrome.	5/12/19/26
Friday	10.00 – 11.00	Makaton Baby Signing	Makaton signing is a fun and easy way to learn to sign with your baby from 6 months. 6 week course. Booking required.	Next course starting 24 Feb 2012.

**Parental guidance information** - If you would like to talk to someone regarding parental guidance (0 -11 years), you are welcome to book an appointment to speak to our specialist Family Support Worker on **01780 752303** or email the address above, if you would prefer.

**All sessions/activities are currently free but this may change during the current financial year. Priority for courses/sessions will be given to families living in Rutland. Remaining spaces will be allocated by the Manager, either to families who require a priority space or on a first come, first served basis. Any unallocated spaces will open to all families in the local area. Thank you for your co-operation and we look forward to meeting you at the Centre. To book on courses please call 01780 752303 except for Health Visitor Clinics.**