

East: Llanedeyrn, Llanrummney, Rumney, Pentwyn & St Mellons

Monday:

Stay and Play	Pentwyn Leisure Centre, Bryn Celyn Rd, Pentwyn, Cardiff CF23 7EZ	9.00am - 11.00am	07/01/2019— 08/04/2019	Sarah 07817955443
Your Baby is Amazing	Glan-Yr-Afon Primary School, Llanrumney, Cardiff CF3 5NJ	1.00pm— 3.00pm	16/01/2019— 20/02/2019	Sarah 07817955443
Gro Brain	Glan-Yr-Afon Primary School, Llanrumney, Cardiff CF3 5NJ	1.00pm— 3.00pm	16/01/2019— 20/02/2019	Diane 07970308200

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Tuesday:

Let's Get Talking	Greenway Primary School Llanstephan Rd, Rumney, Cardiff CF3 3JG	9.15am-11.15am	15/01/2019—12/03/2019	Jo Hopkins 02920440367 07973665671
First Aid	Greenway Primary School Llanstephan Rd, Rumney, Cardiff CF3 3JG	9.00am-11.00am	26/03/2019—02/04/2019 2weeks	Sarah Barnfield 02920351361
Stay and Play	Nightingale Hostel	10.30am-1.00pm	08/01/2019—09/04/2019	Sarah 07817955443
Stay and Play – Messy Play	The Powerhouse, Roundwood, Llanedeyrn, Cardiff CF23 9PN	9.00am-11.00am	08/01/2019—09/04/2019	Sarah 07817955443

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Wednesday Morning

Stay and Play	Glan-Yr-Afon Primary School, Llanrummney, Cardiff CF3 5NJ	9.00am-11.00am	09/01/2019—10/04/2019	Sarah 07817955443
Baby Clinic	Greenway Primary School Llanstephan Rd, Rumney, Cardiff CF3 3JG	9.15am - 10.15am	Every Week	Contact Health visitor
Parent Nurturing Programme	The Powerhouse, Roundwood, Llanedeyrn, Cardiff CF23 9PN	9.15am-11.15am	16/01/2019—03/04/2019	Diane 07970308200
Stop it Now	The Powerhouse, Roundwood, Llanedeyrn, Cardiff CF23 9PN	9.30am-11.30am	10/04/2019	Sarah Barnfield 02920351361

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Wednesday Afternoon

Baby Clinic	Llanrummney Medical Centre Ball Rd, Llanrummney, Cardiff CF3 5NP	1.00pm- 2.45pm	Every Week	Contact Health visitor
Get Cooking + Love Food Hate Waste	St Mellons HUB Crickhowell Rd, St. Mellons, Cardiff CF3 0EF	1.00pm- 3.00pm	30/01/2019— 03/04/2019	Gwawr 029 2233 0369
It's Child's Play	Greenway Primary School Llanstephan Rd, Rumney, Cardiff CF3 3JG	1.00pm- 3.00pm	21/01/2019— 25/03/2019	Sarah 07817955443

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Thursday

Baby Clinic	Bryderwen Surgery Crickhowell Rd, St. Mellons, Cardiff CF3 0EF	9.30am - 12.00pm	Every Week	Contact Health visitor
Parent Nurturing Programme	St Mellons HUB Crickhowell Rd, St. Mellons, Cardiff CF3 0EF	9.15am- 11.15am	17/01/2019— 04/04/2019	Diane 07970308200
Stay and Play	St Mellons HUB Crickhowell Rd, St. Mellons, Cardiff CF3 0EF	1-3pm	10/01/2019— 11/04/2019	Sarah 07817955443
Baby Clinic	Pentwyn Leisure Centre, Bryn Celyn Rd, Pentwyn, Cardiff CF23 7EZ	12.30-1.30pm	Every Week	Contact Health Visitor

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Friday

Mini Talkers, Mini Explorers	St Mellons CC Crickhowell Rd, St. Mellons, Cardiff CF3 0EF	9.30am- 11.30am	18/01/2019— 22/03/2019	Gill 07811224287
Parent Nurturing Programme	Greenway Primary School Llanstephan Rd, Rumney, Cardiff CF3 3JG	9.15am- 11.15am	18/01/2019— 05/04/2019	Diane 07970308200
Stay and Play	Greenway Primary School Llanstephan Rd, Rumney, Cardiff CF3 3JG	1.00pm- 3.00pm	11/01/2019— 12/04/2019	Sarah 07817955443
Get Cooking + Love Food Hate Waste	Glan-Yr-Afon Primary School, Llanrummney, Cardiff CF3 5NJ	1.00pm- 3.00pm	01/02/2019— 05/04/2019	Lisa Darrell 02920 351377

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.

