

What's happening in the East Reading Children's Centres

All families with children aged 0-5 who live in the East Reading area, are welcome to attend these groups, sessions and courses. All are FREE unless otherwise stated. Information on the activities is detailed on the reverse of this timetable. Some activities are not run by the Children's Centre and parents and carers are advised to check whether the groups suit their needs before attending. If you require further information contact either 0118 937 5050 or 0118 901 5664 and speak to a member of the team.



COURSE, TRAINING & FAMILY LEARNING

			
Monday	Wiggle Waggle 10.00 – 11.00am 7 week course @ Sun Street Community Centre £5 per person Feb 4 th – March 25 th (excl 18 th Feb)	ESOL Classes 9.30 – 11.30am @ The Warehouse FREE	
Tuesday			
Wednesday	Eat 4 Health 19.30 – 21.30pm @ New Directions South Oct 3 rd , 10 th , 17 th and 24 th Nov 7 th , 14 th , 21 st , 28 th Dec 5 th FREE	First Step IT 12.00 – 14.00pm @ New Directions South Starts 26 th Sept 10 week course FREE	Sleep Clinic 13.00 – 15.00pm @ Katesgrove Children's Centre Nov 7 th FREE
Thursday	ESOL Classes 9.30 – 11.30am @ The Warehouse FREE	Pediatric First Aid 19.00 – 21.00pm 3 week course @ Hamilton Road Children's Centre £10 per person 14 th , 21 st and 28 th February 2013	
Friday	Baby Massage 10.00 - 11.00am 5 week course @ Rupert Square £10 per person April 19 th , 26 th , May 3 rd , 10 th and 17 th	Baby Massage 10.00 - 11.00am 5 week course @ Hamilton Road Children's Centre £10 per person 1 st , 8 th , 15 th , 22 nd February and 1 st March	
Saturday			



COURSE, TRAINING & FAMILY LEARNING

Courses provided by the Children's Centre:

Baby Massage ~ Learn the basic baby massage techniques to enjoy with your baby and to help your baby relax.
For more information or to book a place please call 01189 375050 or 01189 015664 – places are limited

Wiggle Waggle ~ A music and movement session including lots of repetition to promote language development. Come join us for a fun and funky session! Most Suitable for 2 years plus. **To book a place please call 01189 375050 or 01189 015664 – places are limited**

Paediatric First Aid ~ A 6 hour course taught over 3 weeks, covering a number of different areas of child first aid including: baby and infant resuscitation, head injuries, burns, fractures and more.

For more information or to book a place please call 01189 375050 or 01189 015664 – places are limited

Sleep Clinic ~ A free course run by the Health Team. If you are experiencing sleep problems with your child and require some support come along to the sleep clinic. **To book your place please call Katesgrove Children's Centre on 0118 9015664**

Information on other courses in the area:

Eat for Health ~ An opportunity to learn new recipes and cook a healthy meal, ingredients are supplied.
South Reading Centre, call New Directions to book onto a session 0345 842 0012

ESOL Classes ~ If English is your second language and you lack confidence in speaking, listening, reading and writing, an ESOL course may help you move on. **Warehouse, Cumberland Road. For more information on this course please contact Sarah on 01189 591388**

First Step IT ~ Basic IT for complete beginners. Learn how to use the keyboard and mouse, send email and search the internet. This is a rolling programme that runs every day at Reading Central Library, at one of the two times above. **Call New Directions to book onto a session 0345 842 0012**

'Get that job!' information sessions ~ Come and get course information and enrolment details about short courses relating to starting work. These include: Starting to look for work; Preparation for your job search; English at Work. **Reception desk, Reading College, Kings Road**

Learn about having a baby in easy English ~ This course is for pregnant ladies who do not understand English easily. You will learn practical information about having a baby and the words you will need. **6 week course, run all year round depending on demand. For more information and to book a place call New Directions on 0345 8420012**

Free GCSE Maths and English courses ~ To join a class you need to attend an assessment session so you can be placed in the appropriate class. **For more information call New Directions on 0345 8420012**