

Lightwoods House Timetable at Adkins Lane Bearwood B67 5DP

Monday PM	Monday PM	Tuesday PM	Wednesday PM	Wednesday PM
<p>Moodmaster 1pm-2.45pm Upbeat well-being session to help you understand your feelings and emotions. Sandwell residents only</p> <p>To book please click the link: https://forms.office.com/e/NOVTcRYsBK</p> <p>or use QR Code: </p>	<p>Breastfeeding Network 1.15pm – 2.30pm (Term Time Only) The drop-in infant feeding support group will provide a safe and comfortable environment for families looking for support with starting, continuing and stopping breastfeeding, any feeding parent is welcome. Sandwell Residents only</p>	<p>SANDWELL Health Visiting- Every 4th Tuesday of the month 1pm -3:30pm. A drop in clinic for Sandwell residents under the age of 5 years. Discuss your child's health, growth and development. Speak with our nursery nurses for advice and practical support. Self-weigh available.</p>	<p>Stay and Play 1pm til 2.15pm Relaxed Stay & Play session to support children and parents that will benefit from a calm, relaxing environment where children can learn through play for Birmingham and Sandwell residents</p>	<p>Sensory Group 1pm-2.15pm Sensory story group to develop communication through sensory play For Birmingham and Sandwell Residents</p>
Contact Information	<p>Smethwick Family Hub 0121 555 6756 Sandwell Health Visiting Contact Centre: 0121 612 5021 Ladywood Family Hub 0121 551 9020 – Edgbaston Children’s Centre – 0121 477 6440</p>			