

What's On at Abacus Children's Centre

1st April 2016 to 31st July 2016

Monday	AM	9.00am - 4.00pm - Antenatal Clinic By Appt. Only Tel 0161 426 5150 or 0161 474 5043 at Abacus Adswood	10.00am – 11.00am Strollercise Starting Monday 18th April 2016. Meet at Abacus Children's Centre reception for a walk to the park and join in with an instructor in some fun exercises. Please wear suitable clothing and footwear no need to book cost £1per session. For further information please contact the centre on 061 474 5043
	PM	1.00pm - 2.30pm – Stay & Play starts 18 th April 2016. A 12 week play session for ages 12 months and over to support your child's learning and development with advice around positive parenting. Term time only at Abacus Adswood. Please ring 474 5043 to book	1.00pm - 4.00pm - Beacon Counselling free to local residents by appointment only, please ring 0161 440 0055 - at Abacus Adswood
Tuesday	AM	9.30am - 1.00pm - Alcohol Health Advice Service Support for anyone who has concerns with their alcohol and wants to cut down. By appointment only - please ring 0161 426 5085. A free and confidential NHS service available all year round, at Abacus Adswood	11.00am - 11.30am - Storytime at Bridgehall Library
	PM	12.30am - 3.00pm - HENRY Starts 3 rd May 2016 for 8 weeks to introduce ways of helping you and your family to eat more healthily, be more active, promote parenting skills and emotional well-being. Early learning and play session (crèche) provided must book a place. To be considered for a place please ring 474 5043	2.00pm - 4.00pm - Baby Clinic a well-baby clinic for weighing and advice, at Abacus Adswood. The last Tuesday of the month is a 'weigh only' clinic where there are clinic staff but no Health Visitors available.
Wednesday	AM	9.00am - 6.30pm - IAPT 1 to 1 support for adults to promote psychological wellbeing. Ring 0161 480 2020 for an appointment at Abacus Adswood	1.00pm - 4.00pm - Beacon Counselling free to local residents by appointment only, please ring 0161 440 0055 - at Abacus Adswood
	PM	12.45pm - 2.45pm - Webster Stratton Parenting Course For further information please contact the Parenting team on 0161 426 5554. Early Learning and play session (crèche provided).	
Thursday	AM	9.00am - 10.00am - Credit Union A non profit community savings & loans cooperative -drop in to join at Abacus Adswood 9.00am - 10.30am - Cale Green Baby & Toddler Group for parents/carers and children aged 0 – 5 years term time only – all welcome. The first Thursday of the month is a Baby Clinic drop in for weighing and advice. Held at Cale Green Primary School, Shaw Road South, Stockport SK3 8JG	10.00am - 12.00am - Stop Smoking Drop In for advice and help for smoking cessation. 10.30am - 12.00pm - Early Days Group a new born baby and parent group offering support, advice and information. A free, six week course, booking essential, please ring Health visitors on 0161 426 5177. Baby massage is included so please bring a towel for baby. At Abacus Adswood 11.30am - 12.15pm - Free Weight Drop In Keep track of your weight and get friendly advice on healthy eating, weight loss and recipes from a qualified Nutritionist at Abacus Adswood term time only
	PM	1.00pm - 3.00pm - Living Life to the Full starts 19 th May 2016. 8 fun, friendly sessions that can change your life! Enjoyable, interactive sessions that help you understand your feelings and what to do about them. Early Learning and play session (crèche) provided limited places. For more information and to be considered for a place please call 0161 474 5043 1.30pm - 3.30pm - Midwives Clinic by appointment only. Please ring 0161 426 5150 or 0161 474 5043	1.30pm - 4.00pm - Birth Registrations Come and register your baby's birth. Ring 0161 474 5043 to book an appointment at Abacus Adswood
Friday	AM	9.00am - 12.00pm - Family Planning Clinic by appointment only. Please ring 0161 426 5599	10.00am - 10.30am - Wiggles & Jiggles starts 22 nd April 2016. Free singing and movement

Children's Centre activities promote the inclusion of all children including children with disabilities and additional needs

If you would like this information in another language or format e.g. Large print, on audio tape, in Braille or on disk, please contact (0161 218 1935)

		between 10am to 12pm and 1pm to 4pm for an appointment At Abacus Adswood	session for parent/carers and babies up to walking, drop in at Abacus Adswood term time only 10.45am - 11.30am - Wiggles & Jiggles As above but for those who are walking, drop in at Abacus Adswood term time only.
	PM	1.00pm - 3.00pm - BIBS Breastfeeding Group open to anyone who is breastfeeding, drop in at Abacus Adswood.	

Abacus Adswood Children's Centre 120 Garners Lane, Adswood, Stockport SK3 8QW | 0161 474 5043

Adswood and Bridgehall Library at Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport SK3 8NR

Ladybridge Park Primary School Family Room Councillor Lane, Cheadle, Stockport SK8 2JF | 0161 474 5043



Do you know that 40% of 2 year olds in Stockport are able to have up to 15 hours a week of free childcare and early education? Call in to the Children's Centre to see if it could apply to you! Information is available on the Council website www.stockport.gov.uk/childcare

Need to brush up on your maths, reading, writing or IT skills? Call Stopford Open Learning Centre for more information on 0800 389 0804

Breast Pumps- we sell breast pumps costing £15.00 and operate a hire scheme for an electronic breast pump. It is £25 refundable deposit for the first 6 weeks plus £16 for two bottles and tubing. Please call Abacus CC for more details.



You can buy your new free flowing Tommee Tippee Baby cup from the Children's Centre for a cost price of £1.20 this comes with 3 lids for each stage of your child's development.

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