



Day	Group	Who is it for?	When/Where	Contact
Monday	<p>Family drop-in</p> <p>&</p> <p>Tot shop/Library</p>	<p>A friendly support group for parents and their children. Join us for breakfast and children's playtime. Term time only group. 4 Oct- Health Visitor</p>	<p>9.15 – 11.30 Goldington CC</p>	<p>Family Team</p> <p>Jackie Bland & volunteers</p>
Tuesday	<p><i>Mini smoozers</i></p> <p>Baby Massage</p> <p>NEXT STEPS.....</p> <p>Relate</p> <p><i>Teens and Tots</i></p> <p>Sing & Stomp</p>	<p>Happy, friendly, safe group to prepare your child for Pre-school. For children aged 2 ½ - 3 years to join. To register call 01234 341977. Term time only group</p> <p>Every week you will learn new massage techniques. <u>7 Sept to 12 October</u>. Please book. Term time only group.</p> <p>A child development group, for parents and children 6-15 months. Please book. Term time only group.</p> <p>Family Counselling, 1 hour session (Appointment Only) -----</p> <p>A group for young parents and expectant parents. At Church Lane Community Centre. Term time only group. -----</p> <p>Sing & Stomp is a fun, physical activity group. Enjoy singing, stomping, wriggling and jiggling! No need to book. At Putnoe Heights Church. Term time only. 5 Oct-Lucy Eustace, Oral Health 2pm</p>	<p>9.15 – 11.15am Goldington CC</p> <p>10.00-11.00am Goldington CC</p> <p>1.15 – 2.45pm Goldington CC</p> <p>Goldington CC -----</p> <p>10.00 – 11.30 Church Lane Community Centre -----</p> <p>1.15 – 2.45pm Putnoe CC</p>	<p>Val Foster Mandy Proud</p> <p>Jackie Waller</p> <p>Jackie Waller Val Foster</p> <p>Tel: 01234 356350 -----</p> <p>Holly Dodge Indira Broschat</p> <p>-----</p> <p>Family Team</p>
Wednesday	<p>Family drop-in & Tot shop/Library</p> <p>Parenting Puzzle Workshop. 'How to get the best out of family life.'</p>	<p>A friendly support group for parents and infants. Join us for breakfast and children's playtime. Term time only. 6 October –job centre plus. 20 October-job centre plus. -----</p> <p>Would you like to meet other parents with similar experiences? You gain more insight, become more confident in your parenting and enjoy your children. 12 week workshop at Church Lane Community Centre. 8 September to 1 December . Please book Term time only</p>	<p>9.15 – 11.30am Goldington CC</p> <p>-----</p> <p>1.00-3.00pm Church Lane Community Centre</p>	<p>Family Team</p> <p>-----</p> <p>Jackie Waller & Holly Dodge</p>
Thursday	<p><i>Mini smoozers</i></p> <p>Childminders Drop-in</p> <p> Drop-in service</p> <p><i>Toddler Playtime Drop-in</i></p>	<p>Happy, friendly, safe group to prepare your child for Pre-school. For children aged 2 ½ - 3 years to join. To register call 01234 341977. Term time only</p> <p>A friendly group with toys for under 5's. For childminders, au –pairs, family carers and grandparents. Term time only</p> <p>A free confidential and independent advice & information service. Putnoe CC Goldington CC -----</p> <p>A selection of toys, music time & healthy snack for 0-5s. At Putnoe Heights Church. Term time only.</p>	<p>9.15 – 11.15am Goldington CC</p> <p>10.00-11.30am Goldington CC</p> <p>11.00-12.00 Putnoe CC</p> <p>1.00-2.45pm -----</p> <p>1.15-2.45pm Putnoe CC</p>	<p>Val Foster Mandy Proud</p> <p>Clare Simmons 07788824666</p> <p>Dennis Gound</p> <p>-----</p> <p>Family Team</p>
Friday	<p>Welcome Meeting</p> <p>Midwifery Drop-in</p> <p></p>	<p>New to the area? Just had a baby? Find out about the groups we offer. Please phone to book an appointment. Tel: 01234 341977</p> <p>Antenatal & Postnatal checks including blood pressure, cord checks, blood tests, breast feeding, baby weighing to 28 days.</p> <p>A club for pregnant women and babies under 6 months. Please book. Term time only. 8 Oct – Healthy U5s, Rebecca Williams</p>	<p>9.30-10.30am Goldington CC</p> <p>11.30 – 1.00pm Goldington CC</p> <p>1.00-2.30pm Goldington CC</p>	<p>Trudi Williamson</p> <p>Swee Thomas</p> <p>Jackie Waller Indira Broschat</p>