

Parenting Support :

Children don't come with a manual but in all of the Rise Children's Centres we offer workshops which can help you build your own toolkit of hints and tips to make parenting easier and help your and your child learn, grow and develop . To register your interest simply speak to a member of staff or call Debbie on 01249 445288 or e-mail debbies@therisetrust.org

- ♦ Webster Stratton - Become the best parent you can be a 12 week programme focusing on positive parenting strategies.
- ♦ Challenging Behaviour : A 4 week course to support parents who children are displaying challenging behaviour.
- ♦ Freedom Programme: A supportive course for women who have or are experiencing domestic abuse.
- ♦ Baby Massage 5 week course for parent with young babies (Referrals from a health professional will be prioritised)
- ♦ Baby and Me : 5 week course giving support and information in the first few months of baby's life.
- ♦ Family Learning Course: Develop new skills to gain employment. Learn in a relaxed and informal setting . Help with Child care available
- ♦ Baby Steps: : A peri-natal programme for expectant parents (By referrals only)

www.therisetrust.org



Sure Start
Children's Centres
Chippenham

Working in partnership with
Wiltshire Council
Where everybody matters

The North Wiltshire Children's Centres

Drop-in sessions

Chippenham, Corsham and Malmesbury

Come along and join the fun!

No need to pre book, just turn up.

4th—22nd July

How to find us!





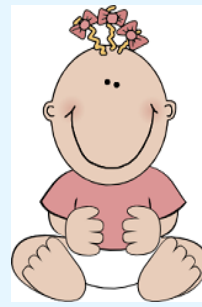

**North Wiltshire Children's Centres
main contact number is:**

01249 463040

The RISE Children's Centre, The Oaks, Chippenham
SN15 1DU, 01249 463040

Spring Rise Children's Centre,, Frogwell, Chippenham,
SN14 0DH, 01249 464008

King's Rise Children's Centre, Lodge Road , Chippenham
SN15 3SY ,Tel:01249 445288

Monday	Spring Rise				King's Rise	King's Rise	Station Hill Baptist Church	King's Rise	Malmesbury	Spring Rise
	Stay and Play 9.15-10.30am				Music Bugs- Jumping Bugs 9.15-10.00am 18m-5yrs Charge of £3 per family	Baby Beats 10.15-10.45am Music group For babies aged 0-18m Charge of £2 per family	4U 12.00-1.15pm A group for under 21 yr. old parents FREE Lunch	HV Drop-in with Stay and Play 1.00-2.30pm No appointment needed	Bumps & Breastfed Babies and early walkers 1-2.30pm Malmesbury Children's Centre	Wheelbarrows and Wellies 1.15-2.30pm A fun gardening group led by our Rise Granddad
Tuesday	King's Rise	Corsham	Ladyfield Church Hall	Corsham	Neeld Hall	Spring Rise	Corsham	Spring Rise		
	Childminder Group 9.00-11.00am	Breastfeeding support group 10.00-11.00am Family Health Centre, Corsham	Stay and Play 10.00-11.15 am	Sing and Play 10.30-11.30am Colerne Village Hall Until 12th July	Crafty Tuesday with HV Clinic 10.30-11.30 am	Twins & Multiple Group 10-12pm	Soft Play 12.30-1.30pm Springfield Campus	Cooking with our Rise Granddad! 1.00 –2.30pm Join this fun cooking group.		
Wednesday	Spring Rise	Spring Rise	Corsham	Rise	King's Rise					
	Music Bugs Jumping Bugs 9.30am 10.15am 18m-5yrs Charge of £3 per family	Music Bugs-Mini Bugs 10.30am-11.15am 0-18m Charge of £3 per family	Crumpets Stay and Play 10.30-11.30 Crumpets Cafe Rudloe	Childminder Group 10.30am-12.00pm	Buttercup Babies 10.30-11.45am A group for Breastfeeding and pregnant mums.					
Thursday	Spring Rise	King's Rise	Malmesbury		Corsham	Spring Rise		Rise	King's Rise	
	Stay and Play 9.15-10.30 am	Toddler Time 9.30-10.45am For children aged 12-36 months	Family Learning ESOL Course 9.30-11am Malmesbury Children's Centre Until 7th July		Baby Time 10.00-11.30am Springfield Campus	HV Clinic 11.00am -12.30pm No appointment needed		Baby Steps ante-natal programme helping vulnerable parents cope with the pressures of having a baby. Contact Kelly on 01249 464008	Include 1.30-2.30pm A group for parents from outside the UK	
Friday	King's Rise	Rise	Rise							King's Rise
	Stay and Play 9.00-10.30am	HV Drop-in Clinic 9.15 –10.15am No appointment needed	Let's Play 10.30-11.45am							Emerge 1.00-2.15pm A group especially for parents who have children with a disability or special need.