

# Home-Start Birmingham North-West

## What's on



	Time	Where	Group Activity
Monday	12.30-14.00	Kingstanding Leisure Centre Room 3	<b>Baby Yoga (Booking Only)</b> This class is designed to give you gentle exercise alongside your baby and provides a space to learn and practice relaxation techniques. It also involves focused baby time and an opportunity to connect with other caregivers.
Tuesday	09:30-11:15 & 12:00-13:45	Kingstanding Leisure Centre Room 3	<b>Stay &amp; Play sessions.</b> A safe, informative, and stimulating environment which is welcoming and supportive to all. Offering a themed activity each week for children and parents to attend, socialise and have fun.
Wednesday	10:00-11:30	Kingstanding Leisure Centre Room 3	<b>CALM (with creche facility)</b> Our new 'Calm' (Create and Learn Mindfully) sessions offer just this, 90 minutes of crafting and chatting which will take your mind of things for a little while at least. Our aim is for you to have some time just for you to encourage you to feel more positive & relaxed while learning new techniques that you can hopefully recreate at home.
Thursday	09:30-11:30	United Reformed Church, Sutton Coldfield	<b>Stay &amp; Play sessions.</b> A safe, informative, and stimulating environment which is welcoming and supportive to all. Offering a themed activity each week for children and parents to attend, socialise and have fun.
Friday	10.00-11.30 & 12.30-14.00	Kingstanding Leisure Centre Room 3	<b>Infant Massage (Booking Only)</b>  <b>Baby Sensory (One and under)</b> This group is for babies under 1 and provides a safe and exciting space to have some fun whilst developing their senses. Jump into messy play that allows the babies to explore all their bodies. All activities are age appropriate and there will be non-messy activities available too.

Telephone: 0121 323 5181

Email: [info@homestartbnw.org.uk](mailto:info@homestartbnw.org.uk)

Home-Start Birmingham North-West, Kingstanding Leisure Centre, Dulwich Road, Birmingham, B44 0EW