



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

AM

### Baby Massage

10 am to 11.15am

@ Riverboats

Starts 7<sup>th</sup> November for  
5 weeks.

Please call to book a place

### Bounce and Rhyme

10.30-11.15am

@Kempsey Parish Hall WR5 3JA

Songs, Rhymes, Rhythm and  
Fun!

£1.00 per family

### Citizens Advice Bureau

10.00 am to 12pm

@Riverboats

Every 1<sup>st</sup> and 3<sup>rd</sup> Monday  
each month

Please contact us to book an  
Appointment



### Messy Play



2.00 - 3.00 pm

@Riverboats

Welcome to everyone with a  
child under 5 years  
£0.50p per family

### Midwife Clinic

9.30am to 12.30pm

@Riverboats

Appointment only



### Family Support

#### Drop in

10.00 to 11.00 am

@Riverboats

### Bounce and Rhyme

10.30 to 11.15 am

@Upton Library

WR8 0LE

### "Talking Walk-in" Speech & Language

Starts 16th November

1.00 to 4.00 pm

@Riverboats

3<sup>rd</sup> Wednesday of  
every month



### Bouncing Beans

Stay and Play

0-5 years

9.45 - 11.15am

@Longdon Village Hall

GL20 6AZ

£1 per family



### Stay and Play

10.00 to 11am

@Upton Pre-School

WR8 0LD 2- 5years

Pop in and play and see  
our fantastic new play  
area.

Term-time only

### Kangaroos@Kempsey

Stay and Play

0-5 years

2.00 to 3.00 pm

@Kempsey Parish Hall

WR5 3JA



Every Week £1.00per Family  
(Term-time only)

### Kempsey Health

#### Visitor Drop in Clinic

First Thursday of Every month

@Kempsey Parish Hall WR5 3JA

### Counselling

@Riverboats

1.00 to 5.00 pm

Please call to book an appointment

PM

### Bumps to Babes

and

### Health Visitor

#### Drop in Clinic

1.30 to 3.30 pm

@Riverboats

Drop in to see your  
health visitor, get your  
baby weighed, seek  
advice, sensory play  
and meet other mums.

