



### Stay & Play

Bring your baby or toddler (0-4) along to a session of play and fun every Monday at 9:30am



### Rubicon Dance for Parents and Toddlers

An opportunity to join in some music and dance. Lots of fun moving to the rhythm of the beat! Every Tuesday, 10.00-11.30

### Sing, Sense and Sign

Sing -along with Makaton, lots of messy play to stimulate the senses. Every Monday, 1.00-2.30

### Language and Play



Developing your child's language skills through play is a friendly and fun way to learn. Please contact Helen McDonald on 02920 671455 for further information.

### Family Fun

Our Family Fun sessions are a great way to play and learn with all the family. We're encouraging everyone to join us. Every Friday, 9.30 - 11.00.

### Get Cooking!



Have fun in the kitchen with your children and find some new recipes to try. Every Tuesday for 5 weeks. Starting soon (please talk to a member of staff if you are interested)

	Morning	Afternoon
Monday	Stay & Play 9.30—11.00  Gym Tots 9.30-10.45	Sing, Sense and Sign 1.00—2.30  Gym Tots 1.30-2.30
Tuesday	Rubicon Dance 10.00-11.30  Get Cooking 9.30-1.00	Baby Rhymes 1.30-2.30  Parent Nurturing Programme For 10 weeks Starting soon
Wednesday	Baby Club 10.00-11.00	Story and Songtime 1.30-2.30
Thursday	Language & Play Number & Play 9.30—11.00	Camau Bach 1.00—2.30
Friday	Family Fun 9.30—11.00	Music & Movement 1.30-2.15
Saturday	Father's First 9.30—11.30	

### Fathers First

For Dads with children up to the age of 6. Have fun on a Saturday morning. 9.30—11.30am.



### Baby Rhymes

Come and join in rhymes with your baby—traditional and new. Tuesdays 1.30—2.30

### Baby Club

Bring along your Baby 0-1 year and meet other new parents and seek advice and support. A great way to make friends for you and your baby. Wednesday, 10.00-11.00



### Gym Tots

Join in with the fun and games as your child burns off that extra energy! A great way for you and your child to make new friends. Every Monday 9.30-10.45 and 1.30-2.30

### Camau Bach

Bring your baby or toddler (0-4) along to a Welsh session of play and fun every Thursday, 1.00—2.30



### Music and Movement

For children who are aged 1-4. Come along for singing, action songs, parachute and lots of fun! Friday, 1.30-2.15



### Parent Nurturing Programme

Enjoy a cup of coffee and spend some time on you! Every Tuesday for 10 weeks. Starting soon

## Also, at the Centre

We also have Day Care and Nursery facilities available.

We run Breakfast Club, After School Club and Holiday Clubs operating around the Nursery hours.

Please ask at reception for more information.

Also, Adult Education courses are provided at the centre



Ely and Caerau Children's  
Centre  
Michaelston Road  
Ely  
Cardiff CF5 4SX

There is something for everyone so why not contact us to find out more

Buses on routes 12, 12A, 13, 13A, 17, 18 all stop outside or near to the Integrated Children's Centre.

### Contacts

Reception - 02920 671420  
Play Team - 02920 671472  
Language & Play - 02920 671455  
Neighbourhood learning  
—02920 671433



## Activities at the Ely and Caerau Children's Centre

Hate Mondays?  
Then bring your child along to  
Stay and Play

Why not try our Rubicon Dance for you and your Toddler?

Bring along your little ones for Flying Start Baby Rhymes in the Community room, it's sure to be fun

Why not see what we have to offer and come along?

All of these activities are held during term time only unless otherwise specified.

