

West: Ely, Caerau & Pentrebane

Monday Morning:

Stay and Play	Ely and Caerau Children's Centre Michaelston Rd, Cardiff CF5 4SX	9.30am-11.00am	10/09/18 – 17/12/18	Bea 02920 671473
Gro Brain	Ely & Caerau Community Hub, Cowbridge Rd W, Ely CF5 5BQ	9.15am-11.15am	24/09/2018 – 22/10/2018	Cathy 02920 671478
Stop it Now	Ely & Caerau Community Hub, Cowbridge Rd W, Ely CF5 5BQ	9.30am-11.30am	17/12/2018	WFD 02920 351709

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Monday Afternoon:

Messy Stay and Play	Holy Family Primary School Beechley Drive, Pentrebane, Fairwater, Cardiff CF5 3SN	1.00pm- 2.30pm	10/9/18 – 17/12/18	Julie 02920 671474
Your Baby is Amazing	St Francis Community Centre, Caerau Park Rd, Cardiff CF5 5JG	1.30pm- 3.00pm	10/09/2018 – 08/10/2018	Bea 02920 671473
Mini Talkers, Mini Explorers	St Francis Community Centre, Caerau Park Rd, Cardiff CF5 5JG	1.00pm- 3.00pm	15/10/2018 – 03/12/2018	Bea 02920 671473

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Tuesday:

Stay and Play	Dusty Forge, 460 Cowbridge Rd W, Cardiff CF5 5BZ	9.00am- 11.00am	11/09/18 – 18/12/18	Helen 02920 671474
Stay and Play	Greenfarm Hostel	9.00am- 11.00am	11/09/18 – 18/12/18	Julie 02920 671474
Baby Clinic	Western Leisure Centre, Caerau Lane, Caerau, Cardiff CF5 5HJ	1.00pm- 3.00pm 9.15am – 10.15am	Every Week	Contact Health Visitor
Let's Get Talking	Salvation Army Aberthaw Rd, Cardiff CF5 4HB	1.00pm- 3.00pm	18/09/2018 – 20/11/2018	Maria Farmer 02922330677
Home Life Advice	Salvation Army Aberthaw Rd, Cardiff CF5 4HB	1.00pm- 3.00pm	27/11/2018	WFD 02920 351709

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Wednesday:

Parent Nurturing Programme	Pethybridge Youth Centre, Pethybridge Road Ely Cardiff CF5 4DP	9.15am-11.15am	26/09/2018 – 12/12/2018	Cathy 02920671478
Stay and Play	Holy Family Primary School Beechley Drive, Pentrebane, Fairwater, Cardiff CF5 3SN	1.00pm-3.00pm	12/09/18 – 19/12/18	Julie 02920671474
Stay and Play	Pethybridge Youth Centre, Pethybridge Road Ely Cardiff CF5 4DP	1.00pm-3.00pm	12/09/18 – 19/12/18	Bea 02920671473

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Thursday:

Parent Nurturing Programme	Pentrebane Zone, Beechley Drive, Car Park Via Lavender Grove, Cardiff CF5 3SG	9.15am-11.15am	27/09/2018 – 13/12/2018	Cathy 02920 671478
Stay and Play	St Timothy's Church, 3 Heol Pennar, Cardiff CF5 5NX	1.00pm-3.00pm	13/09/18 – 20/12/18	Helen 02920671474
Get Cooking	Salvation Army Aberthaw Rd, Cardiff CF5 4HB	1.00pm-3.00pm	13/09/2018 – 8/11/2018	Gwawr 029 2233 0369
Level 1 Nutrition	Salvation Army Aberthaw Rd, Cardiff CF5 4HB	1.00pm-3.00pm	15/11/2018 – 13/12/2018	Gwawr 029 2233 0369

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Friday:

It's Child's Play	Pethybridge Youth Centre, Pethybridge Road Ely Cardiff CF5 4DP	9.00am- 11.30am	28/09/2018 – 23/11/2018	Bea 02920 671474
First Aid	Pentrebanne Zone, Beechley Drive, Car Park Via Lavender Grove, Cardiff CF5 3SG	9.15am - 11.15am	30/11/2018 – 07/12/2018	WFD 02920 351709
Baby Clinic	St Francis Community Centre, Caerau Park Rd, Cardiff CF5 5JG	9.15am- 10.15am	Every Week	Contact Health Visitor
Mini Talkers, Mini Explorers!	Holy Family Primary School Beechley Drive, Pentrebanne, Fairwater, Cardiff CF5 3SN	9.30am- 11.30am	21/09/18 – 30/11/18	Bea 02920 671473

Stay and Play birth to under 4's

Drop in with your baby or toddler and have fun. Enjoy a range of play activities in our friendly and welcoming sessions.

Baby Massage 12 weeks to mobile

Enjoy coming to a group to meet other parents to learn how to massage your baby.

Get Cooking

A 7 week course where you can cook and have fun in the kitchen and find some new recipes whilst your little one is cared for in the free crèche.

Let's Get Talking (LGT) Hanen Birth - 24 months

A 9-week parenting group with fun ways to develop your baby's communication and language skills. You will also get a DVD of you and your child as a keepsake.

Baby Clinic birth to under 4's

Come and see your health visitor for weighing and advice.

Parent Nurturing Programme birth to under 4's

Children are rewarding, stimulating and fun but looking after them can be stressful and challenging. The Parent Nurturing Programme helps deal with those challenges so you can have a calmer, happier family life. This 10-week programme provides a free crèche, acknowledges, and supports the vital parenting role.

Weaning Parties – speak to your Health Visitor

Introductions to solids – experience taste and texture for new foods with the health team.

Language and Play (LAP) birth to under 4's

Language and Play is a programme designed for you and your child to learn, make, sing and have fun together! "Talk with me, play with me, sing with me, read with me, then I'll know what it's all about."

It's Child's Play

"It's Child's Play: Looking at Play" is an 8 week course for parents of children starting in Flying Start Childcare Settings. Experience first-hand how your child learns and develops through play.

