

Details:

Please see the Centre timetables
for dates and times of sessions.

To contact any of the Children's Centres
please telephone or email:-

01392 464754

exeterchildrenscentres@actionforchildren.org.uk

www.exeterchildrenscentres.org.uk

The website contains lots of useful information,
ideas and further places for signposting

Wipton Children's Centre

Hill Lane, Wipton
Exeter, EX1 3JP

Heavitree & Polsloe Children's Centre

Ladysmith Infant school,
Ladysmith road,
Exeter
EX1 2PS

Beacon Heath Children's Centre

Pendragon House, Beacon Lane
Beacon Heath, Exeter, EX4 8LZ



Group Information Children's Centres



in partnership with
Devon
County Council


action for
children

Sure Start
Children's Centres
Beacon Heath,
Heavitree & Polsloe and Wipton

Stay & Play

Drop in session for parents/carers and their under 5's. A chance for children to play with large & small equipment & toys, paint, stick & make new friends. A welcoming atmosphere for parents/carers. With support, information and guidance available

Bounce & Rhyme

A monthly group at Pinhoe library for non-mobile babies to come along and join in with singing, action songs and musical instruments.

Understanding you child's behaviour—Solihull

Would you like to know more about your child's development?
Do you understand your child's behaviour?
Would you like a chance to meet with other parents with children of a similar age?
Do you know why children have temper tantrums?

Chatting Matters

Is your child 2 or approaching 2?
Do you find it difficult to understand their speech and language?
Do they need support to communicate?

Here's looking at you baby

A group which will help you find out what your baby is trying to tell you with their smiles, wriggles and sounds.
A small friendly group for parents and their young babies.

Daisy Chain

A drop in for mums and dads 21 years and under. It gives young parents the opportunity to meet other young parents and their children in a safe and stimulating environment, enjoy fun activities and also access support for themselves.

Stepping Up

A group to support families with children aged under 5 who have additional needs

Smoking Cessation

A NHS 'Stop Smoking' support service. 1:1 appointments available.
For further information please telephone Lucy Drury - 07815493114

Rhyme Time

A group with songs, action rhymes and musical Instruments, a group suitable for non walking babies.

Music & Movement

A group with songs, action rhymes and musical Instrument, a group suitable for children on their feet.

Outside Explorers

A drop-in group that is all outdoors. Enjoy.....play, stories, crafts, planting flowers and vegetables. Come prepared to be outside in all weathers
Please wear appropriate clothing and footwear!

Credit Union

Your community savings & loan scheme. Easy saving, accessible credit, low cost loans. Junior saving club also available.

Baby Massage

An ancient and unique bonding experience with your baby. Please bring oil/cream and a blanket to the sessions

Face to Face

Monthly drop in support group for parents of children with additional needs, children under 5 can attend.

Baby Oasis

This is a group supporting you and your choice to feed; you can socialise with other mums and get mutual support, whilst feeding your child in a lovely friendly environment. We offer individual support as well as a friendly social group.

Living with Children

A time for you to have some time supporting and having fun with your child at play. It will also be an opportunity to meet with other families to chat about the ups and downs of being a parent.