

"What's On" at Visions in Oakham – January 2012

Day	What time?	What's On?	What is it?	Dates held
Monday	13.15 14.15	Stay and Play (NEW!)	For parents/carers to come along with young children and relax, chat and have a cup of team plus free play activities. Children 0 -4 yrs.	16/23/30
Tuesday	10.00-12.00	Homestart (Term Time only)	Home-Start offers support, friendship and practical help to parents with young children in local communities throughout the UK.	10/17/24/31
Wednesday	10.00 – 12.00	Breastfeeding Support Rutland (BSR) Coffee Morning	Come along and meet our BSR team and other breastfeeding mums and have a chat and a cup of tea.	4/11/18/25
	13.00 - 17.30	Health Visitor Clinics	Please contact your Health Visitor on 01572 772069 to make an appointment.	4/11/18/25
Thursday	09.30 – 12.30	Health Visitor Clinics	Please contact your Health Visitor on 01572 772069 to make an appointment.	No dates avail in Jan.
Friday	12.30 – 14.30	Netmums Coffee Morning	Everyone welcome no need to book.	20 (3 rd Fri of Month)
	10.15 – 11.45	MIM's Course (Mums In Mind)	An informal course for parents with post-natal depression. Please call 01664 561247 for more information or to request a place.	New course st 14 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. Priority for any activities/courses 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 be open to all families in the local area. Thank you for your co-operation and we look forward to meeting you at the Centre. **All bookings for above activities/sessions are to be booked on 01780 752303 except for Health Visitor Clinics**