

South: Adamsdown, Splott, Butetown & Riverside

Monday Morning

Stay and Play	Adamsdown Primary School System St, Cardiff CF24 0JF	9.00am- 11.00am	07/01/2019— 08/04/2019	Rachel 07875548267
Parent Nurturing Programme	Butetown Pavilion, Dumballs Rd, Cardiff CF10 5FE	9.15am - 11.15am	14/01/2019— 01/04/2019	Rachel 07870511666
Baby Clinic	Adamsdown Primary School System St, Cardiff CF24 0JF	9.30am- 10.30am	Every Week	Contact Health Visitor
Baby Massage	Butetown Medical Centre Plas Iona Butetown Cardiff CF10 5HW	10.00am- 11.00am	Every Week	Contact Health Visitor

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Monday Afternoon

Baby Clinic	Butetown Medical Centre Plas Iona Butetown Cardiff CF10 5HW	1.00pm- 2.00pm	Every Week	Contact Health Visitor
Baby Clinic	Riverside Health Centre Canton Court Wellington Street Cardiff CF11 9SH	1.30pm- 3.00pm	Every Week	Contact Health Visitor
Get Cooking & Love Food Hate Waste	Calvary Baptist Church, 134 Cowbridge Rd E, Cardiff CF11 9ND	1.00pm- 3.00pm	28/01/2019— 01/04/2019	Gwawr James 029 2233 0369
It's Child's Play	Adamsdown Primary School System St, Cardiff CF24 0JF	1.00pm- 3.00pm	21/01/2019— 18/03/2019	Rachel 07875548267
First Aid	Adamsdown Primary School System St, Cardiff CF24 0JF	1.00pm- 3.00pm	25/03/2019— 01/2019	Sarah Barnfield 02920351361

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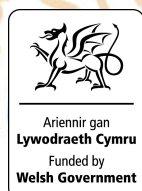
Tuesday Morning

Parent Nurturing Programme	Adult Learning Centre Severn Road Primary School Severn Road Cardiff CF11 9DZ	9.15am – 11.15am	15/01/2019 – 02/04/2019	Rachel 07870511666
Stop it Now	Adult Learning Centre Severn Road Primary School Severn Road Cardiff CF11 9DZ	9.00am- 11.00am	09/04/2019	Sarah Barnfield 02920351361
Baby Clinic	Flying Start Unit Willows High School, Willows Ave, Cardiff CF24 2YE	9.30am- 10.30am	Every Week	Contact Health Visitor
Baby Massage	Flying Start Unit Willows High School, Willows Ave, Cardiff CF24 2YE	10.30am- 11.30am	Every Week	Contact Health Visitor

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Tuesday Afternoon

Baby Massage	Adamsdown Primary School System St, Cardiff CF24 0JF	12.45pm-1.45pm	Every Week	Contact Health Visitor
Stay and Play	Butetown Pavilion, Dumballs Rd, Cardiff CF10 5FE	1.00pm-3.00pm	08/01/2019—09/04/2019	Rachel 07875548267
Baby Stay and Play	Butetown Pavilion, Dumballs Rd, Cardiff CF10 5FE	1.00pm-2.30pm	08/01/2019—09/04/2019	Rachel 07875548267
Welsh	Calvary Baptist Church, 134 Cowbridge Rd E, Cardiff CF11 9ND	1.00pm-3.00pm		Sarah Barnfield 02920351361



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Wednesday:

Stay and Play	Butetown Community Hub 40 Loudoun Square, Cardiff CF10 5UZ	9.30am- 11.30am	09/01/2019— 10/04/2019	Rachel 07875548267
Stay and Play	Adamsdown Hostel	9.30am- 11.30am	09/01/2019— 10/04/2019	Rachel 07875548267
		1.00pm- 3.00pm		
Get Cooking & Love Food Hate Waste	Adamsdown Primary School System St, Cardiff CF24 0JF	1.00pm- 3.00pm	30/01/2019— 01/04/2019	Gwawr James 029 2233 0369
Your Baby is Amazing	Butetown Pavilion, Dumballs Rd, Cardiff CF10 5FE	1.00pm- 3.00pm	30/01/2019— 20/02/2019	Rachel 07875548267
GroBrain	Butetown Pavilion, Dumballs Rd, Cardiff CF10 5FE	1.00pm- 3.00pm	06/03/2019— 03/04/2019	Rachel 07870511666

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Thursday:

Stay and Play	Flying Start Unit Willows High School, Willows Ave, Cardiff CF24 2YE	1.00pm- 3.00pm	10/01/2019 – 11/04/2019	Imelda 07817995397
Stay and Play	Shiloh Church Ninian Park Rd Cardiff CF1 8BD	1.00pm- 3.00pm	10/01/2019 – 11/04/2019	Imelda 07817995397

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Friday:

Baby Stay and Play	Flying Start Unit Willows High School, Willows Ave, Cardiff CF24 2YE	9.15am-10.45am	11/01/2019—12/04/2019	Imelda 07817995397
Parent Nurturing Programme	Adamsdown Primary School System St, Cardiff CF24 0JF	9.15am-11.15am	18/01/2019—12/04/2019	Rachel 07870511666
Stay and Play	Adamsdown Primary School System St, Cardiff CF24 0JF	1.00pm-3.00pm	11/01/2019—12/04/2019	Imelda 07817995397
Let's Get Talking	Flying Start Unit Willows High School, Willows Ave, Cardiff CF24 2YE	1.00pm-3.00pm	18/01/2019—15/03/2019	Jo Hopkins 02920440367 07973665671

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.

