

Antenatal Classes – Please speak to your midwife for more information.

Baby Massage – Invite only by referral

Bosom Buddies – *Exmouth Children's Centre*

A drop-in group for all breastfeeding mums with support available from trained volunteers and staff.

Bounce and Rhyme - *Exmouth Library, 40 Exeter Road, Exmouth, EX8 1PS*

A fun and friendly session with songs, actions and rhymes. There are two separate groups for non-movers and movers. Come along and have fun with your child!

Bumps to Baby Steps – *Honiton Children's Centre*

The group is for expectant parents and those with babies under 1.

Bumps and Babes – *Sidmouth Children's Centre*

Run jointly with the Health Team with peer support for breastfeeding mums and child development information for babies until crawling.

Get Up and Go – *LED Exmouth Tennis and Fitness Centre, Exmouth, EX8 3AE*

An active session offering fun and physical play using a variety of soft play equipment in a large open space. £1 per child.

Hello Baby – *Exmouth Children's Centre*

A great session to meet other parents with babies under 1 year old. Share experiences and learn about the importance of listening, talking, playing, singing and sharing stories together.

Little Dinos – *Exmouth Children's Centre*

A TAMBA registered stay and play group for families with twins, triplets or more. Led by volunteers.

Little Lights - *The Light House, Axminster*

Volunteer run creative messy play group for under 5's with a new different theme each week! Book via the Little Lights Facebook page

Stay and Play – *Axe Valley, Cranbrook, Exmouth, Honiton and Sidmouth Children's Centre*

Drop-in sessions for parents/carers and their children. Enjoy spending time with your child by exploring, interacting, and learning together.

Step by Step – *Sidmouth Children's Centre*

A weekly group to support parents and carers of children with additional needs. All children under 5 with additional needs are welcome.

Talk Matters – *Axe Valley, Exmouth, Honiton and Sidmouth Children's Centre*

A fun play session with a focus on learning key strategies to support your child's communication skills. Attendance is by invitation only.

To find out more about services and community groups visit pinpointdevon.co.uk

East Devon Children's Centres Activity Timetable Autumn Term 2018 10 September 2018 – 19 October 2018



Axe Valley Children's Centre, Trevelyan Building,
Fore Street, Seaton, EX12 2AN

Exmouth and District Children's Centre
Moorfield Road, Exmouth, EX8 3QW

Honiton Children's Centre
Honiton Bottom Road, Honiton, EX14 2EP

Sidmouth Children's Centre inc Ottery St Mary and Clyst Vale
Chambers Close, Sidmouth, EX10 9YL

For all enquiries please call 01395 226789

www.actionforchildren.org.uk

We are on Facebook! Keep up to date with news and timetables:

[exmouthchildrenscentres](#)
[honitonandaxevalleychildrenscentres](#)
[surestarteastdevon](#)

East Devon Children's Centre Autumn Timetable: 10 September 2018 – 19 October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Axe Valley & Honiton AM	Stay and Play 10-11.30 Honiton Children's Centre	Library Bounce and Rhyme 9.30-10.00 (weekly) Axminster Library, EX13 5AD Talk Matters Ages 2-3 10-11.00, Axe Valley Children's Centre Starts 25 Sept, Invitation only Little Lights 10-11.30, The Light House, Axminster Booking via Little Lights Facebook page	Child Health Clinic 9.00-11.00 Seaton Hospital, EX12 2UU Child Health Clinic 9.15-10.45 Honiton Children's Centre Bumps to Baby Steps 10.30-12.00 Honiton Children's Centre	Child Health Clinic 9.30-11.00 Scott Rowe Centre, Axminster Hospital, EX13 5DU Talk Matters Ages 2-3 10-11.00 Honiton Children's Centre Starts 27 Sept Invitation only	Stay and Play 10.00-11.30 Axe Valley Children's Centre Axminster Baby Café with Axminster Breast Friends 10.00-11.30 Pippins Community Centre, EX13 5AZ
Axe Valley & Honiton PM				Child Health Clinic 1.45-3.00 Highfield Social Club, Dunkeswell, EX14 4JP 13 Sept, 8 Nov Bumps to Baby Steps 1.30-3.00 Axe Valley Children's Centre	'Little Pips' 1.30-3.00 Baby and Toddler Group, Pippins Centre, Axminster, EX13 5AZ, Run in conjunction with Axminster Churches Together
Clyst Vale, Ottery & Sidmouth AM	Stay and Play including Self Weigh Ages 0 to 5 10.00-11.30 Sidmouth Children's Centre	Stay and Play including Self Weigh Ages 0 to 5 10.00-11.30 Younghayes Centre Cranbrook, EX5 7DR	Step by Step Ages 0 to 5, 10-11.30 Sidmouth Children's Centre Stay and Play including Self Weigh 10.00-11.30 Ottery Station, Mill Street, EX11 1AH	Child Health Clinic 9.30-11.00 Ottery St Mary Hospital, EX11 1DN	Bumps and Babes including Self Weigh 10-11.30 Sidmouth Children's Centre
Clyst Vale, Ottery & Sidmouth PM			Talk Matters Age 2-3 1.30-2.30 Sidmouth Children's Centre Invitation only		
Exmouth AM	Hello Baby For under 1's 10.00-11.15 Exmouth Children's Centre	Talk Matters Ages 2-3 10.30-11.30 Exmouth Children's Centre Invitation only	Bosom Buddies Breastfeeding babies 10.00-12.00 Exmouth Children's Centre Bounce and Rhyme Ages 0 to 5, 1.30-2.30 Exmouth Library (via the back door) non-movers & movers groups	Get Up and Go Ages 0 to 5 9.30-10.30 £1 per child East Devon Tennis Centre	Little Dinos (multiple birth group) Ages 0-5 10.00-11.30 Exmouth Children's Centre
Exmouth PM			Drop in Child Health Clinic 2.00-3.00, Withycombe Clinic, EX8 3AE	Stay and Play Ages 0 to 5 1.30-3.00 Exmouth Children's Centre	