

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Play and Explore</b> 10am to 11:30am</p> <p>Drop in <a href="#">Play and Explore</a></p>	<p><b>My First Playtime</b> 10am to 11:30am</p> <p>Drop in <a href="#">My First Playtime</a></p>	<p><b>Health Visitor Drop In</b> Thursday Mornings</p> <p>Drop in Details on next page <a href="#">Health Visitor Drop In</a></p>	
			<p><b>Health Checks</b></p> <p>Appointment only Details on next page <a href="#">Health Checks</a></p>	<p><b>Health Checks</b></p> <p>Appointment only Details on next page <a href="#">Health Checks</a></p>



## Session/activity overview and further details

### My First Play Time

A session for families and carers with children aged 0 to 1 years

Children can explore and learn whilst playing with a range of activities

Activities such as messy play, arts and crafts, construction, and sensory play.

No need to book

### Play and Explore

A session for families and carers with children aged 0 to 5 years

(up to 10 years during school holidays)

There will be a variety of activities including arts and crafts, games and outside play.

No need to book

### Health Visitor drop in and Health Checks

Come and speak to a Health Visitor to discuss any concerns you may have regarding your child's development

Call 01296 838000 (Option 6, then Option 1) to find out more.



## Parenting Courses

Buckinghamshire's Family Support Service run a variety of parenting programmes for a range of ages. From toddlers to teens they can give you advice, support and confidence to meet your child's needs and reduce anxiety, stress and arguments at home.

[Free parenting programmes and resources | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk)

## Family Learning Courses

Buckinghamshire Family Learning team run a variety of free courses for parents and carers of children across Buckinghamshire: online courses (five to six weeks) workshops (two hours)  
We design our courses to help parents understand how they can best support their children throughout their early years and at school.

[Family learning courses in Buckinghamshire | Family Information Service](https://www.buckinghamshire.gov.uk)

## Youth Space

Activities, events, training and support for 11 to 19-year-olds.

[Youthspace | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk)

## Family Centre Plus

**Mapledean Family Centre Plus, Newtown Family Centre Plus, Southcourt Family Centre Plus**

As a Family Centre Plus young people, parents and families can drop in to talk to us anytime between 9am and 5pm, Monday to Friday.

[Family centres | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk)

