

# Summer 2021 timetable

Monday 26 July – Friday 27 August

There are lots of face-to-face and virtual activities and support groups running over the summer. Have a look at what you can book on to:



## Monday

**Sport in Mind – yoga and movement** 10-11am  
Palmer Park

**Getting to know your bump**  
11am-12pm  
Southcote Children's Centre

**Baby dimensions** 10-11am  
Ranikhet Children's Centre

**Story time in the park**  
1.30-3pm  
Various venues across Reading

**Sing and Sign** 1-1.30pm  
Virtual

## Tuesday

**Caversham Buggy Walk**  
9.45-11.45am

**Prospect Park Buggy Walk\***  
9.45-10.45am – babies

**Baby dimensions** 10-11am  
Southcote and Whitley Children's Centres

**Sleep workshop** 10-11am or  
1-2pm  
Virtual

**Teddy Bears Picnic** 1-2pm  
Alternate venues weekly at Rabsons Rec and Caversham Court

**Toe to head baby massage**  
1.30-2.30pm  
Ranikhet Children's Centre

## Wednesday

**Cintra Park Buggy Walks\***  
9.45-11.45am  
Two extra activities at Cintra Park sessions:

**4 August – Let's get physical**  
**18 August - Bug hunt**

**Toe to head baby massage**  
10.30-11am  
Caversham Children's Centre

**Messy play** 10-11.30am  
Ranikhet Children's Centre

**Rhyme time** 1.30-2.30pm  
Mcilroy Park

**Toe to head baby massage**  
1-2pm  
Southcote Children's Centre

## Thursday

**Rhyme time** 11am-12.15pm  
Palmer Park

**Rhyme time** 10-11am  
Prospect Park

**Baby dimensions** 1-2pm  
Whitley Children's Centre

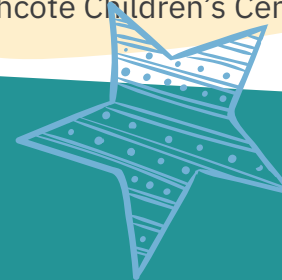
**Stay and play** 1-2.30pm  
Southcote Children's Centre

## Friday

**Coley Park Buggy Walks**  
10am followed by **Rhyme time** at 11am-12pm

For all sessions, please book your place.

Email [reading.childrencentres@brighterfuturesforchildren.org](mailto:reading.childrencentres@brighterfuturesforchildren.org)



# More information on our free sessions



## Baby dimension

Do you have a baby aged 0-6 months? Join us for a pre-booked session, in one of our children's centres, with an experienced baby development worker where we will use activities to stimulate their senses.

## Story time in the Park

Join us in the parks across Reading for an interactive story time session. There will be classic stories with extra activities to keep your little ones busy and learning. Venues include Lousehill Copse, Forbury Gardens, Arthur Newbury Park and Prospect Park.

## Messy play

Come along to our messy play sessions so your child has the opportunity to explore different textures and material in a safe and friendly environment.

## Toe to head baby massage

Five weeks of special bonding time with baby where you will learn calming massage techniques.

## Buggy walks\*

Getting outside does wonders for your wellbeing. Join us for our popular buggy walks in one of the parks around Reading.  
*\*Please note, you must book a place and not just turn up so we can keep safe and within guidelines.*

## Rhyme time

Who doesn't enjoy a sing song? We'll be in the beautiful parks across Reading. Join us and enjoy nursery rhymes and songs in a group. Singing and rhyming is a great way to encourage speech and language skills, as well as being great fun.

## Booking sessions

All our sessions require you to book your place.

Please email:

[reading.childrencentres@brighterfuturesforchildren.org](mailto:reading.childrencentres@brighterfuturesforchildren.org)

Find us at  
Reading Children's Centres

