

FREE ACTIVITIES FOR PARENTS & BABIES IN KENSINGTON & CHELSEA



LOCAL SUPPORT FOR FAMILIES DURING PREGNANCY AND THE FIRST YEAR AFTER BIRTH

ACTIVITY	WHEN	WHERE	HOW
ACROSS THE K&C BOROUGH			
BREASTFEEDING SUPPORT - ONE TO ONE Support given by NCT trained volunteers	Available on request	Face to face at one of our community hubs, or online/phone	sona@venturecentre.org.uk or 074 9570 2738
CHELSEA AREA			
BABY MASSAGE + SING & SIGN Calming massage techniques to use on babies and teaching babies to communicate all in a supportive environment	Weekly Mondays 10am - 11am	Samuel Lewis Estate Ixworth Place, London, SW3 3QG	Contact Marsha on 0740 7194 694 to reserve a space
CHICKENSHED MUSIC & PLAY GROUP Music, movement, play and a bit of drama run by theatre group Chickenshed	Weekly Tuesdays 11am - 11:40pm	Chelsea Theatre 7 World's End Place, London SW10 0DR	Walk-ins welcome or to pre-book or info: khadidja@chelsea theatre.org.uk

January to March - For an updated version, please visit: www.venturecentre.org.uk/maternity-champions or contact Maternity Champions Manager: sona@venturecentre.org.uk / 074 9570 2738