

# GROUP DAYS



All Groups are now held here at the H.O.P.E Centre Bromyard.

For further information on any of the groups running please contact -

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or [admin@hopefamilycentre.org](mailto:admin@hopefamilycentre.org)

## Every Monday

### TODDLER DAYS

Come and play in a safe modern environment with quality toys/equipment and with access to a fantastic outside play area. There will be messy play/construction/fantasy play and much more for you and your child to enjoy. Once every month we will be organising a professional to visit Toddler Days to advise, answer questions and for you to gain knowledge on a variety of subjects. We will cover subjects such as oral health, Bookstart, health and diet advice for you and your child and many more areas.

From 10.30 - 12.00

This group caters for children age between 12 months to 5 years .

## Every Tuesday

### STAY N PLAY

These craft/play activities, stories and song time sessions are designed to enable 0-5 year olds and their parents/carers to participate together. Supported by the "Early Years Foundation Stage Framework".

Every Tuesday from 10.30 - 12.00

All ages welcome!

### FAMILY RELAX ZONE

A lovely way to get to know people in your area with babies and children of the same age. Tea and coffee facilities available, so come along for a cuppa, biscuit and chat while you enjoy playing with your children.

Every Tuesday and Thursday from 1.00 - 2.30

All ages Welcome!

## Every Wednesday

### BUMPS R US!

Meet other Parents in a relaxed, welcoming environment whilst learning about becoming a new parent and caring for your newborn. Advice and support with feeding, whether you choose breast feeding or bottle feeding.; learn everything you need from the simplest tasks such as nappy changing.; watch demos on bathing your baby and share stories and experience with other Parents.

From 1.00 - 2.30

This Group is aimed at Pregnant Mums , Partners or even bring along a friend!

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## Every Thursday

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## Every Friday

### BABY DAYS

A drop-in group for parents and carers of children from birth to 12 months. Breast feeding support provided. Links to and visits from local professionals such as Health Visitor, Children's Information Services, Osteopath & Health Trainer. Information and discussions on topics such as weaning, road & home safety, sleep issues and routines. Activities include baby massage, messy play, crafts & music time. Also walks, off-site visits and outdoor play when the weather permits.

Every Friday from 1.00 - 2.30

This Group caters for babies from birth to confident walkers