

**Monday**

**Monday Medley  
(Via Facebook)  
10 am Start time**

Re-visit the best bits from our virtual offer over the last 9 months, take a trip down memory lane and utilise some of the great ideas from our previous sessions such as Super Sensory, Outdoor Fun, Say & Sign to name a few.

**Virtual Coffee Morning  
(Via Zoom)**

**1<sup>st</sup> / 15<sup>th</sup> / 29<sup>th</sup> March 10am**

Come along to our regular virtual meet up, an opportunity to chat, ask for advice, share ideas,. Drop us a message or a call if you're thinking of joining us and we'll send you the secure link. You can access the event from your mobile device or computer for free.

**Clothes Bank  
9.30 am – 12.00 pm**

Please ring/email in advance  
01788 579488

[rugbychildren&familycentre@barnardos.org.uk](mailto:rugbychildren&familycentre@barnardos.org.uk)

**Tuesday**

**Useful Contact Details**

**Health Visitors**  
Orchard Centre  
01788 551212

**Family Support Help Line**  
01926 412412

**Mon – Fri 9 am–4 pm**

Information and advice can also be found on their website:  
[www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies)

**Family Information Service**  
01926 742274

[fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk)  
[www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

Providing information, advice and one-to-one support for families with children and young people aged 0 - 25 .

**Midwives** for Maternity advice  
- The Owen Building  
on 01788 663184

**MASH** for concerns about a child's wellbeing 01926 414144

**Wednesday**

**Rhyme time  
(Via Facebook)  
10 am Start time**



A fun and interactive session to support children's speech and language development, with familiar songs and rhymes.

**Interested in volunteering?**

For more information, get in contact with;

[nicola.sharpe@barnardo.org.uk](mailto:nicola.sharpe@barnardo.org.uk)

**Youth Services -**

<https://www.warwickshire.gov.uk/youthservice>

**Thursday**

**Young Parents Group  
Every other week  
(Via Zoom) at 1.30pm  
25<sup>th</sup> Feb, 11<sup>th</sup> + 25<sup>th</sup> Mar**



**Are you a young parent/ parent to be?**

This welcoming group's for you. It's a great way to meet other younger mums, dads & carers aged 25 & under. You will be able to share experiences with each other together.

**Chatter Matters**

**4 weeks (Via Zoom)  
New dates coming soon**

Through fun activities (including story-telling & rhymes) these sessions can support development, social interaction, communication, attention & listening skills to enhance your child's speech & language development.

**Family Foods (from A&CL)**

4 weeks from 4<sup>th</sup> March via Zoom—see Facebook for info

**Friday**

**Storytelling  
(Via Facebook)  
10 am Start time**



Time to snuggle down and get cosy, as we share the love of reading with you and your child. Sharing books together can support your child to learn words, phrases, experience a range of emotions and acquire skills and knowledge.

**Saturday**

**SaturDads  
Monthly at 10am (Via Zoom) Follow us on Facebook for dates**

A call out to Dads, Grandads & Male Carers, and your children. Dylan & Gavin are our two Barnardo's volunteering Dads. They'd like to invite you to a zoom coffee morning and some fun.