July 2024 CANOLFAN DEULU BETWS - BETWS FAMILY CENTRE

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`* - booking is essential for these activities

Monday	Tuesday	Wednesday
1 10:00am - 11:00am Little Explorers Outdoor Play Betws Flower Park Sensory Garden 11:30am - 1:30pm Messy Monday - Messy / Sensory Play Includes a Snack Betws Rugby Club	2 9:30am - 11:30am *Nurture Course (9/10) (Creche Spaces Available) Lunch Club 1:00pm - 1:30pm *Baby Massage (3/4) 1:30pm - 2:30pm Tap, Tap and Chat (3/4)	3 10:00am - 11:00am Sing and Chat in Annwyl Fan 11:30am -1pm LLL Breastfeeding Group (support and social) Lunch Club 1:00pm - 2:00pm Tiny Talkers (3/4) *Cooking Pack Collection
8 10:00am - 11:00am Little Explorers Outdoor Play Betws Flower Park Sensory Garden 11:30am - 1:30pm Messy Monday - Messy / Sensory Play Includes a Snack Betws Rugby Club	9 9:30am - 11:30am *Nurture Course (10/10) (Creche Spaces Available) Lunch Club 1:00pm - 1:30pm *Baby Massage (4/4) 1:30pm - 2:30pm Tap, Tap and Chat (4/4)	10 10:00am - 11:00am Sing and Chat in Annwyl Fan Lunch Club 1:00pm - 2:00pm Tiny Talkers (4/4) *Cooking Pack Collection
9:45am - 11:30am Toddler and Baby Trip *Tiny Tots Town Llanelli Book via the Centre	10:00am - 2:00pm *Picnic and Play Drop by throughout the Day Ammanford Park and Splash Pads	17 10:00am - 11:00am Sing and Chat in Annwyl Fan