

# MONDAY

## **Messy Mondays**

**9.30 - 11.00am**

**1.30 - 2.30pm**

Come and join in the fun playing with sensory activities: water, sand, mud, foam, paint and gloop.

(Age group 0-4 years)

# TUESDAY

## **Baby Massage**

**9.30 - 10.30am**

Learn basic massage techniques to support bonding, relaxation and communication in a nurturing environment.

(For babies under 6 months—booking required)

## **Gym Tots**

**9:30 - 10.30am**

Join us for soft play, singing and activities that support physical and social development.

(Age group 1-4 years)

## **Stay and Play**

**1.15—2.30pm**

Come and join us to explore child focused Activities

(Age group 0-4 years)

# WEDNESDAY

## **Baby Club**

**9.30 - 10.30am**

Come along with your baby to make new friends, meet new parents and have fun together exploring sensory play, singing rhymes and treasure baskets

(Age group 0-11 months)

## **Story & Song Time**

**1:15 - 2:30pm**

Come along and explore stories through play.

(Age group 0-4 years)

# THURSDAY

## **Tea and Toast**

**9.15am—Held in the Cafe**

## **Language a Chwarae**

**9.30 - 10:30am**

Developing your child's holistic development by learning through play, stories and rhymes in both English and Welsh language.

(Age group 0-4)

## **The One Group**

**1:00 - 2:30pm**

For families of children with additional needs, come along to play and chat!

# FRIDAY

## **Busy Feet**

**9.30 - 10.30am**

Come and join us for music, dance, stretching and relaxation all in one!

(Age group 2-3 years)

# SATURDAY

## **Dads Club**

**9.30 - 11.00am**

An opportunity for dad's and children to have fun together without having to tidy up the mess at home—painting, water/sand play, cooking, clay.

(Age group 0-5 years)

**We are unable to accept any families to groups who arrive 30 minutes late after the start time.**

# Come and meet the Team!



Lynda



Alice

## Also, at the Centre



Follow us on Twitter to keep up to date with future events.

Or on our website

[www.elyandcaerauchildrenscentre.co.uk](http://www.elyandcaerauchildrenscentre.co.uk)



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

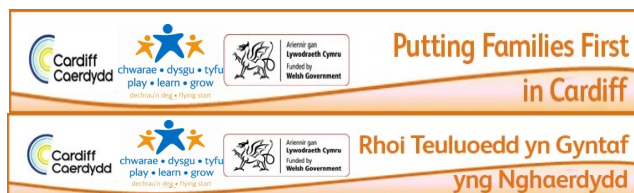


Michaelston Road  
Ely  
Cardiff CF5 4SX

For further information please contact Reception on:

02920 671421

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



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