

Monday

 **Antenatal Clinic**
9.00am-12.00pm
Appointment only

 ****Baby Club**
9.30am-11.30am
A group for those caring for non-walking babies.
Health Visitor attending
2nd Monday every Month

 ****Kaleidoscope Group**
9.30am-11.30am
Stay and Play for children with additional needs. Fortnightly

 **Antenatal Clinic**
1.00pm-4.00pm
Appointment only

 **Home Start Group**
1.00pm-2.45pm by Invitation
Stay and Play group with Additional support (term time only)

 **Baby Massage Courses**
Bi Monthly 10.30am-12.00pm
3 week Course

 **National Careers Advice**
12.30pm-4.30pm
1:1 booked appointments
Support for job searching, CV writing and employability.

 **Breastfeeding Workshop**
10.00am-12.15pm
(See overleaf for more information)

Tuesday

 **Antenatal Clinic**
9.00am-12.00pm
By appointment only

 **Adult Training & Functional Skills**
9.00am-1.00pm
Access to accredited qualifications on site & distance learning including English, Maths and basic IT

 ****Baby Club**
9.30am-11.30am
A group for those caring for non-walking babies.
Health Visitor drop in on the last Tuesday of each month

 ****Stay and Play**
1.00pm-3.00pm
Stay and Play for 0-5 year olds

 **Sexual Health Drop In**
3.00pm-4.00pm
(See overleaf for more information)

Wednesday

 **Baby Clinic**
9.00am-11.00am
Health Visitor Clinic. Drop in at Sandown Health Centre

 ****Baby Club**
9.30am-11.30am
A group for those caring for non-walking babies

 ****Stay and Play**
9.30am-11.30am
Stay and Play for 0-5 year olds

 ****M8ts Group for Parents aged under 24**
1.00pm-3.00pm
Stay and Play for parents/carers under 24 years old

 **Baby Clinic**
1.30pm-3.30pm
Health Visitor Clinic. Drop in at Shanklin Family Centre

Thursday

 **Antenatal Clinic**
9.00am-4.00pm
Appointment only

 ****Stay and Play**
9.30am-11.30am
Stay and Play for 0-5 year olds

 ****Yarborough House Family Support Stay & Play**
10.00am-12.00pm
Stay and Play for residents and former residents of Yarborough House

 **Rhyme Time**
1.30pm-2.30pm (term time only)
Interactive song and story session for all at Sandown Library

 **Baby Massage Courses**
Bi Monthly-10.30am-12.00pm
3 week Course

Friday

 **Antenatal Clinic**
9.00am-4.00pm
Appointment only

 **Weigh and Play Health Visitor Clinic**
9.30am-11.30am
1st and 3rd Friday of the month
Drop in play session with Health Visitor weigh in

 **Grandparents Group**
10.00-12.00am
Stay and Play session for grandparents and their grandchildren for 0-5yr olds

 **BRA Breastfeeding Support Group, with Jane Hawskley**
10.00am-11.30am
1st and 3rd Friday of each month

 **BRA Breastfeeding Support Group, with Jane Hawskley**
10.00am-11.30am
2nd and 4th Friday of each month

 **Sparkle Group**
10.30am-12.30pm
Invitation only, Stay and Play for children with additional needs
4th Friday of each month

** Donation Information:

Stay and Play 1 item of fruit or **healthy** snack to share

Baby Massage £3.50 per course (including oil and massage pack)

Promoting bonding and attachment between parent/carers and child.



SHANKLIN



VENTNOR



SANDOWN



OUTREACH SITES

Parenting Programmes delivered for 0-19 years

For full details of all courses and dates call 01983 408718

- ◆ Baby IY
- ◆ Family Links
- ◆ Triple P
- ◆ Toddler IY
- ◆ Talking Teens
- ◆ ADHD New Forest

0-19 years Parenting Drop-in Information, advice & guidance on all parenting & health/development issues

Mondays: 1.00pm-2.00pm @ Sandown Family Centre
Fridays: 9.30am-10.30am @ Ventnor Family Centre

Talk 2 Counselling

For 3-19 year olds
Call 01983 520006 or email
Talk2@barnardos.org.uk

Sexual Health advice and support

FREE condoms and Chlamydia Testing kits available/contraception advice
Every Tuesday at Sandown Family Centre
3.00-4.00pm

Breastfeeding Workshops

Mondays 10.00am-12.15pm at Sandown and Ventnor Centre
Ring 01983 408718 for dates of next session

Adult Counselling—Referral Required

Call 01983 408178 -for more information

Family Fun days During School Holidays

For families with children 11 years and under.
Look out for leaflets in centres.

Self-Esteem Workshop—For adults to build your self esteem and confidence. More information. call 01983 408718

Parent-Craft - A three week course with Health Visitors and Midwives covering baby development, breastfeeding, baby basics, safety, preparation for birth and early days

For more information call Sandown Family Centre on 01983 408718

For up-to-date information

- Check out our website: <http://www.barnardos.org.uk/iow-early-help-s>
- Join us on Facebook: [South Wight Family Centre](#)
- Email: southwight@barnardos.org.uk

South Wight 0-19 Family Centre



NEW What's On Guide 2016



This timetable lists all activities in the South Wight Locality
Families are welcome at any session
at any Family Centre

Sandown Family Centre, The Fairway, Lake, Sandown, Isle of Wight PO36 9EQ—01983 408718

Shanklin Family Centre, Furzehill Road, Shanklin, Isle of Wight PO37 7PA — 01983 867310

Ventnor Family Centre, Albert Street, Ventnor, Isle of Wight PO38 1EZ — 01983 857372

Sandown Library, 119 High Street, Sandown, Isle of Wight PO36 8AF — 01983 402748

