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<p>Okehampton & Hatherleigh Children's Centre</p> <p>Hatherleigh Community Centre, Bowling Green Lane Hatherleigh EX20 3HB 01837 811 190 HCC</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Your £1 contribution in groups is much appreciated. It helps us to provide activity materials and equipment</p>  </div>	<p>Learn Devon  Maths & English courses available throughout the year and can be accessed at any time, please call for information</p> <p>Baby Massage  Invite Only See Overleaf</p>	<p>Bounce & Rhyme 10.00 – 10.30 (Over 1 yr) &11.00 – 11.30 (Under 1 yr) Okehampton Library</p> <p>North Tawton Explorers with health team input-Every 1st week 10.00 -11.30 Town Hall 2/1, 6/2, 6/3</p> <p>Hatherleigh Healthy Beginnings with Health Team input – Every 3rd week 10.00-11.30 HCC 16/1, 20/2, 20/3</p>	<p>Parenting  Sessions 10.00-12.00 HCC</p> <p>Learn Devon  Maths & English courses available throughout the year and can be accessed at any time, please call for information</p> <p>Oasis 1.15-2.45 HCC 17/1, 31/01, 21/2, 7/3, 21/3</p>	<p>Okehampton Healthy Beginnings with Health Team input 10.00-11.30 Okehampton Parish Church Hall</p> <p>Breastfeeding Group 10.30-12 HCC</p> <p>Learning Through Play 1.30-3.00 Okehampton Parish Church Hall 25/1, 22/2, 22/3</p> <p>Let's Talk More Group  1.30-3.00 Okehampton Parish Church Hall</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Let's Talk More  Invite only, please see overleaf</p> <p>Adult Education  Learn Devon offer tutored sessions for parents to advance their learning skills. Please book</p> <p>Baby massage  Invite Only, various courses throughout the term. Please see overleaf</p> <p>Here's Looking at You Baby HLAYB  Invite only, various courses throughout the term, please see overleaf.</p> </div>
<p>Tavistock Area Children's Centre</p> <p>Abbey Rise Tavistock PL19 9FD 01822 614 210 TACC</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">  <p>A Sure Start Children's Centre</p> </div>	<p>Baby Massage  1.30 – 2.30</p>	<p>Tavistock Explorers 10.00 – 11.30 1st Tues 2/1, 6/2, 6/3 Tavistock URC</p> <p>Princetown Explorers 10.00 – 11.30 2nd Tues 9/1, 13/2, 13/3 Princetown Community Centre</p> <p>HLAY Baby  10.00-12.00 TACC - See Overleaf</p> <p>Bounce & Rhyme 2.00 - 3.00 Tavistock Library</p>	<p>Healthy Beginnings with Health Team Input 2.00-3.30 TACC</p>	<p>Solihull course  10.00-12.00 Crèche Available TACC See Overleaf</p> <p>Let's Talk More Group  1.30 – 2.30 TACC</p>	<p>Boobie Babies 10.00-11.00 Weekly at TACC</p> <p>Adult Education  English Course 1.00-3.00 TACC Crèche available</p> <div style="text-align: right; margin-top: 20px;">  </div>


Groups

 **Baby Massage:** 4 week course for non-crawling babies from 6 weeks old. Days, times and location will vary. This is a highly popular activity so please call to book your space or to be added to our waiting list. £5 per course.

Explorers & Learning Through Play: Discover adventure through play for exploring babies and toddlers. Messy Play included.

 For **Learning Through Play**, look for us within Baby and Toddler groups in your community. This is an opportunity to learn and have fun together but with the added bonus of access to all the information you might need to give parenting a helping hand.

 **Let's Talk More:** By Invitation only. Group for 2yr old children to help develop their listening and communication skills following a Let's Talk More assessment. Days, times and location will vary depending on the need. Please call if you have any concerns.

 **HLAYB Here's Looking at You Baby:** A 9 week session for brand new parents with their babies up to the age of 6 months. During this time, we will be using video to illustrate the way in which your babies communicate. By invitation.

Oasis: Support group for families who may have concerns about their child's development or additional needs. Support on accessing the relevant help and signposting available.

Bounce & Rhyme: Share a story with your child, enjoy the sound and music singing their favourite songs. This session is run by our Library partners.

Healthy Beginnings

Baby weighing sessions

1st Tues - 10.00-11.30 North Tawton Town Hall
 3rd Tues – 10.00-11.30 Hatherleigh Children Centre
 2nd Tues - 10.00-11.30 Princetown Comm. Centre
 Every Wed - 14.00-15.30 Tavistock Children Centre
 Every Thurs - 10.00-11.30 Okehampton Parish Church Hall (Next to Co-op)

Breastfeeding Support & Breast Pump Hire

Weekly sessions for mums with children of all ages. Safe space to gain confidence in feeding when out and about, activities to encourage good attachment and support for any difficulties.

Thursday 10.00-11.30 Okehampton Healthy Beginnings session

Thursday 10.30-12.00 Hatherleigh Children Centre

Friday 10.00-11.00 Tavistock Children Centre

Electric Breast Pump £10 deposit plus £10 hire charge which includes a single sterile collection kit. Pumps are lent for a maximum of 3 months.

Deposits are given back when items are returned clean and in good working order.

Bump & Beyond

Ante-natal classes, partners welcome

Tavistock Area – Monday 6.00-8.00 pm 4 week courses at Tavistock Children's Centre.

Okehampton & Hatherleigh Area - Thursday 7.00-9.00pm 4 week courses at Hatherleigh Community Centre.

Other Service Available

Tor Support Services – www.torsupportservices.org.uk 01837 53668

Transitions - Free, Confidential & Impartial Money & Debt Advice 01823 461099


West Devon Citizens Advice 0344 411 1444


Turn 2 Us www.turn2us.org.uk


Health Visiting Team - 0333 234 1901 or 01837 658026 (Okehampton Area)


DATA – Debt Advice Tavistock Area 07955 728721 enquiry@datavistock.org.uk

Family Programmes

 **Solihull:** 10 week programme designed for parents that focuses on emotional health & wellbeing. The basic theme is to understand and listen to your child's behaviour.

 **Family Thrive:** To support parents and carers wishing to learn more about the Thrive Approach and it's practical, everyday application to family life. How children's brains develop, how to play and be creative to support them managing feelings and to have fun.

 **Dandelions:** A rolling programme for parents- with your child in mind- to reflect on relationships, self-awareness, the neuroscience, coping strategies, relationship with self and self-compassion.

 **Additional Programmes:** Support sessions are available for families who are or have experienced domestic abuse. Please call for more information.