

Loving life with little ones

about toddlers

N. Hampshire
& W. Berks

Jan - Mar 2026

FREE

POTTY
TRAINING
The Fun Way

MOTHERS
DAY
CRAFT

Andy Day's
Reading Adventures

WIN
A WORLD BOOK
DAY BUNDLE
WORTH UP TO
£150

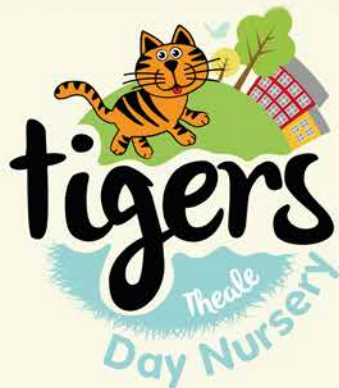
Everything Bump, Baby & Toddler Near You

Covering Newbury, Winchester, Andover,
Basingstoke and surrounding areas.

COVER PHOTO BY

EWA JONES

FILM & PHOTOGRAPHY



Tigers at Theale have moved to bigger premises that are still in Theale village. A amazing building that offers more space that will enhance the wonderful learning environment for our children.

Each age group has rooms which include sleep areas, cosy areas, dining areas and kitchens.

Our chef prepares and cooks all meals daily for the children, catering for all allergies.

There is plenty of outdoor space and a drop off area for the parents.

Our Curiosity cove is an indoor play area where the children will have yoga, dance, gym and space to free play.

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book via our website**

www.tigersdaynurseries.co.uk

Beaumont House, 59 High Street, Theale, RG7 5AL — 01189 303000



WELCOME

NEW YEAR EDITION!



As a new year begins, full of fresh starts and exciting possibilities, we are thrilled to share our latest North Hampshire & West Berkshire edition with you. This issue is filled with winter inspiration, family-friendly activities and helpful features, all thoughtfully created to support parents and keep little ones smiling throughout the colder months.

Winter often brings cosy days at home, the occasional sniffle and a gentler pace of life, but we're here to help you embrace the season. Inside, you'll find a carefully curated mix of articles designed to support family life during winter. We're especially delighted to feature CBeebies favourite Andy Day, who joins us to celebrate World Book Day and share practical, inspiring ideas for encouraging a love of reading in young children. Whether your child already loves storytime or is just starting their reading journey, Andy's boundless enthusiasm is sure to spark their imagination.

Save the Date: Toddle About LIVE! South Bucks - Did you miss out on our fantastic September event or loved it so much you can't wait for the next one? Great news... we're back! This time we're in a brand-new location, and it's set to be even bigger, brighter, and more fun than before!

We're thrilled to announce that **Toddle About LIVE!** is back on **Saturday, 7th March**, hosted at the wonderful **Davenies Boys School** in Beaconsfield, Bucks. Get ready for a vibrant day filled with exciting discoveries, expert advice, hands-on activities, and a fantastic showcase of local businesses. We can't wait to welcome you through the doors and bring our community together for a truly unforgettable day.

Sign up for your **FREE** ticket today at
www.toddle.fun/LIVEBUCKS

Bill & Emily

PS. Have you used the Toddle About website yet? Simply pop in your postcode, and you will be shown all the different things on offer for little ones near you. Head there now: www.toddleabout.co.uk

MEET THE TEAM



Bill & Emily - Owner/Editors



Tim & Ruth - Franchisors

Call us on 07359162124 or
email: bill@toddleabout.co.uk

📍 ToddleAboutNorthHampshireand
WestBerkshire

🌐 toddleabout_nhants_wberks

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Cover picture:

Thank you to Hampshire based photographer **Ewa Jones Photography** for this gorgeous cover photo. Find out more at: www.ewajonesphotography.co.uk



9,000 copies of Toddle About are distributed every quarter around North Hampshire and West Berkshire including Newbury, Thatcham, Alton, Winchester, Andover, Tadley, Bramley, Basingstoke, Hook and surrounding areas.

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Toddle About North Hampshire & West Berkshire, 19 Herriard Way, Tadley Hampshire RG26 3UG. Call us on 07357 162124.



The Ultimate Family Day Out

After the success last September, Toddler About Live is heading to Portsmouth in May, bringing an exciting, family-friendly event designed especially for parents, babies and young children. The event will bring together local businesses, interactive activities, expert advice and plenty of opportunities for families to explore, discover and connect.

From hands-on fun for little ones to inspiration and support for parents, Toddler About Live promises a welcoming day out for families!

Sign up at toddler.fun/LivePompey See P.26



Learning Made Easy for Busy Families

Tumble Tots Basingstoke offers fun, energetic activity classes designed to give children the very best start in life. Using bright, bespoke equipment, little ones can climb, balance, jump and roll while developing key physical skills in a safe, supportive environment.

Classes are tailored to help children build confidence, support brain development, and enjoy making friends along the way all as they learn, move and thrive through play.

Find out more at www.tumbletots.com/basingstoke See P.32



Drama Tots Celebrate Double Win!

Drama Tots has been crowned the UK's Most Loved Performing Arts Activity and Most Loved Party Entertainment at the What's On 4 Kids Awards. Children in Basingstoke can enjoy Drama Tots sessions in community venues and at their schools and nurseries.

Get in touch with Kate for more information kate@dramatots.co.uk www.dramatots.co.uk See P.30

Spring into Spanish this January!

Encanta Tots turns everyday toddler time into a Bilingual (English – Spanish) adventure packed with joyful songs, movement, colourful props, storytelling & Latin-style instruments - for little ones (0–5 yrs) & no previous Spanish needed.

Their gentle & immersive Spanish play sparks early learning, confidence, communication & curiosity. Give your child a developmental boost & secure a spot for their January Spring Term.

Contact Ana – hola@encantatots.co.uk or visit www.encantatots.co.uk for more information. P.34



From Family Playtime to Published Game

Inspired during playtime with her daughters, Amy created ABC123, an educational matching game that helps children learn letters, colours and counting through fun, shared play.

ABC123 has been tested in primary schools with fantastic feedback, and it has now officially launched. By choosing Match2Learn, families are supporting both quality learning and fun for all ages.

To find out more, visit www.match2learn.co.uk See P.13





A Little Luxury for Everyday Self-Care

With busy days and endless to-do lists, Tropic Skincare offers an opportunity to pause and prioritise self-care. Made with naturally derived, cruelty-free ingredients, Tropic's products are designed to nourish skin while creating moments of calm and indulgence.

From refreshing cleansers to deeply hydrating moisturisers, Tropic's feel-good skincare makes a thoughtful Mother's Day gift, or a simple way to show yourself some kindness.

Contact tropicalex@virginmedia.com to find the perfect products.

Learning Made Easy for Busy Families



Pudding & Squidge was created by Jayne, a former childminder and mum of two, inspired by real-life parenting challenges. While on maternity leave, Jayne wanted simple, meaningful ways to support her preschooler's learning without the stress of planning or gathering resources.

Drawing on her early years experience and the EYFS, she created ready-to-use activity boxes filled with quick, educational games. Designed for busy days and tired parents, Pudding & Squidge helps ease mum guilt and makes learning feel achievable, playful and joyful, even in short moments together.

Visit www.puddingandsquidge.co.uk for more information. See P.19

Fresh Air, Fitness and Friendly Faces

The NHS recommends at least 150 minutes of moderate exercise per week for women who have recently given birth. But how can you do that while looking after your baby? Buggyfit in Basingstoke is the answer.

Come along with your baby and buggy to get some fresh air and improve your wellbeing. They walk and do strength exercises with different options for all levels of fitness. Imagine feeling fitter and more energetic while meeting other Mums.

To find out more, visit <https://gymcatch.com/app/provider/8339/events> See P.32



Joy, Creativity and Imagination are Truly What Matter

World Book Day is about celebrating stories and imagination, but we are often overwhelmed by the need to create the perfect outfit. With a little creativity, many brilliant outfits can be made using items already at home. A cosy pair of pyjamas is perfect for a bedtime story character, while everyday clothes paired with a homemade name label can instantly bring a favourite book character to life.

A cardboard crown turns a child into a king or queen, a striped top with drawn-on whiskers makes a playful cat, and a sheet or scarf can become a superhero cape. A simple wand, mask, or pair of glasses cut from card can add the finishing touch.

Getting children involved in choosing their character and making their costume together is all part of the fun. This World Book Day, keep it simple, affordable, and enjoyable, because it's the love of reading and storytelling that truly matters, whatever your child is wearing.

Celebrate World Book Day this year on Thursday 5th March. For some great book reviews and to enter our World Book Day Giveaway, see P.25



TODDLE MODELS

Baby and Toddler Photo Competition Winner

Thank you to everyone who entered
our Autumn Toddle Models competition!

Congratulations to little Stanley and Amber who **both** won a
Family Ticket to Disney On Ice, worth £220!

We received so many gorgeous entries - we hope you enjoy
looking through them as much as we have and that this gives
all our entrants a lovely keepsake.

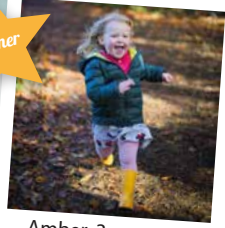


Find out more at www.disneyonice.com



Stanley, 3 years old

Winner



Amber, 3 years old

Winner



Alani, 3 years



Owen, 6 years



Ivy, 3 years



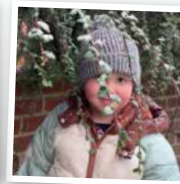
Jude, 3 years



Summer, 2 months



Willis, 6 months



Reuben, 5 years



Maisie, 3 years



Hallie, 5 months



Adriel & Ariella, 4 & 2 years



Athena, 2 years



Jamie, 18 months



Reggie, 2 years 6 months



Maisie, 6 months



Rosey-Rue & Cleo, 2 & 9yrs



Hope & Sydney, 20 & 30 months



Marcy, 6 years



Elsie, 9 months



Isabelle, 2 years 6 months



Astrid, 2 years 7 months

TODDLE MODELS

WIN A LITTLE TIKES BUNDLE, WORTH £129



little tikes®

THE PRIZE: Win a Creative Construction Workbench, a Creative Chefs™ Waffle Kit, and a Little Tikes Story Dream Machine from Little Tikes.

Budding builders will love the **Creative Construction Workbench**, complete with tools, nails and wood-look foam pieces that can be cut and used for building. **The Creative Chefs™ Waffle Kit** includes play sand, a visual recipe card and waffle moulds for imaginative cooking play.

Finally, the **Little Tikes Story Dream Machine** brings stories to life with read-along narration and projection, encouraging early reading skills. It comes with three classic fairytales: *The Ugly Duckling*, *The Princess and the Pea*, and *The Emperor's New Clothes*.

Follow on socials @officiallittletikesuk.

T&Cs apply - all online at www.toddle.fun/toddlemodels. The winners will be chosen at random.

HOW TO ENTER:

Send us a photo of your little one enjoying some wintry fun or spring sunshine!

We will print as many entries as possible in the next magazine to give you a lovely keepsake.

Enter by **Sun 8th March 2026**.

WORTH
£129

ENTER AT:

www.toddle.fun/toddlemodels



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www.cornerstone-nurseries.com



NEW YEAR Days Out

**MAR
28**

THE DINOSAUR THAT POOPED A ROCK SHOW

Corn Exchange Newbury, 1:30pm & 4pm

Follow Danny and Dino's adventure to see their favourite rock band and have a poopy good time enjoying a brand new story for the stage.

Market Place, Newbury RG14 5BD

www.cornexchangenew.com

Cost: From £17.75

**MAR
29**

SPRING FAMILY RACEDAY

Ascot Racecourse, 10:45am

Celebrate the end of Ascot's Jumps season in style! Enjoy thrilling races, roaming entertainers, face painting, crafts and more - a perfect spring day out!

High Street, Ascot SL5 7JX

www.ascot.com/racedays/spring-family-raceday

Cost: From £15, Kids under 18 go free

**FEB
16**

JACK AND THE BEANS TALK

Shaw House, 11pm & 1pm

Did Jack really hear a talking bean? Join Jack on his magical adventure filled with laughter, puppets and giants in a playful twist on the classic tale!

Church Road, Newbury RG14 2DR

www.booking.westberks.gov.uk/heritage_events.html

Cost: From £7

**FEB
19-**

LET'S GLOW

Basingstoke Town Centre

Let's Glow will be back to illuminate Basingstoke Town Centre during February Half Term.

Market Place, Basingstoke RG21 7QD

www.lovebasingstoke.co.uk/events/let-s-glow-2025

Cost: Free

**FEB
20**

THE SMEDS & THE SMOOS STORYTELLING

Picket Twenty Community Centre, 1 - 3pm

Come along for an interactive storytelling session of The Smeds and The Smoos! Followed by themed craft activities and refreshments.

Picket Twenty Wy, Andover SP11 6TY

www.unityonline.org.uk/event/the-smeds-and-the-smoos-storytelling-session/

Cost: information available from organisers

**FEB
14-**

THE TIGER WHO CAME TO TEA

Theatre Royal Winchester

Join the tea-guzzling tiger in this delightful family show; packed with oodles of magic, sing-a-long songs and clumsy chaos.

21-23 Jewry Street, Winchester SO23 8SB

www.theatreroyalwinchester.co.uk/whats-on/

Cost: From £12

**MAR
7**

TODDLE ABOUT LIVE

Davenies School, 10am - 3pm

From hands-on fun for little ones to inspiration and support for parents, Toddle About Live promises a welcoming day out for families with children.

73 Station Road, Beaconsfield HP9 1AA

toddle.fun/LiveBucks

Cost: FREE!



**MAR
9-13**

MOTHER'S DAY PLAY SESSION

Little Play Lounge, 12pm & 3pm

Let's celebrate amazing mums! Enjoy a special play session with your little one, cake, and a real flower bouquet to take home.

Rectory Road, Padworth Common, RG7 4JD

www.thelittleplaylounge.co.uk/events

Cost: information available on the website

Details are correct at time of printing but may change. Please check with the event host for prices, times and dates.

toddle about

Valentine's Day Recipe

LOVE BUGS BISCUITS

These chocolate cookies are great fun to make and are delicious!

INGREDIENTS:

50g Soft Butter
50g Caster Sugar
15g Beaten Egg
85g Plain Flour
15g Cocoa Powder

FILLING

15g Chocolate Chips
25g Soft Butter
40g Icing Sugar
15g Soft Brown Sugar
5g Cocoa Powder

DECORATION

50g Icing Sugar
Red Food Colour

Sugar Eyes & Sprinkles

TUTORIAL:

1. Put butter and caster sugar in a bowl & beat together until just creamy.
2. Pour in the beaten egg and combine. Then add the flour & cocoa powder and mix into a ball of dough.
3. Wrap in cling-film and refrigerate for 1 hour.
4. Gently knead on a floured surface. Using a rolling pin, roll out the dough to an even thickness of about 5-7mm.
5. Use a heart shape cutter to cut out 12-14 biscuits.

6. Place your biscuits on a baking tray lined with greaseproof paper. Chill in the fridge for 30 mins. Preheat the oven to 180°C/160°C fan/gas 4.
7. Bake for 12-15 minutes, turning halfway. Leave to cool.
8. Meanwhile, make the chocolate filling. Melt the choc chips in sealed bag in a mug of hot water. Put the butter in a bowl and beat until soft and creamy. Add the icing sugar and brown sugar, mixing until fluffy. Add the cocoa powder and melted chocolate & stir.
9. Spread the filling on a heart. Pop a heart on top. Repeat.
10. Mix icing sugar with cold water until toothpaste consistency. Add red colouring to desired shade. Pipe onto each cookie to make wings. Stick on eyes with icing, add sprinkles. Leave to harden and enjoy!



Recipe by Rebecca Honeywell-Ward, founder of Honeywell Bakes, and author of Planet Friendly Baking - available at www.honeywellbakes.co.uk and good book stores.

Pop
Up Play

VILLAGE

Role Play Events that Fuel Children's Imaginations!

We run role play classes, children's parties, wedding entertainment, corporate family days and sessions in schools and early years settings across the UK for children aged 0-8 years old.

"I cannot thank the team enough for the amazing party they organised! Every detail was flawless, and both kids and adults had an incredible time. I was able to relax and enjoy the day without a single worry, as everything was handled seamlessly. The team went above and beyond my expectations."



Email hello@popupplayvillage.co.uk for more information.
Quote Toddleparty to get 10% off a party booking.

www.popupplayvillage.co.uk

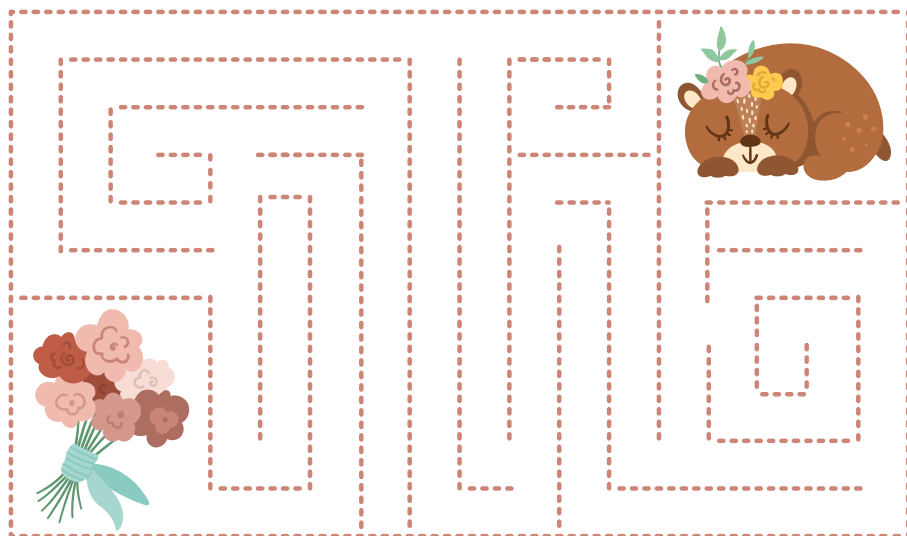
MAMA BEAR'S BLOOMS

CAN YOU GET THE FLOWERS TO
MAMA BEAR FOR MOTHER'S DAY?



CHEEKY CHARLIE HUNT!

WE'VE HIDDEN CHARLIE, TODDLE
ABOUT'S CHEEKY MASCOT,
THROUGHOUT THE MAGAZINE!
CAN YOU COUNT HOW
MANY TIMES HE APPEARS?



SLEDGING SWITCH UP



SPOT THE DIFFERENCE.
THERE ARE 10 TO FIND!

ANSWERS ON P.39



TODDLE ABOUT LIVE!

PORTSMOUTH

Toddle About LIVE! Portsmouth is a fun, welcoming event created especially for parents of babies and children aged 0-5. Meet trusted local businesses, discover activities and services for your family, enjoy hands-on fun, and connect with other parents in your community.

Sat 16th May 2026 10am - 3pm

Whether you're looking for ideas, support, or simply a lovely day out together, this is an event designed around real family life.

SPONSORED BY



In association with WhatsOnHampshire

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MAKE POO-DOH!

Crack Potty Training the Fun Way

By Children's Nurse & Potty Learning Expert, Rebecca Mottram



Potty training can feel like one of the trickiest milestones of early childhood, but what if you could turn it into play? Research shows that many parents hit roadblocks such as refusal, anxiety, or difficulty adapting from nappies to the potty. The good news is, there's a playful way through: **Poo-Doh**.

This delightfully fun activity uses homemade play-doh (yes, brown if you like!) to help children explore how their bodies work and teach them the basics of how to manage poo and wee whilst building their confidence.

1. MAKE THE POO-DOH

Children love sensory play with something squishy and hand squeezing activities such as the motion of forming "poo" from dough are also beneficial for their fine motor development.

My favourite is to make it brown, but you can also make glitter poo, rainbow poo, even dinosaur poo! Making the poo gives you a chance to show them what healthy poo should look like.



2. NORMALISE AND TALK ABOUT POO

When you roll and squeeze the poo doh with a bit of humour and giggles, conversations about bodily functions become natural.

You can playfully introduce the character of Mr Poo, who always wants to find his way to Pooland, down the toilet. Using play like this allows children to explore the topic safely and provides a powerful antidote to the pressure they may feel when learning to use the toilet.

Sensory activities like rolling and squeezing dough help children with emotional regulation, helping to create a beneficial learning environment for your child.



Rebecca Mottram is a children's nurse, researcher and potty learning specialist. She's the author of *Positively Potty* from Bloomsbury, and hosts the Go Potty Podcast. Find more evidence-based, child-centred toilet training resources at rebeccamottram.com.

3. ROLE-PLAY TO PRACTICE AND BUILD SKILLS

Once you've made your Poo-Doh, you can use it to act out what happens at toilet time: plop poo in the potty, tip it into the loo, flush, and wash hands. Let dolly or teddy have a go too.

Modelling each step gives children structure and predictability; two key ingredients for toileting success. At this stage of development, children live in their imagination so delivering information through play meets them where they are in a child-centred way.

4. A HANDS-ON BIOLOGY LESSON

Make your hand into a fist and gently push the dough through to show how poo moves through the body. Children can see and feel what's happening, helping them recognise those "tummy tickles" as signals to go. Understanding the process reduces fear and builds trust in their bodies.

READY TO GIVE IT A GO?

Download your free Poo-Doh Recipe + Poo Checker!

You'll get:

- A simple step-by-step recipe for homemade "poo"
- A printable chart to spot healthy poos and wees
- Constipation checker and links to more support

Get your free download at www.toddle.club/poo

Turn toilet training into a bonding adventure, one squishy "poo" at a time!



toddling about

N. Hampshire & W. Berks

SPOTLIGHT ON... GLOW TOTS SENSORY



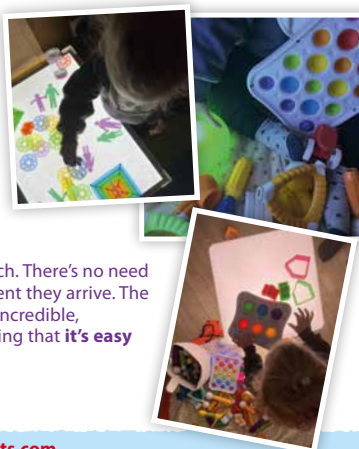
We've asked local blogger **Mama Around Town**, to share some of her favourite adventures and activities to try with little ones.

If you're looking for something truly unique to enjoy with your little one, **Glow Tots Sensory** is an experience that shines — quite literally! This free-play sensory class offers babies and toddlers the chance to **explore, learn and have fun** in a vibrant, glowing world filled with educational sensory toys and themed play zones.

Each 50-minute session is carefully designed to inspire curiosity through light, colour and texture. Children can discover glow toys, open-ended Montessori-inspired play equipment and beautifully themed sensory trays — all laid out in a calm, welcoming environment that encourages them to play at their own pace.

We joined a **"Little Explorers" session**, and what I loved most was the relaxed approach. There's no need to sit still or wait for an introduction — children are free to dive right in from the moment they arrive. The space instantly invites you to play, explore and bond together. The variety of toys was incredible, including some I've never seen before, and the atmosphere was so positive and engaging that **it's easy to see why families keep coming back**.

If you haven't experienced Glow Tots yet, **it's well worth a visit**.



INFO: **Classes:** Monday - Thursday, various times. Tel: 07795 686683 www.glowtots.com
Place: Classes across West Berkshire including Thatcham, Mortimer, Pangbourne and Burghfield.

Mama Around Town through her socials shares her adventures with her children and days out in and around Hampshire and Berkshire. Discover her world at [@mamaaroundtown](https://www.instagram.com/mamaaroundtown)

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Available now at www.wriggleease.co.uk



HAPPY, CONFIDENT ME CONVERSATION CARDS, £12.99

This pack of 50 cards gets the conversation flowing - it's the perfect antidote to one-word answers on the school run, family meals and times together. Designed for year-round use, with questions guaranteed to give different responses each day!

www.happyconfident.com

20% Off with code **TOD20**
Exp. 31/3/26



ROLL + GO MEALTIME MAT, £15.99

Designed for busy parents and independent toddlers, the Roll + Go Mealtimes Mat rolls up neatly for easy travel. The non-slip silicone base and curved-edge bowl promote confident self-feeding, while the included spoon and dishwasher-safe design ensure convenient, mess-free and hygienic meals anywhere.

uk.bbox.com



YOUNG BAKER'S CLUB SUBSCRIPTION, £16.99+

Perfect for children aged 2 (with help!) to 12, the Young Bakers Club inspires a love of baking. Each month, you receive a fun baking box filled with pre-weighed ingredients, an easy-to-follow recipe and a craft activity. The packaging is eco-friendly, the results are delicious, and your child learns lifelong skills.

www.honeywellbakes.com



EDURINO BEST-SELLER BUNDLE, £101.94

Fancy turning screen time into meaningful play? With EDURINO, children aged 4-8 learn through interactive adventures in phonics, maths, creativity, emotions and coding using a smart stylus and figurines. Ad-free and educator-approved, it combines fun with learning - trusted by over 400,000 families.

www.edurino.co.uk



WIN THIS!

Scan to find out more and enter:



MOTHER'S
DAY CRAFT

CHOCOLATE PRETZEL FLOWERS



EQUIPMENT:

- Oven Dish
- Spatula, fork & spoon
- Parchment paper
- Paper straws
- Mixing bowl
- Cut-out paper leaves
- Glue

INGREDIENTS:

- 200g White chocolate
- Food colouring
- Pretzels

INSTRUCTIONS:

1. Lay two sheets of parchment paper on your work surface and prepare your equipment.
2. Place a wrapped chocolate bar in a heatproof dish, cover with boiling water and allow it to melt until smooth.
3. Pour half the melted chocolate into a bowl, add yellow food colouring and mix. Spoon a small amount onto the parchment and spread into a circle (about the size of a 10p) – this will be the flower centre.
4. Melt more chocolate and add your chosen colours for the petals.
5. Dip a pretzel into the coloured chocolate, press it down with a fork to coat fully, then lift and gently tap on the bowl's edge to remove excess.
6. Place on the parchment and repeat until you have four pretzels. Arrange them in a circle with the tops facing out and touching, then place your yellow centre on top.
7. Chill in the fridge for 5–10 minutes to set. Repeat to make more flowers, using different colours if you like.
8. To add a stem, dab melted chocolate onto one end of a straw, press the flower onto it and chill again to set.
9. Once dry, use a toothpick or sharp knife tip to clean holes of any excess chocolate..
10. Optional: Add paper leaves to the straw.

This craft was lovingly prepared for you by Toddle About's very own Lou Holmes. Thanks Lou!

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ANDY'S READING ADVENTURES

by Andy Day



Andy Day, much-loved CBeebies presenter, frontman of *Andy & The Odd Socks* and author of the *Dino Dad* book series, shares how becoming a father has shaped his storytelling, what television taught him about writing for children and why sparking a love of reading is more important than ever.

HOW HAS FATHERHOOD INSPIRED YOUR WRITING?

Becoming a dad has been one of, if not the most, important jobs of my life. I've always loved entertaining children – on screen, on stage and in person – but it's an entirely new level when those children call you 'dad'. My three kids have really inspired me as I've gone on my writing journey, first with the *Dino Dad* series, then with *Dylan the Dino Boy Saves Christmas*, and now with my next few projects.

Of course, I try to encourage my own little ones to love reading as much as I did when I was younger so, when I write, I am keeping them in mind. I always want to write something that they will really enjoy reading. I don't want it to feel like a slog or a chore for any of my young readers (or parents reading to their little ones) to get through my books – I want the stories to be engaging and entertaining, make them laugh out loud if possible and make reading fun.

Having young children definitely impacts the stories I choose to write and the way I write them as well. When writing the *Dino Dad* books for example, I could hear my eldest daughter's voice in my head (and my youngest's, with her cheeky ways!) Those

books are for five to eight year-olds and my own daughter fell within that age range while I was working on that project. So I tried to see the world through her eyes and to capture that world-view in my writing.

Not only that, but I based the characters in *Dino Dad* on my own children. Ruby – the protagonist of the *Dino Dad* series – is also the name of my eldest daughter. Both my daughter and the Ruby in the books are sweet, sensitive souls, but with huge appetites for adventure. Little Indie is based on my younger daughter, also called Indie, with heaps of energy and a knack for getting up to mischief. My little boy Luca is only a baby still, but even he made it into the *Dino Dad* series, with an appearance in *Dino Dad: Mystery of the Missing Egg* – I couldn't leave him out!

HAS YOUR WORK IN CHILDREN'S TV INFLUENCED YOUR WRITING?

People often ask whether working as a children's television presenter helps with writing for children and I think it must. When you spend years creating content aimed at children through a camera lens, you get a pretty good idea of what appeals to them.

TV presenting trains you to think about energy and engagement. Children tune out if something doesn't grab them, and they're not shy about letting you know. That's the great thing about them – they are brutally honest with you all the time: they can't be any different. So I think by now, I've developed a fairly strong sense of what will keep their attention and what won't.

In my job as a presenter, I have to ask myself: Is this fun enough? Is it too complicated? Or not complicated enough? Does it encourage them to join in? Am I teaching them something? Will this spark their imagination? And these are all questions that I apply to my writing too. If you imagine you are reading aloud to a room full of children, it's not all that different from presenting TV for them.

I think that working in kids' TV has also helped to keep me young-minded. There is a wonder in the way that young people view the world that we can lose as we get older, and I think that it's really important to try to reconnect with that hopeful way of viewing the world, where everything is exciting and everything is an opportunity to learn.

And, of course, my role as a TV presenter has helped to launch the opportunity to write children's books for a built-in audience that I love and to reach new audiences as well. For that, I'm very grateful.

DO YOU HAVE ANY TIPS FOR GETTING RELUCTANT READERS INTO BOOKS?

I know that for a lot of parents today, it feels harder and harder to encourage children to pick up a book over an iPad or a tablet. We are living in a period that is so oversaturated by technology – which of course also has its benefits – that it can be surprising to see the power that a good old-fashioned book can still hold.

The fight to encourage a love of reading is a cause which is close to my heart, both as an author and as a father. The statistics on reading for pleasure are shocking and can be discouraging, but I firmly believe there's a book for every child, and a way to help even the most reluctant readers discover the joy of stories.



Hello! Andy here. If you've enjoyed reading about my storytelling adventures, you might enjoy my books too – the **Dino Dad** series and **Dylan the Dino Boy Saves Christmas** are available to purchase now and are chock full of adventure, energy, and dino-fun! Creating stories is one of my greatest joys, and I hope that my books bring plenty of joy to you too!



↑ **Dylan the Dino Boy Saves Christmas**

I'm no expert, but a couple of tips I've learned are:

1 Lean into their interests

If your child is obsessed with trains, fairies, sharks, outer space, dogs or DINOSAURS – there is a book for that! Start with those books. When children see themselves or their passions in a story, they're more likely to go back to books for more, in my experience.

2 Get them involved

Nobody likes being talked AT! When reading with your children, give them the chance to really get involved, to immerse themselves in the story. Give characters silly voices to bring them to life. Add sound effects. Pause dramatically. Invite your child to join in by asking them questions about the story or having them take on the role of one of the characters. The more interactive, the better!

3 Don't make it a chore

If reading turns into a battle, take a step back. It's important to keep the fun alive! Not everyone comes to reading at the same pace. Offer up a book as a fun alternative to other modes of entertainment, rather than something they *have* to do. If they feel forced, chances are they will resist the wonder that is reading! Let them choose the book (even if it's the same book for the twentieth night in a row) and let them come to it in their own time.



WHEN POSTNATAL RECOVERY MEETS PERIMENOPAUSE

The Overlooked Overlap

by Rose Constantine RNutr



Since the 1990s, the number of women having babies in their 40s has more than doubled. Whilst there are many benefits to having children later in life, including potentially living to a greater age, it can create a doubling up effect where a woman is navigating postnatal recovery alongside the onset of perimenopause.

Add to this the stresses and strains of motherhood and it becomes the perfect storm for anxiety, low mood, fatigue and constant brain fog.

Sadly, these symptoms are often placed under the label “motherhood”, giving a sense of needing to just get on with it. When in actual fact, mothers are confused, frustrated and feeling broken and alone.

What no one is telling you is that **you are not broken**. Your body is carrying a huge load, such as...

- nutrient depletion from pregnancy
- sleep disruption
- breastfeeding demands
- physical healing
- the mental load of caring for a young child

All things new mums experience, plus reducing progesterone levels (your calming and sleep supporting hormone), and a greater sensitivity to everyday stress (in part due to perimenopausal hormone fluctuations).

So how can you support yourself through this phase?

This is not about bouncing back, it is about providing realistic and kind support for your body.

1 Concentrate on what to include, not avoid

Your body needs more nutrients now than at almost any other life stage, so build meals with:

- Protein to stabilise blood sugar and support hormone production
- Healthy fats for mood and brain health
- Leafy greens and colourful vegetables for minerals and antioxidants
- Whole carbohydrates (potatoes, lentils and beans) for slow-release energy.

TIP: Many women benefit from checking iron, B vitamins and magnesium, as they're commonly depleted postnatally and important in perimenopause.



Rose Constantine RNutr is a Nutritionist specialising in hormone health. She supports women who feel overwhelmed by mood swings, anxiety or PMDD-type symptoms, helping them understand their bodies and feel calmer, clearer and in control. www.roseconstantine.co.uk @the.womensnutritionist

2 Stabilise blood sugar

Blood sugar swings can worsen anxiety and fatigue. Eating regularly and balancing meals can make a big difference.

TIP: Eat within an hour of eating (even just a little)

3 Support your nervous system

Complete the stress cycle. Often a stress response is triggered but never switched off, leaving you in a heightened state. You can complete the cycle by:

- Shaking your body
- Taking deep breaths
- Belly laughs
- Being creative (writing, drawing or music)
- Having a positive conversation with a friend

4 Track your cycle and mood

Charting helps you spot patterns, understand symptoms and identify whether changes are postnatal, perimenopausal or both. It also helps you track where things are improving.

5 Seek support

You do not need to wait until things feel unmanageable. A women's health specialist can help you understand what is going on and what you need. The amount of information available online is overwhelming and confusing. Remember you are unique and your needs may be different to others.

But always remember: You are not broken.

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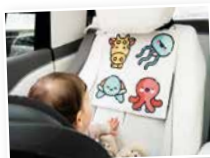
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VIP CLUB READER REVIEW:

BRAINSTORM HALFTOYS WORLD SET



Written by Louise Marriott, Toddle About Subscriber

The Halftoys World Set is a hands-on, educational playset featuring magnetic 3D sea animal puzzles and a buildable ocean habitat – perfect for imaginative, STEM-inspired play. £50 from good toy shops.

The Brainstorm Halftoys World Set is an imaginative, educational, hands-on activity for children – and we absolutely loved it! From the moment we opened the box, we were drawn in by the vibrant colours and detailed 'Ocean World' design. With five 3D sea animal puzzles to build, my 4-year-old eagerly matched the magnetic skeleton pieces to their animal bodies – no reading needed!

We then tackled the main feature: the Ocean Habitat. A little fiddly for small hands, we built the base together. My son then took the lead, enthusiastically assembling the underwater plants and doing a brilliant job.

Once complete, we spent ages role-playing with the scene, taking turns as different animals and creating underwater adventures.

My favourite part is the animal models – simple yet cleverly designed, they click together with magnets, are sturdy, and safe for younger children.

An unexpected bonus? The whole scene folds in half to store the pieces neatly inside – ideal for travel and tidy play.

Overall, this is a fantastic set that encourages creativity, storytelling, and quality time. Some adult help may be needed, but I secretly enjoyed that part!

Review has been edited.



Louise and her son were given this product **as a freebie** for writing this review.

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01256 474280. www.christchurchchineham.org.uk.

- Sparklers: 10:00 - 11:30.

Cost: £1.50 per session (*must book*).

Dates: 5 Jan - 9 Feb & 23 Feb - 23 Mar.

Home-Start Basingstoke & Deane

The Sarum Hill Centre, Sarum Hill, Basingstoke, RG21 8SR.
01256325793. homestart-basingstokedeane.org.uk.

- Wellbeing Circle: 9:45 - 11:00. **Ages:** 0 - 5 yrs.
- Wellbeing 5 Week Course: 11:30 - 12:30. **Ages:** 0 - 99 yrs.

Cost: Free (*must book*). **Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

Oakley with Wootton

St Leonard's Centre, Rectory Road, Oakley, RG23 7ED.
01256 782724. www.oakleywithwootton.org.uk.

- Pippins: 13:30 - 15:00. **Ages:** 0 - 4 yrs.

Cost: Free (*drop in*). **Dates:** 5 Jan - 6 Apr.

The Salvation Army

6 Mulfords Hill, Tadley, RG26 3LJ. +44 20 7367 4500.
www.salvationarmy.org.uk.

- Pebbles: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1.50 per session (*drop in*).

Dates: 12 Jan - 9 Feb & 23 Feb - 23 Mar.

The Roger Morris Community Centre

Eastrop Way, Basingstoke, RG21 4QE. 01256 473634. www.viabiles.org.uk.

- Tiny Town - role play village (walking-5): 9:30 - 10:30.

Cost: £4 per session (*must book*).

Dates: 5 Jan - 9 Feb & 23 Feb - 23 Mar.

CREATIVE

Pop Up Play Village Basingstoke

iFLY Indoor Skydiving, Basingstoke Leisure Park, Euskirchen Way, Basingstoke, RG22 6PG. 07789 717076. popupplayvillage.co.uk.

- Visit our Village: 9:00 - 10:30. **Ages:** 0 - 8 yrs.

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DANCE & DRAMA

Drama Tots Basingstoke

St Mary's Church Room, The Street, Old Basing, Basingstoke, RG24 7BW. 07803 046549. www.dramatots.co.uk.

- Rising Stars: 9:30 - 10:10 & 10:30 - 11:15. **Ages:** 1.5 - 3 yrs.
- Bright Stars: 10:30 - 11:15. **Ages:** 3 - 6 yrs.

Cost: £7.50 per session (*must book*).

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Petite School of Dancing

Pamber Memorial Hall, Pamber Heath Road, Pamber Heath, Tadley, RG26 3TQ. www.petiteschoolofdancing.com.

- Grown Up & Me: 10:30 - 11:15. **Ages:** 1 yrs 6 mths - 3 yrs.

Cost: £6 per session (*must book*).

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Bramley Village Hall, The Street, Bramley, RG26 5BP. www.petiteschoolofdancing.com.

- Tiddlers: 16:00 - 16:30. **Ages:** 3 - 5 yrs.

Cost: £4.50 per session (*must book*).

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PHYSICAL FUN

Tots Play Basingstoke

Sherfield Park Community Centre, Sunwood Drive, Sherfield Park, RG27 0FP. 07843479359. www.totsplay.co.uk.

- Baby Development 6 week Course: 11:30 - 12:30.

Ages: 0 - 6 mths. **Cost:** £75 (*must book*). **Dates:** 5 Jan - 9 Feb.



Tumble Tots Basingstoke

North Warnborough Village Hall, Priors Corner, Dunley's Hill, North Warnborough, RG29 1EA. 07368 500820. www.tumbletots.com.

- 2 - 3 Years: 9:30 - 10:15.
- Confidently Walking to 2 years: 10:30 - 11:15.
- 6 months to walking class: 11:30 - 12:15.
- 3 years to school age: 12:35 - 13:20.

Dates: 5 Jan - 9 Feb & 23 Feb - 23 Mar.

Cost: £9.75 per session (*must book*).

SWIMMING

Basingstoke Sports Centre

Festival Place, Basingstoke, RG21 7LE. 01256 326331. www.better.org.uk.

- Pre School: 11:00 - 12:00. **Dates:** 5 Jan - 23 Mar.

HEALTH & WELLNESS

Buggyfit Basingstoke

War Memorial Park, Crossborough Hill, Basingstoke, RG21 4AG. 07747000137. www.lucycrowlandsfitness.co.uk.

- Buggyfit Basingstoke: 10:30 - 11:30.

Postnatal fitness for mums **Cost:** £8 per session (*drop in*).

Dates: 5 Jan - 9 Feb & 23 Feb - 23 Mar.

FitMama™ with Marie Behenna

Studio 41 Ground Floor Suite BMS House, Stroudley Road, Basingstoke, RG24 8FW. +44 7753 668843. www.fitmamaonline.com.

- Mums Circuit: 11:00 - 11:25.

Cost: £5 per session (*must book*).

Dates: 5 Jan - 9 Feb & 23 Feb - 23 Mar.

Fitter Body Ladies Basingstoke

Roentgen Rd, Basingstoke, RG24 8NT. 07563396082. www.fitterbodybootcamp.com.

- Group Training: 18:00 - 20:00. **Ages:** 30 - 65 yrs.

Cost: £47.99 per month (*must book*). **Dates:** 5 Jan - 30 Mar.

OTHER

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- Stay and Play at Basingstoke: 10:30 - 11:30. **Ages:** 0 - 5 yrs.
- Parent Meet and Connect: 11:30 - 12:30.

Cost: Free. **Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

Tadley Library

Mulfords Hill, Tadley, RG26 3JE. www.hants.gov.uk.

- Stay and Play at Tadley: 10:30 - 11:00. **Ages:** 0 - 5 yrs.
- U3A Cribb at Tadley Library: 14:00 - 16:00.

Cost: Free. **Dates:** 5 Jan - 23 Mar.

TUESDAY

PARENTS & TOTS

Lychpit Village Hall

Great Binfields Rd, Lychpit, Basingstoke, RG24 8TF.

- Basing Beans: 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £3 per session (*must book*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Melrose Community Association

Melrose Community Hall, 597 Abbey Road, Popley, Basingstoke, RG24 9ES. 01256 420676. www.melrosecommunityassociation.co.uk.

- Popley Little People: 9:30 - 12:15.

Cost: £2.50 per session (*drop in*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Oakley with Wootton

St Leonard's Church, Rectory Road, Oakley, RG23 7ED. 01256 782724. www.oakleywithwootton.org.uk.

- New Life: 10:00 - 11:30. **Ages:** 0 - 1 yrs.

Cost: Free (*drop in*). **Dates:** 6 Jan - 7 Apr.

Sherfield Park Community Centre

Sunwood Dr, Sherfield on Loddon, Hook, RG27 0FP. 01256 883 967. sherfieldparkcommunity.co.uk.

- Sherfield 0-5's: 10:00 - 11:30.

Cost: £2.50 per session (*must book*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

St Mary's Basingstoke

St Mary's Church, Goat Ln, Eastrop Ln, Basingstoke, RG21 7PZ. 01256 464249. www.stmarys-basingstoke.org.uk.

- Toddler Group: 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £2.50 per session (*must book*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Treasure Island Parent and Toddler Group

Popley Fields Community Centre, Carpenters Down, Popley Way, Basingstoke, RG24 9AE. +44 1256 414014.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £2 per session (*drop in*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Could YOU Be the Next Owner of Tots Play Basingstoke & Hook?

Are you:

- Looking for a fun, rewarding business with flexibility around your family and lifestyle?
- Wanting to earn an extra or full-time income?
- Thinking about a career change that brings achievable rewards?



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Interested?

Email:
michelle@totsplay.co.uk
or contact 07843479359

www.totsplay.co.uk/franchise



buggyfit
www.buggyfit.com

Mondays 10:30am
War Memorial Park,
Basingstoke

Wednesdays 10:30am
The Recreation Ground
Old Basing

Come along with your baby and buggy to get some fresh air, meet other mums and improve your fitness and mental health

We walk and do strength exercises. Different options for all levels of fitness and recovery, start from 6 weeks post partum

Free trials available!

Get in touch! lucy@lucyrowlandsfitness.co.uk 07747000137
Lucy Rowlands * Level 3 Personal Trainer trained in postnatal fitness

Viables Community Centre

The Harrow Way, Basingstoke, RG22 4BJ. 01256 473634.
www.viables.org.uk

- Barn Tots: 10:00 - 11:45. **Cost:** £2 per session (*must book*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

DANCE & DRAMA

Perform Workshops LTD

Beggarwood Community Centre, Broadmere Road,
Beggarwood, RG22 4AQ. 020 7255 9120.
www.perform.org.uk

- Drama, dance & singing classes for 4-12s: 16:00 - 17:00.

Dates: 6 Jan - 10 Feb, 24 Feb - 24 Mar & 6 Jan - 24 Mar.

PHYSICAL FUN

Tumble Tots Basingstoke

Sycamore Centre - Ashwood Hall, Sycamore Way, Basingstoke,
RG23 8AB. 07368 500820. www.tumbletots.com.

- Confidently Walking to 2 years: 9:30 - 10:15.
- 2 - 3 Years: 10:30 - 11:15.
- 6 months to walking class: 11:30 - 12:15.
- 3 years to school age: 12:35 - 13:20.

Cost: £9.75 per session (*must book*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

SWIMMING

Basingstoke Sports Centre

Festival Place, Basingstoke, RG21 7LE. 01256 326331.
www.better.org.uk

- Pre School: 11:30 - 12:30. *Preschoolers' swimming skills*
- Dippers: 9:30 - 10:00. *Baby water fun with parents*
- Splashers: 10:00 - 10:30. *Toddler water fun with parents*
- Paddlers: 10:30 - 11:00 & 11:00-11:30. *Toddlers' swim basics*

Dates: 6 Jan - 24 Mar.

HEALTH & WELLNESS

Fitter Body Ladies Basingstoke

Roentgen Rd, Basingstoke, RG24 8NT. 07563396082.
www.fitterbodybootcamp.com.

- Group Training: 18:00 - 20:00. **Ages:** 30 - 65 yrs.

Cost: £47.99 per month (*must book*). **Dates:** 6 Jan - 31 Mar.

OTHER

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- Baby Rhymetime at Basingstoke: 10:30 - 11:00.

Cost: £1 per session. **Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.



Join from 6 Months...

Climb, jump, balance and roll!

...up to School Age!

07368 500 820
basingstoke@tumbletots.com
www.tumbletots.com/basingstoke



Chineham Library

Chineham District Centre, Basingstoke, RG24 8BQ.
www.hants.gov.uk.

- Storytime at Chineham: 10:30 - 11:00. **Ages:** 3 - 5 yrs.
- Scrabble at Chineham: 10:30 - 12:30.
- Construction Club: 15:15 - 16:45. **Ages:** 5 - 12 yrs.

Cost: Free. **Dates:** 6 Jan - 24 Mar.

Tadley Library

Mulfords Hill, Tadley, RG26 3JE. www.hants.gov.uk.

- Baby Rhymetime at Tadley: 10:30 - 11:00.
- Chat About at Tadley: 11:00 - 12:00.

Cost: Free. **Dates:** 6 Jan - 24 Mar.

WEDNESDAY

PARENTS & TOTS

Hatch Warren Community Centre

Long Cross Ln, Basingstoke, RG22 4XF. 01256 811262.
www.hatchwarren.org.

- Warren Tots Pre-Play: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £3.50 per session (*must book*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Home-Start Basingstoke & Deane

Fairfields Primary School, Council Road, Basingstoke,
RG21 3DH. 01256325793.
homestart-basingstokedeane.org.uk.

- Little Wellies Club: 9:20 - 10:30. *Outdoor play for under 5s*

Cost: Free (*must book*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Home-Start Basingstoke & Deane

The Sarum Hill Centre, Sarum Hill, Basingstoke, RG21 8SR.
01256325793. homestart-basingstokedeane.org.uk.

- Bumps to Newborn: 9:45 - 11:15. *Baby and toddler group*

Cost: Free (*must book*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Melrose Community Association

Melrose Community Hall, 597 Abbey Road, Popley,
Basingstoke, RG24 9ES. 01256 420676.
www.melrosecommunityassociation.co.uk.

- Popley Little People: 9:30 - 12:15.

Cost: £2.50 per session (*drop in*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

The Roger Morris Community Centre

Eastrop Way, Basingstoke, RG21 4QE. 01256 473634.
www.viables.org.uk.

- Weigh and play: 9:30 - 11:00. **Cost:** Free (*must book*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Tadley & District Community Association

The Point, Newchurch Road, Tadley, RG26 4HN. 01189814538.
www.tadleycommunitycentre.org.uk.

- **Cheeky Chimps:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £3 per session (*must book*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

- **Baby Massage** (a 6-week bespoke course): 11:00 - 12:30.

Cost: £55 (*must book*). **Dates:** 7 Jan - 25 Mar.

PHYSICAL FUN

Tots Play Basingstoke

Chineham Village Hall, Thornhill Way, Chineham, RG24 8YE.
07843479359. www.totsplay.co.uk.

- **Action Tots:** 9:45 - 10:30. **Ages:** 2 yrs 6 mths - 4 yrs.

Cost: £8.50 per session (*must book*).

- **Social Tots:** 10:40 - 11:20. **Ages:** 8 mths - 2 yrs 6 mths.

- **Discovery Tots:** 11:35 - 12:15. **Ages:** 2 - 9 mths.

Cost: £9 per session (*must book*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

- **Baby Development 6 week Course:** 12:30 - 13:20.

Ages: 0 - 6 mths. **Cost:** £75 (*must book*). **Dates:** 7 Jan - 11 Feb.

Tumble Tots Basingstoke

Sycamore Centre - Ashwood Hall, Sycamore Way, Basingstoke,
RG23 8AB. 07368 500820. www.tumbletots.com.

- **Confidently Walking to 2 years:** 9:30 - 10:15.

- **2 - 3 Years:** 10:30 - 11:15.

- **3 years to school age:** 11:30 - 12:15.

Cost: £9.75 per session (*must book*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

SWIMMING

Basingstoke Sports Centre

Festival Place, Basingstoke, RG21 7LE. 01256 326331.
www.better.org.uk.

- **Pre School:** 11:30 - 12:00, 12:00 - 12:30 & 15:30 - 16:00.

Preschoolers' swimming skills

- **Dippers:** 10:00 - 10:30. *Baby water fun with parents*

- **Splashers:** 9:30 - 10:00 & 10:30 - 11:00.

Toddler water fun with parents

- **Paddlers:** 11:00 - 11:30. *Toddlers' swimming basics*

Dates: 7 Jan - 25 Mar.

HEALTH & WELLNESS

Buggyfit Basingstoke

The Recreation Ground, The Street, Old Basing, Basingstoke,
RG24 7DA. 07747000137. www.lucyrowlandsfitness.co.uk.

- **Buggyfit Basingstoke:** 10:30 - 11:30.

Postnatal fitness for mums **Cost:** £8 per session (*drop in*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Fitter Body Ladies Basingstoke

Roentgen Rd, Basingstoke, RG24 8NT. 07563396082.
www.fitterbodybootcamp.com.

- **Group Training:** 18:00 - 20:00. **Ages:** 30 - 65 yrs.

Cost: £47.99 per month (*must book*). **Dates:** 7 Jan - 25 Mar.

OTHER

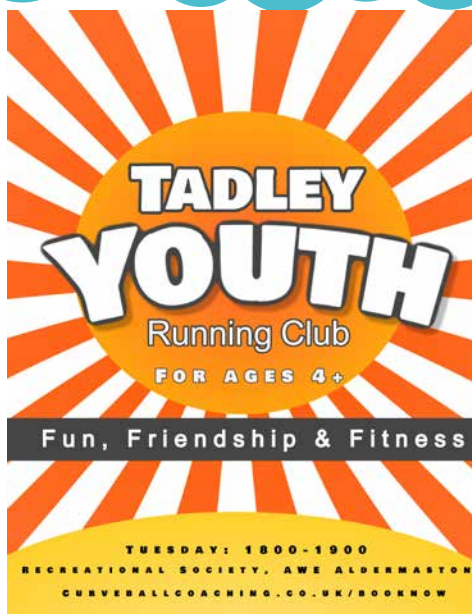
Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- **Rhymetime at Basingstoke:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £1 per session (*must book*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.



THURSDAY

PARENTS & TOTS

Beggarwood Babies

Beggarwood Community Centre, Broadmere Road,
Basingstoke, RG22 4QZ. 07709036647.

- **Beggarwood Babies Group:** 11:30 - 14:00.

Cost: Free (*must book*). **Dates:** 8 Jan - 26 Mar.

Christ Church

Christ Church, Chineham, Basingstoke, RG24 8LT.
01256 474280. www.christchurchchineham.org.uk.

- **Sparklers:** 10:00 - 11:30.

Cost: £1.50 per session (*must book*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Home-Start Basingstoke & Deane

Oakridge Hall For All, Forsythia Walk, Basingstoke, RG21 5RL.
01256325793. homestart-basingstokedeane.org.uk.

- **Multiple Birth Group:** 10:00 - 11:30.

Cost: Free (*must book*). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Melrose Community Association

Melrose Community Hall, 597 Abbey Road, Popley,
Basingstoke, RG24 9ES. 01256 420676.
www.melrosecommunityassociation.co.uk.

- **Popley Little People:** 9:30 - 12:15.

Cost: £2.50 per session (*drop in*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.



GROWN UP & ME

For little movers 18 months – 3 years
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Come wiggle, giggle, and dance together in a class designed to build motor skills, coordination, and confidence—all while having FUN!

💡 Simple steps & creative movement

🎵 Music they'll love

💖 Strengthen your bond

💖 No dance experience needed



Monday - Pamber Memorial Hall- 10.30-11.15am

Thursday - Brocas Hall, Bramley - 10-10.45am

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Oakley with Wootton

St Leonard's Centre, Rectory Road, Oakley, RG23 7ED.
01256 782724. www.oakleywithwootton.org.uk.

• **Quackers: 10:00 - 11:30. Ages:** 0 - 3 yrs.

Cost: Free (drop in). **Dates:** 8 Jan - 9 Apr.

Sycamore Community Halls

Sycamore Halls Community Centre, Sycamore Way,
Basingstoke, RG23 8AB. +44 1256 474660.
www.sycamorehalls.co.uk.

• **Munchkins: 10:00 - 11:30. Ages:** 0 - 5 yrs.

Cost: £1.50 per session (must book).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Tadley & District Community Association

The Point, Newchurch Road, Tadley, RG26 4HN. 01189814538.
www.tadleycommunitycentre.org.uk.

• **Mini Make Believers: 9:30 - 11:00. Ages:** 1 - 5 yrs.

Cost: £3 per session (must book). **Dates:** 8 Jan - 26 Mar.

The Roger Morris Community Centre

Eastrop Way, Basingstoke, RG21 4QE. 01256 473634.
www.viables.org.uk.

• **Park Tots: 9:45 - 11:30. Ages:** 0 - 5 yrs.

Cost: £2.50 per session (must book).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Viables Community Centre

The Harrow Way, Basingstoke, RG22 4BJ. 01256 473634.
www.viables.org.uk.

• **Toot Toot Play: 13:00 - 14:44. Ages:** 1 - 5 yrs.

Cost: Free (must book). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

DANCE & DRAMA

Drama Tots Basingstoke

Lychpit Hall, Great Binfields Road, Lychpit, Basingstoke, RG24 8TF. 07803 046549. www.dramatots.co.uk.

• **Rising Stars: 9:30 - 10:10. Ages:** 1 yrs 6 mths - 3 yrs.

• **Bright Stars: 10:30 - 11:15. Ages:** 3 - 5 yrs.

Cost: £7.50 per session (must book).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Petite School of Dancing

Brocas Hall, Minchens Lane, Bramley, RG26 5BH. www.petiteschoolofdancing.com.

• **Grown Up & Me: 10:00 - 10:45. Ages:** 1 yrs 6 mths - 3 yrs.

Cost: £6 per session (must book).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

PHYSICAL FUN

Tots Play Basingstoke

Sherborne St John Village Hall, Kiln Road, Sherbourne St John Road, Basingstoke, RG24 9HR. 07843479359.

www.totsplay.co.uk.

• **Baby Development 6 week Course: 11:30 - 12:30.**

Ages: 0 - 6 mths. **Cost:** £75 (must book). **Dates:** 8 Jan - 12 Feb.

Tumble Tots Basingstoke

Victoria Halls, West Green Road, Hartley Wintney, RG27 8RQ.
07368 500820. www.tumbletots.com.

• **3 years to school age: 9:30 - 10:15.**

• **Confidently Walking to 2 years: 10:35 - 11:20.**

• **2 - 3 Years: 11:35 - 12:20.**

Cost: £9.75 per session (must book).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

SWIMMING

Basingstoke Sports Centre

Festival Place, Basingstoke, RG21 7LE. 01256 326331.
www.better.org.uk.

• **Pre School: 11:00 - 13:00. Preschoolers' swimming skills**

Dates: 8 Jan - 26 Mar.

HEALTH & WELLNESS

FitMama™ with Marie Behenna

Studio 41 Ground Floor Suite BMS House, Stroudley Road, Basingstoke, RG24 8FW. +44 7753 668843. www.fitmamaonline.com.

• **Mums Circuit: 11:15 - 11:40.**

Cost: £5 per session (must book).

• **Post Birth Core Repair Course: 10:15 - 11:00.**

Cost: £55 (must book).

• **Pregnancy Exercise and Birth Preparation: 14:45 - 15:30.**

Cost: £10 per session (must book).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Fitter Body Ladies Basingstoke

Roentgen Rd, Basingstoke, RG24 8NT. 07563396082.
www.fitterbodybootcamp.com.

• **Group Training: 18:00 - 20:00. Ages:** 30 - 65 yrs.

Cost: £47.99 per month (must book). **Dates:** 8 Jan - 26 Mar.

OTHER

Alton Library

Vicarage Hill, Alton, GU34 1HT. www.hants.gov.uk.

• **Rhymetime at Alton: 10:30 - 11:00. Ages:** 0 - 5 yrs.

Cost: Free (must book). **Dates:** 8 Jan - 26 Mar.

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

• Rhymetime at Basingstoke: 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £1 per session (*must book*).

• STEM Social at Basingstoke: 10:00 - 11:00.

Cost: Free. **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Tadley Library

Mulfords Hill, Tadley, RG26 3JE. www.hants.gov.uk.

• Scrabble at Tadley: 10:00 - 12:00.

• Storytime at Tadley: 10:30 - 11:00. **Ages:** 3 - 5 yrs.

Cost: Free. **Dates:** 8 Jan - 26 Mar.

FRIDAY

PARENTS & TOTS

Hope Community Church

Sarum Hill Centre, The Sarum Hill, Basingstoke, RG21 8SR.

• Bouncing Beans: 10:00 - 12:00. **Ages:** 0 - 4 yrs.

Cost: £0.50 per session (*must book*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Melrose Community Association

Melrose Community Hall, 597 Abbey Road, Popley, Basingstoke, RG24 9ES. 01256 420676.

www.melrosecommunityassociation.co.uk.

• Popley Little People: 9:30 - 12:15.

Cost: £2.50 per session (*drop in*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

St Luke's Church

Pamber Heath, Tadley, RG26 3DZ. 07759 151576.

• St Luke's Baby And Toddler Group: 10:00 - 11:30.

Cost: Free. **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Tadley & District Community Association

The Point, Newchurch Road, Tadley, RG26 4HN. 01189814538.

www.tadleycommunitycentre.org.uk.

• Soft Play: 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £3 per session (*must book*).

Dates: 9 Jan, 23 Jan, 6 Feb, 20 Feb, 6 Mar & 20 Mar.

Viabes Community Centre

The Harrow Way, Basingstoke, RG22 4BJ. 01256 473634. www.viabes.org.uk.

• Little Seedlings Music: 10:00 - 10:45.

Cost: £3 per session (*must book*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

PHYSICAL FUN

Tumble Tots Basingstoke

Sherborne St John Village Hall, Kiln Road, Basingstoke, RG24 9HR. 07368 500820. www.tumbletots.com.

• 6 months to walking class: 9:30 - 10:15.

• Confidently Walking to 2 years: 10:35 - 11:20.

• 2 - 3 Years: 11:35 - 12:20.

• 3 years to school age: 12:35 - 13:20.

Cost: £9.75 per session (*must book*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

HEALTH & WELLNESS

Fitter Body Ladies Basingstoke

Roentgen Rd, Basingstoke, RG24 8NT. 07563396082. www.fitterbodybootcamp.com.

• Group Training: 18:00 - 20:00. **Ages:** 30 - 65 yrs.

Cost: £47.99 per month (*must book*). **Dates:** 9 Jan - 27 Mar.



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- H.A. (North Hants)

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SWIMMING

Basingstoke Sports Centre

Festival Place, Basingstoke, RG21 7LE. 01256 326331.

www.better.org.uk.

• Pre School: 11:30 - 12:00 & 12:00 - 12:30.

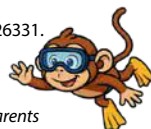
Preschoolers' swimming skills

• Dippers: 9:30 - 10:00. Baby water fun with parents

• Splashers: 10:00 - 10:30. Toddler water fun with parents

• Paddlers: 10:30 - 11:00 & 11:00 - 11:30. Toddlers' swim basics

Dates: 9 Jan - 27 Mar.



OTHER

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

• Community Connections: 10:00 - 12:00.

• Storytime at Basingstoke: 10:30 - 11:00.

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Chineham Library

Chineham District Centre, Basingstoke, RG24 8BQ. www.hants.gov.uk.

• Rhymetime for Under 1's: 10:00 - 10:30.

• Rhymetime for Over 1's: 11:00 - 11:30.

Dates: 9 Jan - 27 Mar.

Tadley Library

Mulfords Hill, Tadley, RG26 3JE. www.hants.gov.uk.

• Toddler Rhymetime at Tadley Library: 10:30 - 11:00.

• New Parents Meet at Tadley Library: 14:00 - 15:00.

Dates: 9 Jan - 27 Mar.



SATURDAY

DANCE & DRAMA

Petite School of Dancing

Bramley Village Hall, The Street, Bramley, RG26 5BP.
www.petiteschoolofdancing.com.

- **Tiddlers:** 9:00 - 9:30. *Dance class for ages 3-5*

Cost: £4.50 per session (*must book*).

Dates: 10 Jan - 7 Feb & 28 Feb - 21 Mar.



SWIMMING

Basingstoke Sports Centre

Festival Place, Basingstoke, RG21 7LE. 01256 326331.
www.better.org.uk.

- **Pre School:** 9:00 - 9:30, 9:30 - 11:30 & 13:00 - 13:30.

Preschoolers' swimming skills

- **Paddlers:** 8:00 - 8:30 & 8:30 - 9:00. *Toddlers' swim basics*

Dates: 10 Jan - 21 Mar.

HEALTH & WELLNESS

Fitter Body Ladies Basingstoke

Roentgen Rd, Basingstoke, RG24 8NT. 07563396082.
www.fitterbodybootcamp.com.

- **Group Training:** 19:00 - 22:00. **Ages:** 30 - 65 yrs.

Cost: £47.99 per month (*must book*). **Dates:** 10 Jan - 28 Mar.

OTHER

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- **Construction Club:** 10:00 - 13:00. **Ages:** 5 - 12 yrs.

Dates: 10 Jan - 7 Feb & 28 Feb - 21 Mar.

Tadley Library

Mulfords Hill, Tadley, RG26 3JE. www.hants.gov.uk.

- **Dad's Rhymetime & Craft:** 10:30 - 12:00. **Ages:** 3 - 8 yrs.
- **Family Fun Board Games Tadley:** 14:00 - 16:00.
- **Construction Club at Tadley Library:** 14:00 - 16:00.

Dates: 10 Jan - 21 Mar.

SUNDAY

CREATIVE

Pop Up Play Village Basingstoke

The Wellington Arms, Basingstoke Road, Stratfield Turgis, Basingstoke, RG27 0AS. 07789 717076.
www.popupplayvillage.co.uk.

- **Wellington Arms Family Sunday:** 12:00 - 14:00 & 14:30 - 16:30.

Dates: 11 Jan - 8 Feb & 1 Mar - 22 Mar.

PHYSICAL FUN

Tadley Rugby Club

Frank Jose Park, Red Lane, Aldermaston, RG7 4PA.
0118 970 0072. www.tadleyrfc.rfu.club.

- **Under 6 Rugby Classes:** 9:00 - 10:00. **Ages:** 4 - 6 yrs.

Dates: 11 Jan - 22 Mar.



TADLEY RFC MINI & JUNIORS

From under 6s to under 18s.

Come and try rugby at our amazing rugby club! Enjoy fun, RFU-guided sessions. In a **FUN, SAFE**, welcoming environment for skill-building, teamwork, and **much much more!**

SCAN
ME



WHEN: Sunday Mornings
September - May



TIME: 09:00 - 10:30 AM



Tadley Rugby Club,
Frank Jose Park, Red Ln, Reading RG7 4PA



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WEST BERKS AREA



MONDAY

PARENTS & TOTS

St Mary's Greenham

St Mary's Church, New Road, Greenham, RG19 8RZ.
www.stmarysgreenham.org.

- Teas, Toys and Tots Playgroup in Greenham: 9:30 - 11:00.

Cost: £1 per session (*must book*).

Dates: 5 Jan - 9 Feb & 23 Feb - 23 Mar.

St Nicolas Church, Newbury

West Mills, Newbury, RG14 5HG. +44 1635 47018.

- Hidden Treasures: 10:00 - 11:15. **Ages:** 0 - 4 yrs.

Cost: £1 per session (*must book*).

Dates: 5 Jan - 9 Feb & 23 Feb - 23 Mar.

Tiny Town Café

The Kennet Centre, Newbury, RG14 5EN. 01635 947036.
www.tinytownnewbury.co.uk.

- General Play Sessions: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 6 yrs.

Dates: 5 Jan - 6 Apr **Cost:** £8.50 per session (*drop in*).

CREATIVE

Great Sheffield Village Hall

Station Road, Great Sheffield, RG17 7DR. 07765 508 867.
www.greatsheffieldunderfives.co.uk.

- Great Sheffield Under 5's: 9:30 - 11:00.

Cost: £3 per session (*must book*).

Dates: 5 Jan - 9 Feb & 23 Feb - 23 Mar.

TUESDAY

PARENTS & TOTS

Aldermaston Parish Hall

The Street, Aldermaston, RG7 4LN. 07748 791544.
www.aldermastonparishhall.co.uk.

- Aldermaston Toddlers: 9:30 - 11:30.

Cost: £3 per session (*must book*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Kennet Christian Centre

Enborne Road, Newbury, RG14 6AH. 01635 580346.
www.thekcc.co.uk.

- Rainbow Toddlers: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1.50 per session (*must book*). **Dates:** 6 Jan - 7 Apr.

Kingsclere Village Club

George St, Kingsclere, Newbury, RG20 5NH. 01635 297913.
www.kingsclerevillageclub.co.uk.

- Kingsclere Village Bunnies - Baby and Toddler Group: 9:00 - 11:00.

Cost: £2 per session (*drop in*). **Dates:** 6 Jan - 7 Apr.

Saint Mary's Church, Shaw

Church Road, Shaw, Newbury, RG14 2DR. 01635 40450.
www.shawchurch.org.

- Meeting Point: 9:45 - 11:15. **Ages:** 0 - 5 yrs.

Cost: Free (*must book*). **Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.



St John's Church

St John's Road, Newbury, RG14 7PY. 01635 41249.
www.stg-stj.org.uk.

- St John's Newbury Baby & Toddler Group: 9:30 - 11:15.

Cost: £2 per session (*drop in*).

Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

The Lambourn Centre

Close End, Lambourn, RG17 8NJ. 01488 73690.
www.lambourn.org.

- Under 5's Parent & Toddler Group: 10:00 - 12:00.

Cost: Free (*must book*). **Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Tiny Town Café

The Kennet Centre, Newbury, RG14 5EN. 01635 947036.
tinytownnewbury.co.uk.

- General Play Sessions: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 6 yrs.

Cost: £8.50 per session (*drop in*). **Dates:** 6 Jan - 7 Apr.

SENSORY & DEVELOPMENT

Encanta Tots

Pangbourne Village Hall, 6 Station Rd, Pangbourne, RG8 7AN.
07731873029. www.encantatots.co.uk.

- Toddler Sessions Pangbourne: 10:00 - 10:45.

Ages: 0 - 5 yrs. **Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

WEDNESDAY

PARENTS & TOTS

Kennet Christian Centre

Enborne Road, Newbury, RG14 6AH. 01635 580346.
www.thekcc.co.uk.

- Rainbow Toddlers: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1.50 per session (*must book*). **Dates:** 7 Jan - 8 Apr.

The Parent Village at Educafe

Newbury Central Library, The Wharf, Newbury, RG14 5AU.
+44 1635 936211. www.educafeuk.co.uk.

Times: 11:00 - 14:00. **Cost:** Free (*drop in*). **Dates:** 7 Jan - 8 Apr.

The Salvation Army

Northcroft Lane, Newbury, RG14 1BU. +44 20 7367 4500.
www.salvationarmy.org.uk.

- Stay and Play - Newbury: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1.50 per session (*drop in*).

Dates: 14 Jan - 11 Feb & 25 Feb - 25 Mar.

Tiny Town Café

The Kennet Centre, Newbury, RG14 5EN. 01635 947036.
www.tinytownnewbury.co.uk.

- General Play Sessions: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 6 yrs.

Dates: 7 Jan - 8 Apr. **Cost:** £8.50 per session (*drop in*).

SENSORY & DEVELOPMENT

Encanta Tots

Soul Barns, Manns Farm, Nightingale Lane, Mortimer
Common, RG7 3PS. 07731873029. www.encantatots.co.uk.

- Toddler Sessions, Mortimer: 10:00 - 10:45. **Ages:** 0 - 5 yrs.

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

ENCANTA TOTS

Bilingual Spanish & English
music & sensory sessions for
babies & pre-schoolers (0-5)

No previous Spanish required

Weekly Morning Sessions in
Pangbourne & Mortimer



hola@encantatots.co.uk

Book a Class



THURSDAY

PARENTS & TOTS

Brightwalton Village Hall

Common Lane, Brightwalton, RG20 7BN.

- Brightwalton Toddler Group: 9:00 - 10:45. **Ages:** 0 - 4 yrs.

Cost: £3 per session (*must book*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Kennet Christian Centre

Enborne Road, Newbury, RG14 6AH. 01635 580346.

www.thekcc.co.uk.

- Rainbow Toddlers: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1.50 per session (*must book*). **Dates:** 8 Jan - 9 Apr.

Rocket Propelled Games

151 Bartholomew Street, Newbury, RG14 5HB.

rocketpropelledgames@outlook.com

- Baby & Toddler Meet Up: 10:00 - 12:00.

Cost: Free (*must book*). **Dates:** 8 Jan - 9 Apr.

The Lambourn Centre

Close End, Lambourn, RG17 8NJ. 01488 73690.

www.lambourn.org.

- Under 5's Parent & Toddler Group: 10:00 - 12:00.

Cost: Free (*must book*). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Tiny Town Café

The Kennet Centre, Newbury, RG14 5EN. 01635 947036.

www.tinytownnewbury.co.uk.

- General Play Sessions: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 6 yrs.

Cost: £8.50 per session (*drop in*). **Dates:** 8 Jan - 9 Apr.

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FRIDAY

PARENTS & TOTS

GLENDALE CHURCH

The Well, Green Lane, Thatcham, RG19 3RG.

www.glendale-church.com.

- Replenish Baby & Toddler Group: 10:00 - 12:00.

Cost: £2 per session (*drop in*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Hungerford Youth and Community Centre

Priory Road, Hungerford, RG17 0AL. 07999 053744.

www.hungerfordyc.org.uk.

- Ladybugs Playgroup (Hungerford): 9:30 - 11:00.

£2.50 per family - snacks included. **Ages:** 0 - 5 yrs.

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Newbury Baptist Church

Cheap Street, Newbury, RG14 5DD. +447901795987.

www.newburybaptistchurch.org.

- Giggles and Wiggles Toddler Group: 9:30 - 10:45.

Cost: £1.50 per session (*must book*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

The Lambourn Centre

Close End, Lambourn, RG17 8NJ. 01488 73690.

www.lambourn.org.

- Under 5's Parent & Toddler Group: 10:00 - 12:00.

Cost: Free (*must book*). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Tiny Town Café

The Kennet Centre, Newbury, RG14 5EN. 01635 947036.

www.tinytownnewbury.co.uk.

- General Play Sessions: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 6 yrs.

Cost: £8.50 per session (*drop in*).

- Parent & Tiny Toes Yoga: 13:30 - 15:00.

Yoga Session for grown ups / child/baby friendly

Ages: 2 mths - 6 yrs. **Cost:** £10 per session (*drop in*).

Dates: 9 Jan - 23 Jan.

Upper Bucklebury Memorial Hall

Broad Lane, Upper Bucklebury, RG7 6QH.

www.buckleburymemorialhall.org.uk.

- Bucklebury Baby & Toddler Group: 9:30 - 11:00.

Cost: £1 per session (*must book*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.



SATURDAY

PARENTS & TOTS

Tiny Town Café

The Kennet Centre, Newbury, RG14 5EN. 01635 947036.
tinytownnewbury.co.uk.

- General Play Sessions: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 6 yrs.

Dates: 10 Jan - 11 Apr. **Cost:** £8.50 per session (drop in).

SUNDAY

PARENTS & TOTS

Tiny Town Café

The Kennet Centre, Newbury, RG14 5EN. 01635 947036.
www.tinytownnewbury.co.uk.

- General Play Sessions: 9:30 - 11:00, 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 0 - 6 yrs. **Dates:** 11 Jan - 29 Mar.
- SEN Play Session: 16:00 - 17:30. **Ages:** 0 - 6 yrs.

Dates: 1 Feb, 1 Mar, 5 Apr.

Cost: £8.50 per session (drop in).

PHYSICAL FUN

Tadley Rugby Club

Frank Jose Park, Red Lane, Aldermaston, RG7 4PA.
0118 970 0072. www.tadleyrfc.rfu.club.

- Under 6 Rugby Classes: 9:00 - 10:00. **Ages:** 4 - 6 yrs.

Dates: 11 Jan - 22 Mar.

Email rocketpropelledgames@outlook.com

Clubs for children:

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Baby & Toddler Meet up
Free

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Saturday 10-10pm
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WINCHESTER & ANDOVER AREA



MONDAY

PARENTS & TOTS

St Catherine's Church

Littleton Church Room, Church Lane, Littleton, Winchester,
SO22 6QY.

- Littleton Church Toddlers: 10:00-11:30. **Ages:** 0-5 yrs.

Cost: Free (drop in). **Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

DANCE & DRAMA

Perform Workshops LTD

Andover Leisure Centre, West Street, Andover, SP10 1QP.
020 7255 9120. www.perform.org.uk.

- Drama, dance & singing classes for 4-12s: 16:00 - 17:00.

Dates: 5 Jan - 9 Feb, 23 Feb - 23 Mar & 5 Jan - 23 Mar.

OTHER

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- Chat About at Andover: 10:30 - 12:00.
- Storytime at Andover: 11:00 - 11:30.

Ages: 3 - 5 yrs. **Cost:** Free (must book). **Dates:** 5 Jan - 23 Mar.

Winchester Library

Jewry St, Winchester, SO23 8SB. www.hants.gov.uk.

- Scrabble Club at Winchester: 11:00 - 12:00.
- Home Education Club Winchester: 13:00 - 15:00.

Cost: Free (must book). **Dates:** 5 Jan - 23 Mar.

TUESDAY

PARENTS & TOTS

Christ Church - Winchester

Christchurch Road, Winchester, SO23 9SR. 01962 854454.
www.ccwinch.org.uk.

- Bumps and Babies: 10:00 - 11:30.

Ages: 0 - 2 yrs. **Cost:** Free (must book).

- Toddlers: 10:00 - 11:30.

Ages: 3 - 5 yrs. **Cost:** £1 per session (must book).

Dates: 6 Jan - 7 Apr.

OTHER

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- Chatty Craft at Andover: 10:30 - 12:00.
- Dog Storytime at Andover: 11:00 - 11:30. **Ages:** 3 - 8 yrs.

Cost: Free (must book). **Dates:** 6 Jan - 24 Mar.

Winchester Library

Jewry St, Winchester, SO23 8SB. www.hants.gov.uk.

- Knit and Natter at Winchester: 10:00 - 12:00.

Cost: Free (drop in). **Dates:** 6 Jan - 24 Mar.

WEDNESDAY

PARENTS & TOTS

Picket Twenty Community Centre

Picket Twenty Way, Andover, SP11 6TY. 08081640909.

www.pickettwenty.org.uk.

- Baby & Toddler Group: 10:30 - 12:00. **Ages:** 0 - 4 yrs.

Cost: Free (drop in). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

OTHER

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- Rhymetime at Andover Library: 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (must book). **Dates:** 7 Jan - 25 Mar.

Whitchurch Library

Gill Nethercott Centre, Whitchurch, RG28 7HP.

www.hants.gov.uk.

- Sociable Stitching at Whitchurch: 13:30 - 15:30.

Cost: Free (must book). **Dates:** 7 Jan - 25 Mar.

Winchester Library

Jewry St, Winchester, SO23 8SB. www.hants.gov.uk.

- Read Aloud at Winchester: 10:30 - 12:30.

Cost: Free (must book). **Dates:** 7 Jan - 25 Mar.

THURSDAY

PARENTS & TOTS

St Paul's Church

St Paul's Hill, Winchester, SO22 5AB. 01962 844878.

www.stmatthewstpaul.org.

- Bumps & Babies: 9:15 - 10:30.

Cost: £1 per session (must book).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

DANCE & DRAMA

Perform Workshops LTD

Holy Trinity Parish Church, Upper Brook Street, Winchester,

SO23 8DG. 020 7255 9120. www.perform.org.uk.

- Drama, dance & singing classes for 4-12s: 16:00 - 17:00.

Dates: 8 Jan - 12 Feb, 26 Feb - 26 Mar & 8 Jan - 26 Mar.

OTHER

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- Parents Meet at Andover: 11:00 - 12:00. **Ages:** 0 - 2 yrs.

Cost: Free (must book).

- Baby Play at Andover: 11:00 - 12:00. **Ages:** 0 - 2 yrs.

Cost: £1 per session (must book).

Dates: 8 Jan - 26 Mar.

Winchester Library

Jewry St, Winchester, SO23 8SB. www.hants.gov.uk.

- Rhymetime at Winchester: 10:00 - 10:30 & 11:00 - 11:30.

Cost: Free (must book). **Dates:** 8 Jan - 26 Mar.

FRIDAY

PARENTS & TOTS

St Barnabas Church, Winchester

St Barnabas Church, Fromond Rd, Winchester, SO22 6EF.

01962 886629. stb.church.

- Tiddlywinks: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: Free (drop in). **Dates:** 9 Jan - 27 Mar & 10 Apr.

St Paul's Church

St Paul's Church, St Paul's Hill, Winchester, SO22 5AB. 01962

844878. stmatthewstpaul.org.

- Toddler Group: 9:30 - 11:00.

Cost: £1 per session (must book).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

OTHER

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- Rhymetime at Andover: 10:00 - 10:30 & 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (must book).

- Marigold Club at Andover Library: 10:30 - 12:00.

Cost: £1 per session (must book).

Dates: 9 Jan - 27 Mar.

Whitchurch Library

Gill Nethercott Centre, Whitchurch, RG28 7HP.

www.hants.gov.uk.

- Rhymetime at Whitchurch: 10:30 - 11:00.

Ages: 0 - 2 yrs. **Cost:** Free (must book). **Dates:** 9 Jan - 27 Mar.

SATURDAY

DANCE & DRAMA

Perform Workshops LTD

Holy Trinity Parish Church, Upper Brook Street, Winchester,

SO23 8DG. 020 7255 9120. www.perform.org.uk.

- Drama, dance & singing classes for 4-12s: 9:30 - 11:00.

Dates: 10 Jan - 28 Mar, 11 Apr & 10 Jan - 21 Mar.

OTHER

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- Community Connections at Library: 10:00 - 12:00.

- Dad's Rhymetime at Andover: 11:00 - 11:30. **Ages:** 3-5 yrs.

- Construction Club: 14:00 - 16:00. **Ages:** 5 - 12 yrs.

Cost: Free (must book). **Dates:** 10 Jan - 21 Mar.

Whitchurch Library

Gill Nethercott Centre, Whitchurch, RG28 7HP.

www.hants.gov.uk.

- Construction Club at Whitchurch: 10:00 - 13:00.

Ages: 3 - 8 yrs. **Cost:** £1 per session (must book).

- Saturday Storytime at Whitchurch: 10:30 - 11:00.

Ages: 3 - 8 yrs. **Cost:** Free (must book).

Dates: 10 Jan - 21 Mar.

Winchester Library

Jewry St, Winchester, SO23 8SB. www.hants.gov.uk.

- Family Fun at Winchester: 14:00 - 16:00. **Ages:** 3 - 12 yrs.

Cost: Free (must book). **Dates:** 10 Jan - 21 Mar.



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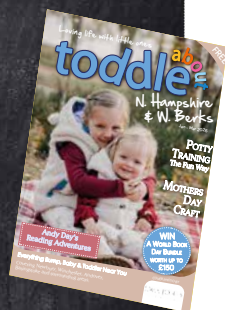
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