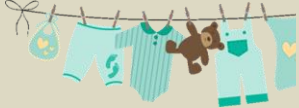


Monday

Clothes Bank
9.30 am – 12.30 pm



We are open for the clothes bank every Monday 9.30 am – 12.30 pm.

At Claremont we have a selection of pre-loved clothes for babies and children.

Please ring in advance with your requirements to include the type of clothing and sizes you are hoping for. These will then be selected for you ready for you to collect the following Monday.

Sessions have very limited numbers. Please book on as soon as you can. To avoid disappointment we can add you to the next course dates.

Tuesday

Outdoor Stay and Play At Claremont
Weekly sessions



Starting from the 20th April 1.30 – 3.00pm.

Come and join us for some outdoor fun!

Please remember to wear suitable clothing / waterproof outdoor clothes.

Baby Signing At Claremont

A course of 8 sessions



Starting on the 4th May at 10.30 – 11.30am.

Baby signing is a way of communicating with your baby before they have the ability to talk.

The course is taught through songs and rhymes and is a great opportunity to learn a new skill while also having fun with your baby.

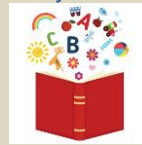
Wednesday

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.

Baby Group (non walkers) At Claremont
Weekly sessions



Starting on the 21st April, 1.30 – 3.00pm.

There will be an opportunity for you & your baby to explore and learn about Treasure Baskets, Sensory Play, Musical Instruments and so much more.

Come and meet other parents, relax and chat!

Thursday

Baby Group (non walkers) At Boughton Leigh
Weekly sessions



Starting on the 22nd April 9.30 – 11.00am.

There will be an opportunity for you & your baby to explore and learn about Treasure Baskets, Sensory Play, Musical Instruments and so much more.

Twins and more At Claremont
Every other week

This is a friendly session for twins, multiples and their parent/carers.



Starting on the 29th April, 10.30am – 12 noon.

Parents/carers can meet other parents of multiples to get advice, support and make new friends.

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.

Story Time At Claremont

A Course of 4 sessions



Starting on the 30th April 10 – 11 am .

Time for an interactive story session, join us 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.

Monday

Wellbeing Walk From Boughton Leigh

Course of 3 sessions



New Groups Starting on:
Monday 19th April
Monday 17th May

at 10am (1 hour walks)

Wellbeing walks are a great way to take the first step to getting active in a safe and welcoming social environment.

We go at your pace and have routes that are suitable for buggies and young children.

Activity of the week

(Via Facebook)
10 am Start time

A selection of activity ideas for babies and young children to try out at home.

Tuesday

Story Time At Boughton Leigh

Course of 4 sessions



Starting on Tuesday 27th
April 2 – 3 pm.

Time for an interactive story session, join us 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.

Sessions have very limited numbers. Please book on as soon as you can. To avoid disappointment we can add you to the next course dates.

Wednesday

Outdoor Stay and Play At Boughton Leigh Weekly sessions



Starting from the 28th April
1.30 – 3.00 pm

Come and join us for some outdoor fun!

Please remember to wear suitable clothing / waterproof outdoor clothes.

Chatter Matters for Babies At Claremont

A course of 4 sessions



Starting on the 28th April,
10.00 – 11.00 am

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

Thursday

Young Parents Group At Claremont Every other week



Starting on the 22nd April,
10.30 am – 12 noon.

This group is a great way to meet other younger mums and dads aged 25 and under, and to make new friends.

At this group you will have the opportunity to enjoy fun, baby and child-friendly activities together.

Outdoor Stay and Play At long Lawford Weekly sessions



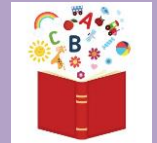
Starting from the 22nd
April 1.30 – 3.00 pm

Come and join us for some outdoor fun!

Please remember to wear suitable clothing / waterproof outdoor clothes.

Friday

Baby Group (non walkers) at Long Lawford for Weekly sessions



Starting on the 23rd
April 9.30 – 11.00am.

There will be an opportunity for you & your baby to explore and learn about Treasure Baskets, Sensory Play, Musical Instruments and so much more.

Chatter Matters for Toddlers At Boughton Leigh

A course of 4 sessions



Starting on the 30th April,
1.30 – 2.30 pm.

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

Useful Contact Details

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



Midwives for Maternity advice

The Owen Building
on
01788 663184

Family Information Service

01926 742274

fis@warwickshire.gov.uk

www.warwickshire.gov.uk/fis

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

MASH for concerns about a child's wellbeing

01926 414144

Health Visitors

Orchard Centre

01788 551212

Youth Services -

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

Our contact details

Boughton Leigh Children & Family Centre, Wetherell Way, Rugby, CV21 1LT Tel: 01788 570347

Claremont Children & Family Centre, Claremont Road, Rugby, CV21 3LU Tel: 01788 579488

Long Lawford Children & Family Centre, Holbrook Road, Long Lawford, Rugby, CV23 9AL Tel: 01788 561313

Email - rugbychildren&familycentre@barnardos.org.uk

Thursday

Wellbeing Walks from Long Lawford

Course of 3 sessions



New Groups Starting on:
Thursday 22nd April
Thursday 13th May
At 10am (1 hour walks)

Wellbeing walks are a great way to take the first step to getting active in a safe and welcoming social environment.

We go at your pace and have routes that are suitable for buggies and young children.



Interested in volunteering?
Get in contact with;
nicola.sharpe@barnardos.org.uk

Sessions have very limited numbers. Please book on as soon as you can. To avoid disappointment we can add you to the next course dates.

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.