

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 our NCT trained Maternity Champions	Available on request or at certain activities below	Face to face at one of our community hubs, or online/phone	sona@venturecentre.org.uk or 074 9570 2738
NORTH KENSINGTON AREA			
ZUMBINI + STAY & PLAY + BABY WEIGHING Fun exercise, baby playtime, breastfeeding support or come see the Health Visitor for baby weighing	Weekly Mondays 9:30am-11:30am Zumbini at 10am	Dalgarno Trust Dalgarno Way, London W10 5LE	Registration required. Text 'Baby' to 07511 915 094 or call for info
STAY & PLAY + MONTHLY COFFEE MORNING Stories & Songs playtime Breastfeeding support available Monthly coffee mornings with guest speakers	Weekly Thursdays 10am - 11am Coffee morning, last Thursday every month	Holmfield House Children's Centre 4-6 Golborne Rd, W10 5PE	Text Baby to 074 9570 2738 to reserve a space or for info info@venturecentre.org.uk
BUGGY WALKS Gentle exercise with a lovely instructor and a great way to meet other parents	Weekly Thursdays 10:30am - 11:30am Instructor starts walking at 10:40	Gather 10:30 at Portobello Green Canopy W10 5TD	07961 232 431 or ewa.kasjanowicz@vckc.org.uk for info and to register

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