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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 10.00 - 11.30  Bumps to Babies  Come along and meet new parents and parents to-be with fun activities for your babies including songs and rhymes.  12.45 – 4.15  Health Visitor  Development Reviews  Contact the Health Visitors  on 01908 725100 for more details and bookings | 10.00 – 11.30  Toddler Stay & Play  (Walkers to 2 years)  Fun activities to support their learning and development.  1.30 – 2.30  Story Café including  L I P S  A session to help your little ones with their speech & Language development | 9.30 – 11.30  Adult Learning or  Family Learning  Workshops  Including Working as a Volunteer.  Contact the centre to see when the next course/workshop is running. | 09.30 – 10.30  Story, Songs & Rhymes  at  Whitehouse Primary School  Term Time only  This session explores sound, actions, and rhymes to support your child’s language, communication, and development.  1.00 – 2.00  Wellbeing Café  Colouring/crafts for adults, along with a cuppa and a chance to chat.  Children welcome.  12.45 – 4.15  Health Visitor  Development Reviews  Contact the Health Visitors  on 01908 725100 for more details and bookings | 10.00 – 11.30  Stay & Play  For all under 5’s  We have a wide range of activities for your children to explore which supports their learning and development.  1.00 – 2.15  Seedlings Help Hub  Are you new to the area, do you need help with applying for 2 year funding?  Are you pregnant?  Come along to register and find out what Seedlings can offer you and your family. |

We welcome families from Woodhill, Shenley Church End, Shenley Wood, Oakhill, Medbourne, Loughton, Whitehouse, Loughton Lodge, Hazeley, Grange Farm, Crownhill

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