



Kent **Children's** **Centres**

West Kent **Virtual Offer**



Information on our virtual offer.

- All groups will be run through Microsoft Teams.
- You will need to be registered with the Children Centre.
- You will need to book at least 1 week in advance.
- You will need to agree to our code of practice prior to being sent the link to join.
- All our sessions are free of charge.
- You must live in either Tonbridge and Malling, Maidstone, Tunbridge Wells or Sevenoaks to participate.

To book please see the information on the back page of this leaflet.



Monday

Bumps to Babes – 9:30am – 10:30am

A group for young parents.

Baby Time – 10am – 11am

A drop-in group for parents with a child ages under 1.

Play Today – 1pm – 2pm

Fun 0-5 Play activities to be shared with families to demonstrate fun things they can do at home together.

Time to Talk – 1pm – 2pm

1-1 slots for families to discuss concerns

Tuesday

Let's shake it up – 9am – 10am

A virtual session for children to encourage movement and activity within the home.

Mini Chefs – 11am–12pm

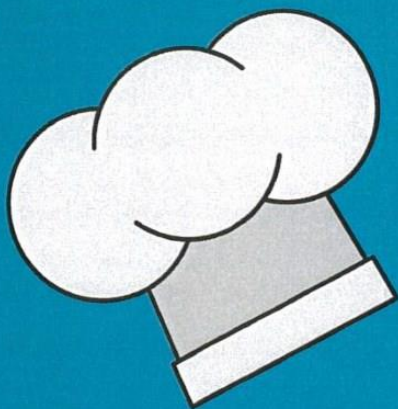
A 4 week virtual course where children can cook something together.

Baby Time 1pm – 2pm

A drop-in group for parents with a child ages under 1.

Schools out – 3:15pm – 4:15pm

An Interactive workshop for children in year R to year 2.



Wednesday

Wisdom Workshop – 9am – 10am

A monthly session for families to join informative session about a range of key topics including public health agendas.

Play Today – 10am–11am

Fun 0–5 Play activities to be shared with families to demonstrate fun things they can do at home together.

Time to Talk – 11am – 12pm

1–1 slots for families to discuss concerns

Sing and Story – 1pm – 2pm

Read a story for parents and children to enjoy and sing well known nursery rhymes together.

Thursday

Sing and Story – 10am – 11am

Read a story for parents and children to enjoy and sing well known nursery rhymes together.

Chatter Time – 11am–12pm

A bookable 4 week course to support families knowledge of early years speech development.

The baby journey – 1pm – 2pm

A 6 week course of new babies with their parents to support interaction, bonding, development and more.

Schools Out – 3:15pm – 4:15pm

An Interactive workshop for children in year R to year 2.



Friday

Time to Talk – 9am – 10am

1-1 slots for families to discuss concerns.

Mini Chefs – 11am–12pm

A 4 week virtual course where children can cook something together.

Baby Massage – 2pm – 3pm

To support bonding and attachment and provide a soothing and relaxing activity to do with baby from 6 weeks up.

Although 1 hour is allotted for each session this may vary and some may be shorter. This will be discussed when booking.

To book onto any session please use the contact details below:



Phone Number - 03000 418 008



Email - tmcc@kent.gov.uk

Tonbridge and Malling Children Centres.



Maidstone Children Centres.

Sevenoaks Children Centres.

Tunbridge Wells Children Centres.

