






Day	Group	Who is it for?	When/Where	Contact
<b>M</b> <b>O</b> <b>N</b> <b>D</b> <b>A</b> <b>Y</b>	<b>Breakfast club &amp; Family drop-in</b> & Tot shop/Library	Come & join us for a healthy breakfast and enjoy fun activities with your children & make friends. <b>Term time group. <u>No need to book.</u></b>  <b><u>NO DROP-IN ON MONDAY 20<sup>TH</sup> FEBRUARY</u></b>	9.15 – 11.30am Goldington CC  Goldington CC	Rebecca Lapworth & Goldington Family Team  Centre Volunteers
		Happy, friendly, safe group to prepare your child for Pre-school. For children aged 2-3 years to join. <b>Term time group.</b> <b><u>To register call 01234 352202.</u></b>	9.00am – 12.30pm Goldington CC	Val Foster Mandy Proud
<b>T</b> <b>U</b> <b>S</b> <b>D</b> <b>A</b> <b>Y</b>	Teens and Tots	A group for young parents & young expectant parents. <b>Term time group.</b>  <b><u>Please call 341977 for information.</u></b>	1.00pm-2.30pm Goldington CC	Holly Garratt Indira Broschat
	<b>Breakfast Club &amp; Family drop-in</b> & Tot shop/Library	Come & join us for a healthy breakfast and enjoy fun activities with your children & make friends. <b>Term time group. <u>No need to book.</u></b>	9.15 – 11.30am Goldington CC  Goldington CC	Rebecca Lapworth & Goldington Family Team  Centre Volunteers
<b>W</b> <b>E</b> <b>D</b> <b>N</b> <b>E</b> <b>S</b> <b>D</b> <b>A</b> <b>Y</b>	 Drop-in service	A free confidential and independent advice & information service. <b><u>No appointment necessary.</u></b>	10.00-12.00pm Goldington CC	Dennis Gound
	<b>Tiny One's Club</b> At <b>Putnoe Medical Centre</b> 	A weekly group for all expectant parents and new parents, babies 0-9 months. <b><u>Group runs all Year round.</u></b> <b><u>Just drop in no need to book</u></b>	10.00-11.30am <b><u>Putnoe Medical Centre, Queens Drive, MK41 9JE</u></b>	Jackie Waller Indira Broschat
		Happy, friendly, safe group to prepare your child for Pre-school. For children aged 2-3 years to join. <b><u>To register call 01234 352202.</u></b> <b>Term time group.</b>	1.00-4.00pm Goldington CC	Val Foster Mandy Proud
	<b>Adult Workshop</b> <b>Self Esteem &amp; Managing Difficult Feelings</b> <b><u>Booking essential</u></b>	Take time out for you, share experiences and raise your awareness & understanding of self esteem & feelings. Free crèche but places are limited. 11 January to 18 April. <b><u>Booking essential</u></b>	1.00-3.00pm Goldington CC	Holly Garratt Jackie Waller
		Happy, friendly, safe group to prepare your child for Pre-school. For children aged 2-3 years to join. <b>Term time group.</b> <b><u>To register call 01234 352202.</u></b>	9.00am – 12.30pm Goldington CC	Val Foster Mandy Proud
<b>T</b> <b>H</b> <b>R</b> <b>S</b> <b>D</b> <b>A</b> <b>Y</b>	<b>Baby Massage (for babies under 6 months)</b> <b><u>FULLY BOOKED</u></b>	Every week you will learn new massage techniques. Term time group. A 6 week course. 12 January to 23 February.  <b><u>FULLY BOOKED</u></b>	10.00-11.00am Goldington CC	Jackie Waller
	<b>NEXT STEPS.....</b> Drop in (Children aged 9-24 months) At <b>Putnoe CC, Putnoe Heights Church, MK41 8EB</b>	A child development group, for parents and children 9 months to 2 years. <b>Term time group.</b> <b><u>No need to book</u></b>	1.00pm-2.30pm <b><u>Putnoe CC</u></b> <b><u>Putnoe Heights Church</u></b>	Jackie Waller Indira Broschat
	<b>Midwifery Drop-in</b>	Antenatal & Postnatal checks including blood pressure, cord checks, blood tests, breast feeding, <u>baby weighing up to 28 days only.</u> <b><u>No need to book.</u></b>	11.30am -1.00pm Goldington CC	Swee Thomas
<b>T</b> <b>H</b> <b>R</b> <b>S</b> <b>D</b> <b>A</b> <b>Y</b>	<b>Centre Visit &amp; Information Service</b>	We welcome you to come in and have a look around the centre. See what services Goldington Children's Centre can offer you & your family	11.30am-12.30pm	Holly Garratt