

## West: Ely, Caerau & Pentrebane

### Monday

Stay and Play	Ely and Caerau Children's Centre Michaelston Rd, Cardiff CF5 4SX	9.30am- 11.00am	14/01/2019— 08/04/2019	ECCC 02920671420
Parent Nurturing Programme	Ely & Caerau Community Hub, Cowbridge Rd W, Ely CF5 5BQ	9.15am- 11.15am	14/01/2019— 01/04/2019	Cathy 02920671478
Messy Stay and Play	Holy Family Primary School Beechley Drive, Pentrebane, Fairwater, Cardiff CF5 3SN	1.00pm- 2.30pm	07/01/2019— 08/04/2019	Bea 02920671473
Mini Talkers, Mini Explorers	St Timothy's Church, 3 Heol Pennar, Cardiff CF5 5NX	1.00pm- 3.00pm	21/01/2019— 18/03/2019	Bea 02920671473

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### Tuesday:

Stay and Play	Dusty Forge, 460 Cowbridge Rd W, Cardiff CF5 5BZ	9.00am- 11.00am	08/01/2019— 09/04/2019	Bea 02920671473
Stay and Play	Greenfarm Hostel	9.00am- 11.00am	08/01/2019— 09/04/2019	Bea 02920671473
Baby Clinic	Western Leisure Centre, Caerau Lane, Caerau, Cardiff CF5 5HJ	1.00pm- 3.00pm 9.15am – 10.15am	Every Week	Contact Health Visitor
Level 1 Nutrition	Pentrebane Zone, Beechley Drive, Car Park Via Lavender Grove, Cardiff CF5 3SG	1.00pm- 3.00pm	08/01/2019— 29/01/2019	Lisa Darrell 02920351377
Get Cooking	Pentrebane Zone, Beechley Drive, Car Park Via Lavender Grove, Cardiff CF5 3SG	1.00pm- 3.00pm	05/02/2019— 09/04/2019	Lisa Darrell 02920351377

## West: Ely, Caerau & Pentrebane

### Wednesday:

Parent Nurturing Programme	Pethybridge Youth Centre, Pethybridge Road Ely Cardiff CF5 4DP	9.15am-11.15am	16/01/2019—03/04/2019	Cathy 02920671478
Stay and Play	Holy Family Primary School Beechley Drive, Pentrebane, Fairwater, Cardiff CF5 3SN	9.00am-11.00am 1.00pm-3.00pm	09/01/2019—10/04/2019	Julie 02920671474
Stay and Play	Pethybridge Youth Centre, Pethybridge Road Ely Cardiff CF5 4DP	1.00pm-3.00pm	09/01/2019—10/04/2019	Bea 02920671473

## West: Ely, Caerau & Pentrebane

### Thursday:

Parent Nurturing Programme	Pentrebane Zone, Beechley Drive, Car Park Via Lavender Grove, Cardiff CF5 3SG	9.15am-11.15am	17/01/2019—04/04/2019	Cathy 02920 671478
Stay and Play	St Timothy's Church, 3 Heol Pennar, Cardiff CF5 5NX	1.00pm-3.00pm	10/01/2019—11/04/2019	Helen 02920671474
Let's Get Talking	Pethybridge Youth Centre, Pethybridge Road Ely Cardiff CF5 4DP	12.45am-2.45am	24/01/2019—15/03/2019	Jo Hopkins 02920440367  07973665671
First Aid	Pethybridge Youth Centre, Pethybridge Road Ely Cardiff CF5 4DP	1.00pm-3.00pm		Sarah Barnfield 02920351361



## West: Ely, Caerau & Pentreban

### Friday:

It's Child's Play	St Francis Community Centre, Caerau Park Rd, Cardiff CF5 5JG	9.15am- 11.15am	18/01/2019— 15/03/2019	Bea 02920 671474
Baby Clinic	St Francis Community Centre, Caerau Park Rd, Cardiff CF5 5JG	9.15am- 10.15am	Every Week	Contact Health Visitor

### **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.

