

# Timetable

Pine Ridge Children's Centre, Esher Road, Camberley, Surrey, GU15 4AL 01276 401605

<p><b><u>Monday</u></b></p> 	<p>9.30-11.30am            Childminder's drop in session for children under 5 years.            A messy fun session for children and carers.            Please note there is a £1 fee per child if they live outside our Children's Centre reach area.</p>	<p>6th March 11-12pm            Sleep workshop for babies 7mths            Get tips and support with sleep routines.  <b>Bookable session</b></p> <p>10th April 11-12pm            Introducing Family Foods. Come along for support and practical tips.  <b>Bookable session</b></p>	<p>1-2.30pm            Tiny Explorers            For babies under 1 year. Introduce your baby to new experiences.            Tea and Coffee available.  <b>Drop-in session</b></p>
<p><b><u>Tuesday</u></b></p> 	<p>9.15-10.30am            Baby Weighing Clinic            Get your baby weighed, stay for a play and make new friends.            14th March &amp; 11th April  <b>Drop-in session</b></p>	<p>10.30-11.15am            Come and have a coffee and a chat at Pine Ridge Children's Centre with Michele our Family Support Worker.            21st March &amp; 18th April  <b>Drop-in session</b></p>	<p>1-2.30pm            Messy Play for under 5's            Dress for mess!  <b>Drop-in session</b></p>
<p><b><u>Wednesday</u></b></p> 	<p>10-11.15am            Active Tots            Fun physical activities for steady walkers up to 5 years.            Come and explore  <b>Drop-in session</b></p>	<p>19th April 1-2.30pm            First Aid Course            £10.00 per person            Free First Aid Manual &amp; Crèche provided  <b>Bookable session</b></p>	<p>8th-29th March, 1-2pm            Well-being Workshops            A four week workshop promoting self esteem and well being.            Crèche provided  <b>Bookable session</b></p>
<p><b><u>Thursday</u></b></p> 	<p>10-11.15am            Sensory Play            For babies and confident crawlers.            Come and explore new sensory experiences in our relaxing room.  <b>Drop-in session</b></p>	<p>1.30-2.30pm            20th April-11th May            Baby Massage            For babies 8 weeks - 8 months            4 week course  <b>Bookable session</b></p>	<p>7-9pm            20th April-22nd June            Parenting Puzzle            10 week parenting course at Lorraine School  <b>Bookable session</b></p>
<p><b><u>Friday</u></b></p> 	<p>10-11.15am            Messy Play for under 2's            Dress for mess!  <b>Drop-in session</b></p>	<p><b>Please Note</b>            For Health &amp; Safety reasons we can only accommodate 15 families in our sessions at one time, therefore we may have to turn people away.  <b>Thank you for your understanding.</b></p>	<p>1.30-2.30pm            Funky Monkey Music!            Come and make new friends, sing songs and play.            Term time only  <b>Drop-In session</b></p>

Healthy Start Vitamins  
are now available at all  
Surrey Heath Children's Centres.  
Children's Vitamin Drops - £2  
Tablets for Women - £1

Breast Feeding Support is available daily at the centre.  
Please feel free to drop in for a friendly chat.

### Outreach Support

We all have times in our lives when we need help and support. Please don't feel alone - help is at hand. Confidential, independent support is available for families with children under five. Services can be adapted to meet individual needs.

### Children's Centre Staff

Sandy Ball & Paula Harris  
Centre Managers  
Sandy Ball, Sam Lye  
& Tiffany Goetz  
Outreach Workers  
Vicki Tier - Playworker  
Elaine Peacock - Administrator



We are now on  
Facebook, why not add  
us as a friend.

For bookable sessions priority is given to families in our reach area. Families who live outside our reach area are added to our reserve list. Please check our website to see if you live in our reach area.



# What's on March & April

Our centre is open Monday - Friday  
8.30am - 4.15pm

01276 401605 or 07793 241493  
[childrenscentre@prlfederation.org](mailto:childrenscentre@prlfederation.org)  
[www.pineridgeandlorraine.co.uk](http://www.pineridgeandlorraine.co.uk)

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