



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<p><u>Neurodiversity workshop</u></p> <p><u>A 6-week course</u> <u>10am-12pm</u></p> <p>A 6-week course that helps and supports parents with children who have neurodiversity. Starting 26/01/26</p>	<p><u>Baby Group</u> <u>9.30am – 11.30am</u></p> <p>A drop-in session for parents & babies –ideal for all babies until they are more mobile and ready for toddlers.</p>	<p><u>Toddler Group</u> <u>9.30am – 11.30am</u></p> <p>Parent/Toddler group Drop in session offering a warm welcome to all with free play, family activity time, outdoor play, snack and story/song time. For toddlers aged 0-3yrs.</p>	<p><u>Toddler Group/Tiny Talkers</u> <u>9.30am – 11.30am</u></p> <p>Parent/Toddler group Drop-in session offering a warm welcome to all with free play, family activity time, outdoor play, snack and story/song time. For toddlers aged 0-3yrs.</p>	<p><u>Courses & Workshops</u> <u>9.15am– 11.15am</u></p> <p>Join us for cooking and craft workshops</p>
PM	<p><u>Bespoke Perinatal course</u> <u>12:30pm – 2pm</u></p> <p>23/02/26-23/03/26</p> <p><i>Closed Group.</i></p>	<p>Hywel Dda Flying Start Health Visitor 'Drop in' Clinic. 9:30am – 11:00am</p>	<p>Hywel Dda Perinatal Support Clinic Appointments Only</p>	<p>Area 43 counselling services. Appointment only</p>	
3PM-4-30PM		<p><u>Play Club</u> <u>3pm - 4:30pm</u></p> <p>A session for 4–6-year-olds where they can enjoy arts & crafts, outdoor play and so much more. <i>Registration required before attending</i></p>	<p><u>Family Fun Club</u> <u>3.00-4:30pm</u></p> <p>For families with children in lower primary school. Drop in after school for some family fun. Free play, crafts and after school snack.</p>	<p><u>Open Access Play</u> <u>3pm - 4:30pm</u></p> <p>A session for 7–11-year-olds where they can enjoy arts & crafts, outdoor play and so much more. <i>Registration required before attending</i></p>	