

Loving life with little ones

toddle

about

S. Warwickshire

Oct- Dec 2024

Christmas
Gift Guide

Scheduling
'Boredom'
into your
Child's Day

Halloween &
Christmas
Events

EXCLUSIVE
OFFERS
worth £100s

DAILY
PRIZES!
12 Days of
Christmas
Competition

Everything Bump, Baby & Toddler Near You

Covering Warwick, Leamington Spa, Rugby, Kenilworth,
Southam, Stratford-upon-Avon and the surrounding area

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is a family run day nursery located in the picturesque village of Snitterfield on the outskirts of Stratford-Upon-Avon. We are an Ofsted Outstanding setting and care for children aged 3 months to 5 years. The nursery is open from 8am until 6pm Monday to Friday with early drop off and late pick up options available upon request.



We are big on nature and the outdoors, with children being able to explore our 3.5 acre field and forest school. We have a creative and 'down to earth' take on the Early Years Foundation Stage where children experience diverse and spontaneous child-led activities supported by our skilful practitioners. We are constantly striving to be 'a nursery with a difference', Ofsted agree with us:

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Contact us:

☎ 01789 631042 ✉ info@littledragonsnursery.com

📍 Snitterfield Methodist Church, Bearley Road, Snitterfield, Stratford Upon Avon, CV37 0JH

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www.littledragonsnursery.com



WELCOME



TO THE AUTUMN 2024 EDITION!

As the leaves turn golden and the festive season approaches, we're excited to bring you a jam-packed edition filled with Halloween fun, Christmas magic and family activities to enjoy over the coming months.

Look out for our **Halloween** (p.8) and **Christmas** (p.18) event listings to help you plan memorable days out, and don't miss the return of our popular **12 Days of Christmas competition** (p.19), where you could win daily prizes!

Be sure to check out the special offer vouchers (p.22) in the centre pages for fantastic deals that make this season even more special for you and your little ones.

Toddle About Warks Franchise is for Sale

Ever dreamt of being at the helm of a beloved family magazine and baby show? Well, here's your chance!

The Toddle About Warwickshire **magazine and baby show franchise is up for grabs**. If you're passionate about supporting families and building community connections, this could be the opportunity you've been waiting for.

If this sounds of interest, please download our franchise prospectus at toddle.fun/franchise

Enjoy the issue and happy reading!

Loving life with little ones,

Pia OWNER/EDITOR

Learn more at toddle.fun/subscribe

PS. Subscription to Toddle About is just £2 every 3 months and your **first issue is free!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies. More info at www.toddle.fun/subscribe

IN THIS ISSUE

- Bite Size News..... 4 & 7
- Halloween Events..... 8
- Halloween Craft..... 9
- Top of the Tots..... 11
- Scheduling Boredom into your Child's Day..... 13
- Toddle Models..... 14
- Win Tickets to Stick Man..... 15
- Birth Trauma..... 16
- Sweet Potato Biscuits Recipe..... 17
- Christmas Events..... 18
- 12 Days of Christmas Competition..... 19
- Christmas Gift Guide..... 20
- Special Offer Vouchers..... 22
- The No Secrets Rule..... 24-25
- VIP Club..... 26
- VIP Club Review..... 27
- Win a ANEX Eli Stroller..... 27
- Run your own Toddle About magazine..... 28
- Daily Activity Planner..... 29-42

MEET THE TEAM



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Join us on **WhatsApp** for important alerts!
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9,000 copies of Toddle About Warwickshire are distributed every quarter around South Warwickshire, including Warwick, Leamington Spa, Kenilworth, Rugby, Southam, Stratford-upon-Avon and surrounding areas.

Whilst every effort has been made to ensure the information in Toddle About is accurate and correct, we cannot guarantee that this is so and Toddle About cannot and does not accept any liability for loss, damage or problems arising from any errors, omissions or inaccuracies in content, nor from actions taken by readers based on information or opinions presented in advertisements or throughout the magazine. Images and information supplied by 3rd parties have been accepted in good faith and all liability for any legal transgression including breach of copyright remains with the supplying parties.

Toddle About Suffolk & S. Warwickshire, 42 Woodland Close, Risby, Bury St Edmunds, Suffolk, IP28 6QN. Call us on 07748 020141.

Bite SIZED NEWS

New Management at Stagecoach

The Stagecoach Performing Arts franchises in both Kenilworth and Warwick are under the new management of Jackie & Stephen, who have owned the Leamington Spa franchise since 2021. Classes for 4-6 year olds are 1.5 hours long and teach your child to sing, dance and act while playing games and having fun! You can **trial them for 2 weeks** for just £25 before committing to the full 12 week term.

Visit www.stagecoach.co.uk and search 'Early Stages'. **P.5**



Events at The Butterfly Farm

26 October – 3 November: The Butterfly Farm will be celebrating the amazing migration story of the Monarch butterfly and why they are associated with Día de Muertos celebrations.

27 December-6 January: Feel the festive warmth! Meet the Mini-Beasts and Butterfly Lifecycle Demonstrations held daily at 11:00 in the Discovery Zone.

Stratford-upon-Avon Butterfly Farm is open every day of the year, except Christmas Day.

Visit www.butterflyfarm.co.uk. **P.5**



Expert Support for Sleep, Feeding & Routines

The Calm Baby Coach is the first service of its kind in Warwickshire. It offers a holistic option for parents navigating sleep, feeding and routines with their baby, toddlers and pre-schoolers. Clare is a midwife, sleep consultant and mum of 3, so you can rest assured that she can be trusted to help you support your little one. Not only has The Calm Baby Coach got multiple 5 star reviews on google, Clare has also recently been shortlisted for a prestigious Royal College of Midwives Award.

Get **£10 off any sleep SOS package with code 'Toddle10'**.

Visit www.thecalmbabycoach.co.uk **P.5**

New PAYG Family Class

Zoogie Boogie now runs action-packed, educational & musical PAYG Family Classes (all ages) every Friday at 11:35am. Classes are 50 mins & include 30 mins of teacher-led activities plus 20 mins free play on their playfloor & purpose-built equipment. Perfectly designed activities to cater for a range of ages & development stages. All classes feature parachute time with instruments, bubbles & dance. **Get 10% off first months' membership.**

Book online via www.zoogieboogie.co.uk **P.12**



Upcoming Nearly New Sales

Grab a bargain at one of the upcoming indoor baby & kids nearly new markets:

Binley: Sat 2nd November 11am-1pm at Ernsford Grange Academy, CV3 2QD.

Rugby: Sat 9th November 2-4pm at Cawston Community Hall, CV22 7GU.

Entry is £2 per adult and kids go free.

Contact jenny@mum2mummarket.co.uk or visit www.mum2mummarket.co.uk



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Saturday mornings @ The Kenilworth Centre, CV8 1QJ



LEAMINGTON SPA
07483 914041

Saturday mornings @ Campion School, CV31 1QH



WARWICK
07943 040058

Fridays after school @ Heathcote Primary School, CV34 7AP
Saturday mornings @ All Saints COE Junior School, CV34 5LY

TAX-FREE CHILDCARE



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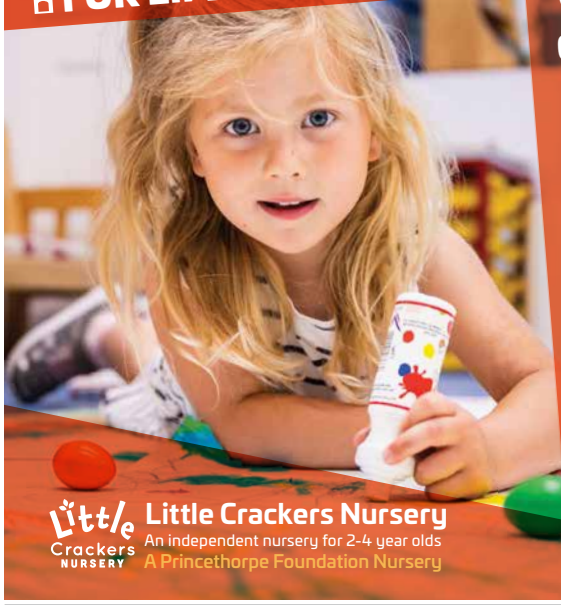


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Bite SIZED NEWS

Join "The Nutcracker" Adventure

tiny toes ballet is thrilled to introduce their magical "Nutcracker" adventure. Join their festive, fun-filled dance classes for kids and toddlers on Saturday mornings in Coventry and Sunday mornings in Leamington Spa. Their unique classes combine ballet, movement, storytelling, and education, ensuring an enriching experience for children from walking up to 7 years old. Try a two-week trial today!

Visit www.tinytoesballet.co.uk/warwickshire or email nichola@tinytoesballet.co.uk **P.35**

Autumn Fun Awaits with Dandy

Don't miss out on Dandy's beautiful sensory themes this autumn. With the stunning autumn colours, Halloween and Christmas themes all in one term, this is the term you NEED to be enrolled in! Dandy's carefully structured curriculum of baby sign and speech techniques is combined with music and a different sensory theme each week, meaning you and your little one get the best possible experience. **Get 2 free classes.**



Book via www.dandydevelopment.co.uk. **P.9**



The Baby Show is Back in 2025

The Toddle About Baby Show Warwickshire is back on Sunday 11th May 2025 from 10am - 3pm at Warwick Hall. This is your opportunity to get everything from bump, baby, toddler and pre-schooler under one roof with live demos & talks throughout the day. You will have the opportunity to speak to and hear from children's service providers, parenting experts and have the opportunity to try out and buy products. Entry to the show is free if you book online.

Bookings will open soon. Visit www.toddle.fun/babyshowwarks

Rhythm Time Christmas Specials

Rhythm Time is excited to announce that they'll be running special Christmas-themed classes during the final week of term. Plus, don't miss their Christmas Party Specials on Saturday the 14th December at Baginton Village Hall and in Leamington Spa on Sunday the 8th December at Naturally Baby. They also offer birthday party packages, so if you'd like to celebrate your little one's special day with them, then please do get in touch. **Get 3 weeks for just £21.**



Join now via www.rhythmtime.net **P.6**

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Get 10% off creche bookings between 1st Nov 2024 - 28th Feb 2025.

Visit www.tinies.com to find out more. **P.15**

Happy Halloween

Thursday
31st October

It's time to put on your witch's hat and get your little one dressed up! Enjoy the spooky season at these Halloween events near you



HILLTOP HORRORS

Hilltop Farm

12, 13, 19, 20, 26, 27, 28 October
10am-1pm & 1pm-4pm

If you enjoy getting in the great outdoors and looking for your perfect pumpkin then we have heaps for you to choose from in all shapes and sizes in our wonderful pumpkin patch! There will also be a pumpkin carving & spooky activities in Zacks barn on those weekends in October.

Cost: Adult tickets are £4 and children are £3. Under 2s are free.

Hilltop Farm, Fosse Way,
Leamington Spa, CV33 9EL
www.hilltopfarmshop.com

HALLOWEEN TRAIL

Draycote Water

26 October - 2 November
10am - 4pm

Spooky the Ghost has left a trail of clues hidden in the Halloween scenes. Follow the route and find the answers to the questions. Once you've completed the trail, head back to the Visitor Hub for a prize!
Cost: Pick up your £3 per trail sheet from Visitor Hub. Parking charges apply.

Draycote Water Country Park,
Rugby, CV23 8AA
📍 STWDraycote

HALLOWEEN SPOOKTACULAR

Hatton World

19-31 October (weekends only)

Choose your pumpkin at the Pumpkin Patch and then carve it yourselves. Find out whether you dare explore the Village of Trick or Treat, the Creepy Cabins and the Zombie Marsh. Other highlights include the Little Ghouls Tractor Ride, the Magic & Mayhem Illusion Show and Slithering Snakes & Creepy Critters.

Cost: Normal entry frees apply.

Hatton Adventure World, Hatton
Warwick, CV35 8XA
www.adventure.hattonworld.com

HALLOWEEN OPEN DAY

Farm Animal Rescue Sanctuary
27 October, 11am - 4.30pm

Get spooky & help raise winter funds for our sanctuary. Free sweet bag to any visitor in fancy dress! Guided sanctuary tours where you can meet our residents and learn the history and workings of the sanctuary. Spooky kids activities and badge making!

Cost: Adult tickets £5 and under 12s are £3.50.

Farm Animal Rescue Sanctuary,
Saddlebow Lane, Wolverton,
Stratford Upon Avon, CV37 0HQ
www.farmanimalrescuesanctuary.co.uk

PUMPKIN PARTY

Charlecote Park
until 3 November

Members of local groups, staff and volunteers at Charlecote have been busy handcrafting pumpkins and gourds for a sustainable, seasonal display. Come and view the knitted, crocheted, and hand-crafted pumpkins and gourds on display in the mansion and Victorian Kitchen at Charlecote.

Cost: No charge for this event. Donations welcome. Park entry charges apply.

National Trust, Charlecote Park,
Wellesbourne, CV35 9ER
www.nationaltrust.org.uk

ST JOHNS HAUNTED HOUSE

St John's House
28 October

Get ready for a family friendly bone-chilling experience as you explore rooms at St John's House, see them as you've never seen them before. Discover the creepy story of Red Riding Hood, go on a trail through the woods and watch out for the Big Bad Wolf. Make slime and get messy making potions.

Cost: Tickets from £7.

St John's, Warwick, CV34 4NF
Search 'St John's Haunte House'
via Eventbrite

HALLOWEEN HANDPRINT

CRAFT ACTIVITY

Make a pumpkin keepsake craft with your toddlers, preschoolers or older kids this Halloween. Turn their handprints into a ghost, and Jack-o'-Lantern.

SUPPLIES:

- Air Dry Clay
- Paint
- Drinking Straw
- Craft Stick
- Green Ribbon
- Parchment Paper

TIP: Make sure to use parchment paper when rolling out the dough. This will stop the dough from sticking to the table and will make it easy for you to transfer it to another area to let it dry for 24 hours.

HOW TO MAKE:

STEP 1: Roll the clay out on parchment paper until it's about ½ inch thick. Let your little one press their hand onto the clay. You may want to help by applying a bit of pressure to their hand to make sure the handprint makes a clear impression.

STEP 2: Use a craft stick to cut the shape of a pumpkin, making sure your child's handprint is in the middle of the pumpkin. Smooth out the edges of the pumpkin with your fingers (use a bit of water, if necessary).

STEP 3: Use a drinking straw to punch a hole in the stem.

STEP 4: Transfer the clay to a dry area. Let it stand for 24 hours until it is dry.



STEP 5: Use acrylic paint to turn the handprint into a Halloween design. It can be a ghost, Jack-o'-Lantern, Frankenstein etc. Paint the rest of the pumpkin orange and the stem brown.

STEP 6: Thread a green ribbon through the hole in the stem.



Craft kindly supplied by Stef Luca of NonToyGifts, author of "Color By Number Animals". Discover more at www.nontoygifts.com



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or call Nikki 07890 241301   

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www.dramatots.co.uk



Discover the most recommended businesses in S. Warwickshire, based on reviews collected on the Toddle About website! The following businesses are *your* Top 10:

- | | | | | | | | |
|----------|---|-----------------|---|-----------|--|-----------------|--|
| 1 | BABY SENSORY SOUTH WARKS | 5.0
★ |  | 6 | ZUMBINI COVENTRY & WARWICKSHIRE | 5.0
★ |  |
| 2 | THE ZOOGIE BOOGIE CLUB | 5.0
★ |  | 7 | WHOLESOME HEDGEHOG YOGA | 5.0
★ |  |
| 3 | RHYTHM TIME SOUTH WARKS | 5.0
★ |  | 8 | SING & SIGN COVENTRY & KENILWORTH | 5.0
★ |  |
| 4 | RHYTHM TIME COVENTRY & RUGBY | 5.0
★ |  | 9 | DRAMA TOTS RUGBY AND LUTTERWORTH | 5.0
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| 5 | DANDY DEVELOPMENT | 5.0
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"I'm soooooo bored!"

by Laura Tristram



SHOULD BOREDOM BE PART OF YOUR CHILD'S DAILY ROUTINE?

When you're a parent, life can feel non-stop. We're in a constant struggle to keep our little ones healthily entertained, rushing between various groups and clubs, with day trips squeezed in between work and household chores.

We dread hearing those words slip from our children's mouths... "I'm bored!"

However, new research from the Child Mind Institute suggests that allowing children to experience boredom can actually be beneficial for both them and their parents.

IS BOREDOM BAD?

Parents, influenced by societal narratives, often perceive boredom as an unproductive and negative state. Being busy is often equated with success, leading to the belief that boredom signifies laziness.

It's time to rethink this notion.

Boredom can play a significant role in children's development and mental health, forcing them to use their imagination and creativity to entertain themselves. This self-directed play fosters curiosity, helps them discover their interests, and enhances their innovative thinking.

Research even shows that engaging in *monotonous* tasks can boost creativity when later performing creative activities.

PROBLEM-SOLVING AND SOCIAL SKILLS

The ability to persist is crucial for facing future obstacles and cultivating a proactive mindset. Dealing with the "problem" of boredom enhances their problem-solving skills and self-reliance, fostering a sense of initiative and independence.

'Free play', where children engage in unstructured activities of their own choosing, allows children to interact with peers, developing essential social skills like negotiation, collaboration, and communication. These skills are vital for forming relationships and working well with others.

Successfully finding ways to entertain themselves boosts children's confidence, helping them take risks and explore new things, thereby strengthening their self-esteem.

FREE TO 'BE'

By giving children the free time to 'be', we can improve mental health as it **reduces anxiety and stress**. It gives them the opportunity to process thoughts and emotions and engage with their surroundings. These periods of boredom can lead to more creative activities.

HOW TO INTRODUCE MORE BOREDOM

1. Remove Structured Activities

Encourage children to create their own activities on an "activity detox" day, helping them explore their interests and creativity.

2. Keep It Simple

Offer materials like blocks, art supplies, and household items to inspire creativity and free play.

3. Less Screen, More Space

Take your child to open spaces and allow them to explore independently, fostering a sense of independence and creativity. Limit the use of electronic devices and encourage imaginative play instead.

4. Be The Change

Show them how to change by engaging in creative activities yourself and limiting your own screen time.

Experiencing boredom helps children develop crucial life skills like problem-solving and creativity. Boredom also helps children build tolerance for less enjoyable experiences and encourages mindfulness, self-reflection, and interpersonal communication skills.

It's a valuable lesson for all: alongside your to-do list, create a 'let's be' list. Make time to be mindfully present with those around you. Amidst the rushing around, take a moment to walk and clear your head. These idle moments without a to-do list are essential for mental clarity and happiness. So, the next time your child complains of being bored, embrace the opportunity to foster their creativity, growth, and wellbeing.

Laura Tristram is a teacher, mum, and mental health and wellbeing lead at Lumii.me

TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

Congratulations to little Caiden and Jessica who have both won a bundle of Orchard Toys games worth £50!

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.



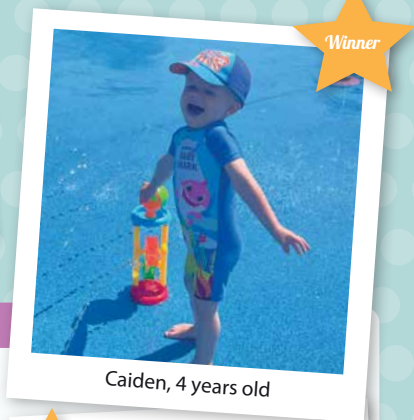
Dylan, 4 years old



Alek, 4 years old



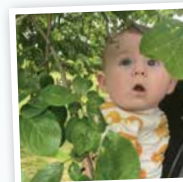
Find out more at www.orchardtoys.com



Caiden, 4 years old



Jessica, 7 months old



Elijah, 8 months old



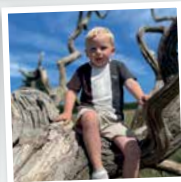
Charlotte, 3 years old



Aleyah, 2 years old



Abigail-Grace, 2 years old



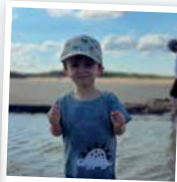
Oscar, 4 years 2 months old



Elliott, 2 years & 7 months old



Mia, 1.5 years old & Nico, 4 years old



Jake, 2 years 8 months old



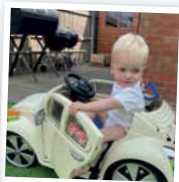
Isabelle, 3 years old



Bradley, 4 years old



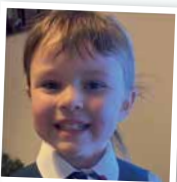
Ernest, 8 months old



Finley, 1 year 5 months old



James, 2 years old



Lola, 4 years old



Mikayla Anjelique, 3 years old

TODDLE MODELS



WIN TICKETS TO STICK MAN ON STAGE

THE PRIZE: Win a Family Ticket To See Stick Man On Stage, worth £90!

Courtesy of Official London Theatre, this is a unique chance to win tickets to Freckle Productions' touching, funny and utterly original adaptation of **Julia Donaldson and Axel Scheffler's Stick Man** in London.

What starts off as a morning jog becomes quite the misadventure for Stick Man: a dog wants to play fetch with him, a swan builds a nest with him, and he even ends up on a fire! How will Stick Man ever get back to the family tree?

This award-winning production, from the team behind **Zog and Zog and the Flying Doctors**, features a trio of top actors and is packed full of puppetry, songs, live music and funky moves.

Stick Man is at Bloomsbury Theatre in London from 4th Dec - 5th Jan and tickets are on sale now at www.OfficialLondonTheatre.com.

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LONDON
THEATRE
.com

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 fancy dress fun!

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

Enter by **Wed 27th November 2024**.

WORTH
£90



ENTER AT:

www.toddle.fun/toddlemodels

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BIRTH TRAUMA

It can feel unbearable,
but help is available!

by Dr Kim Thomas



After Daisy had pushed for two hours without success, doctors decided that they needed to use forceps to help her baby out. She'd already had a long, painful labour, and now the room was filling with people, leaving Daisy feeling frightened and out of control. Her baby daughter was eventually born safely, though back-to-back. Shortly afterwards, however, Daisy had a haemorrhage. She felt tired and exhausted and found it difficult to breastfeed. At home, her stitches became infected.

She also began having flashbacks to the birth and found it difficult to see anything that reminded her of what had happened, such as tv shows involving birth. In addition, Daisy felt that she wasn't a good mother because she still couldn't do simple things like sit up in bed to feed her daughter.

Birth trauma is the name we use for what happened to Daisy.

It describes the experience of being so traumatised by birth that the memory of what happened continues to affect you every day. This often takes the form of flashbacks to the birth, feeling intensely anxious all the time or avoiding anything that reminds you of the birth.

In some women, the trauma symptoms are severe enough to qualify for a diagnosis of post-traumatic stress disorder (PTSD), which affects one in 25 women after birth – about 30,000 a year in the UK. Sometimes, fathers or partners can also be so traumatised by the experience of watching birth that they develop birth trauma.

When you're a new mother, already struggling with the demands of caring for a newborn, having birth trauma on top can make life feel unbearable. The mums who come

to us at the Birth Trauma Association tell us that the constant sense of anxiety – watching over their baby to make sure it doesn't die, feeling frightened to leave the house – leaves them feeling isolated. Some feel guilty because they find it hard to bond with their baby. Others tell us that family and friends don't understand why they still feel traumatised and insist that they just need to "move on".

Fortunately, help is available. In England there are new maternal mental health teams to support women with birth trauma, and there is also the option of self-referring to therapy if you need it from the NHS Talking Therapies service (outside England you will need a referral to therapy from your GP or health visitor).

Two forms of therapy: trauma-focused CBT and EMDR (Eye Movement Desensitisation and Reprocessing) are very effective at treating trauma symptoms.

Daisy was initially worried about receiving therapy because she was scared the counsellor would think she was a bad mother, but she found it helpful. She also benefited from a birth debrief with the hospital, which enabled her to get answers to her questions about what happened during the birth. Most maternity units now provide a birth debriefing service.

If you'd like to share your experience with someone who understands, you can email the Birth Trauma Association's peer supporters on support@birthtraumaassociation.org.uk or join our Facebook group (facebook.com/groups/theBTA).

Women tell us that having the opportunity to talk to others who have been through a similar experience makes a huge difference – and some even say that it saved their life.



Dr Kim Thomas is CEO of the Birth Trauma Association, a charity that supports mothers and fathers affected by traumatic birth. She is also author of the recent parliamentary report into birth trauma.
www.birthtraumaassociation.org



SWEET POTATO BISCUITS

The perfect on-the-go snack – a favourite with little ones and grown ups! Made with simple ingredients you likely already have at home. One bite and you won't be able to stop!

INGREDIENTS

- 230g sweet potato, peeled and roughly chopped
- 50g unsalted butter or vegan alternative
- 150g self raising flour
- 30g wholemeal flour

VEGAN, NO EGGS & NO DAIRY

MAKES: 40 BISCUITS

AGE: FROM 6 MONTHS

PREP: 15 MINUTES

COOK: 10 MINUTES



COOKING INSTRUCTIONS

1. Preheat the oven to 180°C/160°C fan/ Gas 4.
2. Steam the sweet potato over a gentle heat for 15-20 mins until soft, then set aside to cool. Once cooled, weigh out 200g of the sweet potato.
3. Put the sweet potato into a large bowl and mash with a fork.
4. Melt the butter and add with the flours to the sweet potato. Mix to form a dough.
5. Put the dough onto a sheet of baking paper and roll out to 5mm thick, then cut into shapes with a cookie cutter or sharp knife.
6. Transfer the baking paper and biscuits to a baking tray and bake in the oven for 10 mins until lightly golden, checking to make sure they don't overcook.
7. Remove from the oven and allow to cool before serving.



STORAGE
Store in an airtight container for 3 days or freeze for up to 3 months!

Recipe by Romina Bertinazzo, author of *The Yummy Little Belly* cookbook which contains over 80 quick, easy and nutritious recipes to keep you and your little ones happy is out now.




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Belgrade Theatre, Belgrade Square, Coventry, CV1 1GS

[f](#) BelgradeTheatreCoventry

Tel: 024 7655 3055

www.belgrade.co.uk

Cost: Early bird tickets from £18

23 NOV - 5 JAN **CHRISTMAS AT THE CASTLE**
Warwick Castle.

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Warwick Castle, CV34 6AH

[f](#) WarwickCastle

Tel: 01926 406610

www.warwick-castle.com

Cost: Tickets from £26

26 NOV - 29 DEC **THE SMEDS & THE SMOOS**
Warwick Arts Centre.

Soar into space for your festive family treat with this exciting adaptation of the award-winning book by Julia Donaldson and Axel Scheffler – as seen in the popular 2022 BBC TV Christmas animation. Music, laughs and interplanetary adventures for everyone aged 3 and up.

Warwick Arts Centre, University of Warwick, Coventry, CV4 7AL

[f](#) WarwickArtsCentre

Tel: 024 76496000

www.warwickartscentre.co.uk

Cost: Tickets from £13

Event details are correct at time of printing but may change, please check before attending.



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THE NO SECRETS RULE

by Rachel Coler Mulholland

HOW TO TEACH KIDS THE DIFFERENCE BETWEEN SECRETS, PRIVACY AND SURPRISES



Would you like to know a secret? In 2001, a young girl went to an NSYNC concert. She had a grand time – it was her first concert. Upon returning home, she told all of her friends that the poster she'd made caught Justin Timberlake's attention, and he waved at her.

The secret? He didn't really wave. Shocking, right? A scandal for the ages.

Phew. It's nice to have that out in the world now – it really takes a weight off my chest.

As adults, we are allowed to have secrets – most of us have at least one story that we would prefer to take to our graves. People often choose to keep secrets to spare themselves embarrassment or to avoid negative consequences.

It's likely that many of us started really and truly keeping secrets from our parents and others when we were teenagers - whether it was sneaking out, breaking a confidence, or making a morally grey decision. Teenagers are allowed to have some secrets from their parents and from their friends (though hopefully they feel comfortable seeking help, rather than keeping an unsafe secret).

For families with young and middle-grade children, however, **secrets are better avoided than embraced.**

This is due to the unfortunate fact that secrets can be used by dangerous people as a way to silence young children who are being made unsafe. Many adult victims of childhood abuse report being told to keep it a secret, lest they face ridicule, disbelief, or escalating consequences that include violence against themselves or others.

THE DIFFERENT KINDS OF SECRET

Here's the catch – sometimes, fun things are kept secret to increase the joy when they are finally revealed. Birthday parties, baby announcements, and engagements are all events that are often kept secret during their planning stages. But none of them are "secret" events – they're surprises!

The difference between a secret and a surprise is fairly simple:

1. Secrets aren't inherently good or bad – they are entirely dependent on context. Secrets are generally not meant to be shared, and sharing a secret is often painted as being very negative. Sometimes, sharing a secret can result in consequences, and there is often no set end-date or time limit on secrets.
2. Surprises are most often viewed as positive – they are typically neutral or good in context. They are meant to eventually be shared with a larger audience. Though it may be negative or disappointing to share a surprise earlier than intended, it will not result in catastrophic consequences. Surprises almost always have a time limit or a set end date.



Let's say you buy your spouse a really expensive blouse for Christmas and your child sees it. "Hey, that's a secret. Don't Tell Mummy" may seem like a natural thing to say. Unfortunately, however, there is hidden subtext in that request. It implies "your mummy shouldn't know about this, and if you tell her I'll be upset."

A secret implies that if you tell, there might be a bad consequence, and I don't want you to tell anyone.

Consider what the subtext might be by phrasing it differently: "Hey, that shirt is a surprise, and we get to give it to mummy at Christmas."

Do you see the difference there?

The underlying message says "hey, your mummy will know about this eventually, and it's going to be a nice thing for her." There is no threat of consequence, because in all honesty there shouldn't be one. If the child accidentally spills the beans and ruins the surprise it's disappointing, but not life-ruining.

BUT WHAT ABOUT PRIVACY?

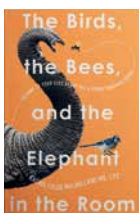
You may have noticed that the examples of secrets versus surprises involve events that are outside of the child's control. That's because there's another

concept at play in this conversation: privacy.

Privacy is the ability to decide what to show of yourself – this may include your thoughts, beliefs, identities, behaviours, and body. Children generally start to express an understanding of privacy and modesty by the age of 6. Privacy is a signal that kids are becoming more independent – they have a sense of what they will and won't share about themselves, and with whom.

Honouring a child's privacy is a great way to encourage autonomy, so long as safety boundaries are established and reviewed regularly. Some boundaries to discuss might be how a parent should knock when a bedroom door is closed, the level of dress expected in the house versus what's expected out and about, or who is allowed to know private health information about the child.

Ultimately, the goal is to encourage a child's autonomy and self-efficacy, while also monitoring their health, safety, and well-being. Helping a child understand the difference between their own privacy they control, fun surprises they get to be in on, and potentially harmful secrets, is one step we can take as parents to help our children grow up feeling empowered and more safe.



*Rachel Coler Mulholland is a mum, counsellor, children's mental health expert and author of **The Birds, the Bees, and the Elephant in the Room - Talking to Your Kids About Sex & Other Sensitive Topics** (Union Square & Co, 25 July 2024).*

With nearly 1 million followers on TikTok, Rachel is a favourite with parents for her honest, funny, responsible, and much-needed wisdom on talking to kids about bodies, puberty, consent, and sex. She is the person parents turn to, pleading, "How can I answer my kids' awkward questions?"





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VIP CLUB READER REVIEW: 'BUILD YOUR OWN' KITS



★★★★★ Written by Catherine Baynton, Toddle About Subscriber

Build Your Own creates eco-friendly cardboard kits for children, promoting STEM learning, reducing screen time, and encouraging family interaction. The kits are sustainable and easy to assemble. From £9.99 at www.buildyourownkits.com.

First impressions were extremely positive - the boxes are very colourful and the four animals we received (a kitten, puppy, dragon and unicorn) looked amazing. We pulled open the box carefully, as the inside had some pictures which can be coloured in. There were a lot of small parts which needed to be popped from their cardboard, so I popped them into piles, ready to assemble our animal (first up was the unicorn of course!)

The smaller parts were a bit fiddly but Annabelle was able to push all of the bits together fine (I did check as we went along to ensure all was secure). There was no glue needed, which meant no mess and no need for a change of clothes or a protective apron. It took

us around 30 mins to build each one and once put together, they were rather sturdy and could withstand being played with and bounced around the table.

These were really great activities to do together. As we were building the unicorn, you could see the excitement building as the flat 2D pieces of coloured cardboard turned into a 3D animal. It now sits with all of her other toys so she can play with it again and again.

I really like how it is made out of 100% sustainable cardboard, contains zero plastic and both the kit and its packaging is recyclable, meaning not only is it a fun activity, but it's eco-friendly too.



Review has been edited.



Catherine and her daughter Annabelle were given this product as a **freebie** for writing this review.

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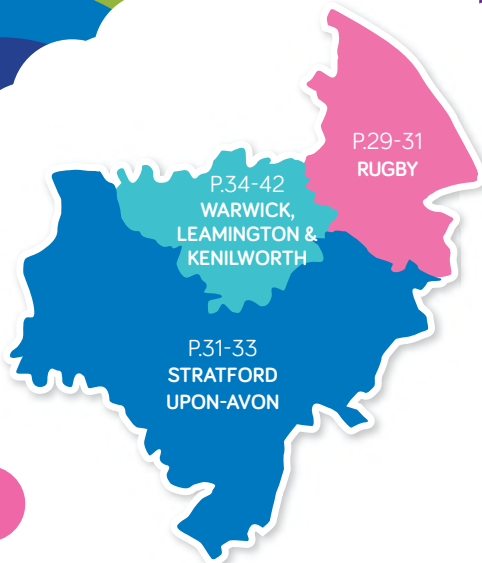


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Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Cost: £2 per session (*booking essential*). **Dates:** 7 Oct - 30 Dec.

Rugby Elim Tots

Rugby Elim Church, 46 Cambridge Street, Rugby, CV21 3NQ. www.rugbyelim.org.uk.

Times: 9:45 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

MUSIC & SIGNING

Dandy Development

Ryton On Dunsmore Village Hall, High Street, Ryton On Dunsmore, Coventry, CV8 3EY. 07890 241301. www.dandydevelopment.co.uk.

• **Stage 1:** 9:55 - 10:30. **Ages:** 7 mths - 1 yrs 1 mths.

• **Stage 2:** 11:00 - 11:40. **Ages:** 1 yrs 2 mths - 2½ yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 2 Dec.

Rhythm Time Coventry, Rugby and West Northants

Hillmorton Community Centre, Robbins Court, Rugby, CV22 5HQ. 07591720345. www.rhythmtime.net.

• **Baby Class:** 11:15 - 11:45. **Ages:** 2 mths - 1 yrs 1 mths.

Cost: £6.79 per session (*booking essential*). **Dates:** 7 Oct - 9 Dec.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Overslade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ. 07815961449. www.dramatots.co.uk.

• **Rising Stars:** 9:30 - 10:10. **Ages:** 1½ yrs - 3 yrs.

• **Bright Stars:** 10:30 - 11:15. **Ages:** 3 - 4 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 9 Dec.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796. www.swimworks.co.uk.

• **Baby Swimming:** 9:30 - 14:30.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 7 Oct - 16 Dec.

TUESDAY

PARENTS & TOTS

Ladybirds Stay & Play

Ladybirds (Lighthouse), Long Lawford Methodist Church, School Street, Rugby, CV23 9AT.

• **Ladybirds Stay & Play:** 9:30 - 11:00.

Ages: Pregnancy - 5 yrs. **Cost:** £1 per session (*drop in*).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Warwickshire Shopping Park Community Hall, Kynner Way, Binley Woods, Coventry, CV3 2SB. 07591720345. www.rhythmtime.net.

• **Toddler Class:** 10:00 - 10:30. **Ages:** 1 - 3 yrs.

• **Baby Class:** 10:45 - 11:15. **Ages:** 2 mths - 1 yrs 1 mths.

Cost: £6.79 per session (*booking essential*).

Dates: 8 Oct - 10 Dec & 8 Oct - 10 Dec.

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Bourton, Draycote and Frankton Village Hall, Frankton Road, Rugby, CV23 9QT. 07815961449. www.dramatots.co.uk.

• **Rising Stars:** 9:30 - 10:10. **Ages:** 1½ yrs - 3 yrs.

• **All Stars:** 10:00 - 10:45. **Ages:** 1½ yrs - 4 yrs 11 mths.

• **Bright Stars:** 10:30 - 11:15. **Ages:** 3 - 4 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GY.
01327 705915. www.littlekickers.co.uk.

Times: 9:20 - 10:00. **Ages:** 1½ yrs - 2½ yrs.

Times: 10:15 - 11:00. **Ages:** 2½ yrs - 3½ yrs.

Times: 11:15 - 12:00. **Ages:** 3½ yrs - 5 yrs.

Cost: £7.49 per session (*booking essential*).

Dates: 8 Oct - 24 Dec.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.

- **Baby Swimming:** 10:30 - 15:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 8 Oct - 17 Dec.

WEDNESDAY

PARENTS & TOTS

Bilton Evangelical Parent and Toddler Group

Bilton Evangelical Church, Main Street, Bilton, Rugby, CV22 7NQ.
01788 817326. www.becchurch.org.uk.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Coffee Break at St Oswald's Church

St Oswald's Church, Lawford Road, New Bilton, Rugby, CV21 2HR.
01788 330440. www.smsso.org.uk.

- **Coffee Break:** 9:15 - 10:45.

Ages: 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

St George's Magic Dragon Parent & Toddler Group

St Georges Church Hall, St Johns Avenue Hillmorton, Rugby,
CV22 5HR. 01788 544630. www.stgeorgesrugby.org.uk.

Times: 13:30 - 15:00. **Ages:** 0 - 4 yrs. **Cost:** £1.50 per session (*drop in*).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby,
CV22 6RA. 07591720345. www.rhythmtime.net.

- **Toddler Class**

Times: 9:45 - 10:15. **Ages:** 1 yrs 1 mths - 3 yrs.

Times: 10:30 - 11:00. **Ages:** 1 yrs 1 mths - 3 yrs.

- **Baby Class:** 11:15 - 11:45. **Ages:** 2 mths - 1 yrs 1 mths.

Cost: £6.79 per session (*booking essential*).

Dates: 9 Oct - 11 Dec & 9 Oct - 11 Dec.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 13:30.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 9 Oct - 18 Dec.

THURSDAY

PARENTS & TOTS

Noah's Ark Toddler Group

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22
6RF. 07515 472578. www.dunchurchbaptistchurch.org.uk.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Cost: £2 per session (*booking essential*).

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.



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DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU.
07815961449. www.dramatots.co.uk.

- **Rising Stars:** 9:30 - 10:10. **Ages:** 1½ yrs - 3 yrs.

- **Bright Stars:** 10:25 - 11:10. **Ages:** 3 - 5 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 10 Oct - 24 Oct & 7 Nov - 12 Dec.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Rugby High School, Longrood Road, Rugby, CV22 7RE. 01327 705915.
www.littlekickers.co.uk.

Times: 17:25 - 18:25. **Ages:** 5 - 7 yrs.

Times: 16:30 - 17:15. **Ages:** 3½ yrs - 5 yrs.

Cost: £7.49 per session (*booking essential*). **Dates:** 10 Oct - 26 Dec.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 14:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 10 Oct - 19 Dec.

FRIDAY

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.

- **Baby Swimming:** 9:30 - 15:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 11 Oct - 20 Dec.

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants
Hillmorton Community Centre, Robbins Court, Rugby, CV22 5HQ.
07591720345. www.rhythmtime.net.

- **Toddler Class:** 10:00 - 10:30. **Ages:** 1 - 3 yrs.
- **Baby Class:** 10:45 - 11:15. **Ages:** 2 mths - 1 yrs 1 mths.
- **Young Baby Class:** 11:45 - 12:30. **Ages:** 0 - 6 mths.

Cost: £6.79 per session (*booking essential*).
Dates: 11 Oct - 13 Dec.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 15:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).
Dates: 11 Oct - 20 Dec.

SATURDAY

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants
Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU.
07591720345. www.rhythmtime.net.

- **Family Session:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** £7.99 per session (*booking essential*).
Dates: 12 Oct, 26 Oct, 9 Nov - 16 Nov & 7 Dec.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Rugby High School, Longrood Road, Rugby, CV22 7RE. 01327 705915.
www.littlekickers.co.uk.

Times: 8:30 - 9:15 & 11:10 - 11:55. **Ages:** 5 - 7 yrs.

Times: 10:20 - 11:05. **Ages:** 2 ½ yrs - 3 ½ yrs.

Times: 10:20 - 11:00. **Ages:** 1 ½ yrs - 2 ½ yrs.

Times: 11:10 - 11:55. **Ages:** 3 ½ yrs - 5 yrs.

Cost: £7.49 per session (*booking essential*).

Dates: 12 Oct - 28 Dec.

STRATFORD-UPON-AVON & SOUTHAM AREA

MONDAY

PARENTS & TOTS

Kineton Baby & Toddler Group

Kineton Village Hall, Mill Lane, Kineton, CV35 0LB. 01926 641483.

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

Cost: £2 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Snitterfield Rag Tag Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield, Stratford upon Avon, CV37 0JH. 01789 731246.

Times: 9:45 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** £3 per session (*drop in*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

CREATIVE

Graham Adams Centre

St James Road, Southam, CV47 0LY. 01928 811519.
www.grahamadamscentre.com.

- **Arty Monkeys:** 10:00 - 11:30.

An arty, crafty, messy play toddler session

Ages: 6 mths - 5 yrs. **Cost:** £5 per session (*drop in*).

Dates: 7 Oct - 21 Oct.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.

- **Baby Swimming:** 9:00 - 12:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 12 Oct - 14 Dec.

OTHER

Rugby Mum2Mum Market

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU.
www.mum2mummarket.co.uk.

- **Rugby Nearly New Sales:** 14:00 - 16:00.

Cost: £2 per adult, kids go free. **Dates:** 9 Nov.

SUNDAY

PARENTS & TOTS

Kilsby Playtime

Kilsby Village Hall, Rugby Road, Kilsby, CV23 8XX. 07815 618840.

Times: 9:45 - 11:45. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

Dates: 13 Oct - 20 Oct & 3 Nov - 22 Dec.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796.
www.swimworks.co.uk.

- **Baby Swimming:** 9:00 - 13:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 13 Oct - 1

Market Hall Museum, Warwick

Market Place, Warwick, CV34 4SA. 01926 412 501.

- **Arty Tots get messy with their Grandparents:** 10:00 - 12:00.

Ages: 1 - 4 yrs. **Cost:** £3 per session (*drop in*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

PHYSICAL FUN

Little Kickers Warwickshire

Tiddington Community Centre, 39 Main Street, Stratford-upon-Avon, CV37 7AT. 01926 967066. www.littlekickers.co.uk.

- **Little Kicks:** 9:15 - 10:00. **Ages:** 1 ½ yrs - 2 ½ yrs.

- **Mighty Kickers:** 10:55 - 11:40. **Ages:** 3 ½ yrs - 5 yrs.

Dates: 7 Oct - 16 Dec.

Cost: £35 per course (*booking essential*).

Little Kickers Warwickshire

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 01926 967066. www.littlekickers.co.uk.

- **Littles/Junior Kicks:** 14:00 - 14:45. **Ages:** 1 ½ yrs - 3 ½ yrs.

- **Mighty Kickers:** 15:45 - 16:30. **Ages:** 3 - 5 yrs.

- **Mega Kickers:** 16:35 - 17:20. **Ages:** 5 - 8 yrs.

Cost: £38 per course (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

TUESDAY

PARENTS & TOTS

Cheeky Chimps Baby & Toddler Group

Ettington Community Centre, Rogers Lane, Ettington, Stratford upon Avon, CV37 75X.

Times: 9:15 - 11:15. **Ages:** 0 - 5 yrs.

Cost: £2.50 per session (*booking essential*).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

Trinity Tots

Ken Kennett Centre, 100 Justin's Avenue, Stratford-upon-Avon, CV37 0DA. 01789 266316.

• **Stay & Play:** 9:00 - 10:30.

Ages: 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

PREGNANCY

Home-Start South Warwickshire

The Pavillion Coffee Shop, Bailey Avenue, Meon Vale, Stratford-on-Avon, CV37 8QW. 07564 543806. www.homestartsouthwarwickshire.org.uk.

• **Home-Start Mum2Mum Social Group:** 10:30 - 12:00.

Social group for expectant and new mums

Cost: Free (*drop in*). **Dates:** 8 Oct - 10 Dec.

WEDNESDAY

PARENTS & TOTS

Graham Adams Centre

St James Road, Southam, CV47 0LY. 01928 811519. www.grahamadamscentre.com.

• **Stretchy Monkeys Soft Play:** 10:00 - 11:30.

A toddler group with soft play and a cafe

Ages: 1 - 5 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 9 Oct - 23 Oct.

Welford Wrigglers

Welford School, Headland Road, Welford-on-Avon, Stratford-upon-Avon, CV37 8ER. 01789 750214. www.welfordonavonschool.co.uk.

Times: 9:15 - 11:15. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Wesley Baby and Toddler Group

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG.

Times: 9:45 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £1.50 per session (*booking essential*).

Dates: 9 Oct - 23 Oct & 6 Nov - 17 Dec.

MUSIC & SIGNING

BilinguaSing Stratford upon Avon, Banbury and Evesham

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG. 07746145299. www.bilinguasinging.com.

• **We Sing French:** 14:00 - 14:45.

Ages: 0 - 4 yrs. **Cost:** £8 per session (*booking essential*).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

SENSORY & DEVELOPMENT

Baby Sensory (S. Warwickshire)

Scout Hut Tiddington, Tiddington, Stratford-upon-Avon, CV37 7AY. 07989 502712. www.babysensory.com.

Times: 10:15 - 11:00 & 11:30 - 12:15. **Ages:** 0 - 1 yrs 1 mths.

Cost: £6.50 per session (*booking essential*).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

PHYSICAL FUN

Little Kickers Warwickshire

Meon Vale Leisure Centre, Bailey Avenue, Long Marston, CV37 8QR. 01926 967066. www.littlekickers.co.uk.

• **Little Kickers:** 9:40 - 10:25. **Ages:** 1½ yrs - 2½ yrs.

Cost: £38 per course (*booking essential*).

Dates: 9 Oct - 25 Dec.

THURSDAY

PARENTS & TOTS

Little Fishes

Townsend Hall, 52 Sheep Street, Shipston on Stour, CV36 4AE.

Times: 9:15 - 11:15. **Ages:** 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Snitterfield Rag Tag Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield, Stratford upon Avon, CV37 0JH. 01789 731246.

Times: 9:45 - 11:45. **Ages:** 0 - 4 yrs.

Cost: £3 per session (*drop in*).

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Trinity Tots

Holy Trinity Parish Center, Old Town, Stratford-upon-Avon, CV37 6BG. 01789 266316.

Times: 13:30 - 15:00. **Ages:** 0 - 5 yrs.

Cost: £1 per session (*drop in*).

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

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PHYSICAL FUN

Little Kickers Warwickshire

Tiddington Community Centre, 39 Main Street, Stratford-upon-Avon, CV37 7AT. 01926 967066. www.littlekickers.co.uk.

- **Junior Kickers:** 10:05 - 10:50. **Ages:** 2½ yrs - 3½ yrs.

Cost: £35 per course (*booking essential*).

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

FRIDAY

PARENTS & TOTS

Stockton Toddlersaurs

Stockton Village Hall, Napton Road, Stockton, Southam, CV47 8JX. 01926 814687.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £3 per session (*drop in*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

Wesley Baby and Toddler Group

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG.

Times: 9:45 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £1.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

MUSIC & SIGNING

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

Tiddington Community Centre, Main Street, Tiddington, Stratford-upon-Avon, CV37 7AN. 07469 186042. www.rhythmtime.net.

- **Pre-school:** 9:30 - 10:00. **Ages:** 2 yrs 9 mths - 5 yrs.
- **Toddlers:** 10:30 - 11:30 & 11:30 - 12:00. **Ages:** 1 yrs 2 mths - 3 yrs.
- **Babies:** 12:30 - 13:00. **Ages:** 0 - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

SENSORY & DEVELOPMENT

Baby College Mid Warwickshire

Snitterfield Village Hall, 6 Bearly Road, Snitterfield, Stratford-Upon-Avon, CV37 0JH. 07507413632. www.babycollege.co.uk.

- **Juniors 18 mths - 3+ yrs:** 9:30 - 10:15.
- **Toddlers 9 - 18 mths:** 10:30 - 11:15.
- **Infants 0-9mths:** 11:30 - 12:15.

Cost: £8.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

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PHYSICAL FUN

Little Kickers Warwick Warwickshire

Graham Adams Centre, St James Road, Southam, CV47 0LY.

- **Little Kickers:** 13:10 - 13:55. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 14:00 - 14:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 16:00 - 16:45. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 16:50 - 17:40. **Ages:** 5 - 8 yrs.

Cost: £35 per course (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

SATURDAY

PHYSICAL FUN

Little Kickers Warwickshire

Stratford Upon Avon High School, Alcester Road, Stratford-upon-Avon, CV37 9DH. 01926 967066. www.littlekickers.co.uk.

- **Little Kickers:** 8:40 - 9:25 & 10:20 - 11:05. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 8:40 - 9:25 & 9:30 - 10:15. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 9:30 - 10:15 & 10:20 - 11:05. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 11:10 - 11:55. **Ages:** 5 - 8 yrs.

Cost: £38 per course (*booking essential*).

Dates: 12 Oct - 14 Dec.

SUNDAY

PHYSICAL FUN

Little Kickers Warwickshire

Shipston School, 5 Farm Close, Shipston On Stour, CV36 4DY. 01926 967066. www.littlekickers.co.uk.

- **Little Kickers:** 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3½ yrs - 5 yrs.

Cost: £38 per course (*booking essential*).

Dates: 13 Oct - 29 Dec.

WARWICK, LEAMINGTON & KENILWORTH AREA

MONDAY

PARENTS & TOTS

Lillingtots and Baby Cafe

Lillington Free Church Hall, Cubbington Road, Lillington, Leamington Spa, CV32 7AL. 07900 790951. www.lillingtonfreechurch.org.

Times: 9:30 - 11:15. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

Dates: 7 Oct - 21 Oct & 4 Nov - 23 Dec.

Little Fishes Baby and Toddler Group

Saltisford Church, Albert Street, Warwick, CV34 4JX.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Muddy Puddles Mini Forest School & Tree Tots

Woodland Baby Group

Bramble Wood, Dobson Lane, Whitnash, Leamington Spa, CV31 2SP. 07730031935.

- **Muddy Puddles Forest School:** 10:00 - 11:15.

Ages: 1½ yrs - 5 yrs.

- **Tree Tots Woodland Baby Group:** 11:30 - 12:30.

Ages: 0 - 1 yrs 4 mths.

Dates: 7 Oct - 14 Oct & 4 Nov - 16 Dec.

Cost: £7 per session (*booking essential*).

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Dale Street Church, Dale Street, Leamington Spa, CV32 5HL. 07815 149877. www.bilinguasing.com.

- **We Sing Spanish:** 10:30 - 11:15 & 11:30 - 12:15.

Ages: 1 mths - 4 yrs 11 mths.

- **Baby Loves Spanish - Birth to Sitting babies:** 12:30 - 13:15.

Cost: £7.50 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469 186042. www.rhythmtime.net.

- **Young Babies:** 12:30 - 13:00. **Ages:** 0 - 6 mths.
- **Pre-School:** 10:30 - 11:00. **Ages:** 3 - 4 yrs.
- **Toddlers:** 9:30 - 10:00. **Ages:** 1 yrs 2 mths - 3 yrs.
- **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick

Kenilworth Methodist Church, 60 Priory Rd, Kenilworth, CV8 1LQ. 07739657149. www.dramatots.co.uk.

- **Rising Stars - 18m-3 yrs:** 9:30 - 10:10.
- **Bright Stars 3 yrs-4 yrs:** 10:30 - 11:15.

Cost: £7 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Drama Tots Nuneaton

Whitestone Community Centre, Magyar Crescent, Nuneaton, CV11 4SQ. 07532769095. www.dramatots.co.uk.

- **Rising Stars - 18m-3 yrs:** 9:40 - 10:20.
- **Bright Stars 3 yrs-4 yrs:** 10:30 - 11:15.

Cost: £7.50 per session (*booking essential*).

Dates: 7 Oct - 28 Oct & 11 Nov - 9 Dec.

PHYSICAL FUN

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

- **Galaxy Explorer Advanced (2.5 - 4.5 years):** 9:20 - 10:05.
- **Zipping Zoogies (17 - 22 months):** 10:30 - 11:15.
- **Galaxy Explorers (22 - 32 months):** 11:35 - 12:20.
- **Sensory Star Gazers (8+ weeks - 8 months):** 12:45 - 13:30.
- **Moon Walkers (11.5 - 17 months):** 14:00 - 14:45.

(*booking essential*). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 16:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 7 Oct - 16 Dec.

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD. 01926 940727. www.waterbabies.co.uk.

Times: 15:00 - 15:30, 15:30 - 16:00, 16:00 - 16:30, 16:30 - 17:00, 17:00 - 17:30, 17:30 - 18:00, 18:00 - 18:30 & 18:30 - 19:00.

Structured and Progressive Toddler Lessons

Ages: 0 - 5 yrs. **Cost:** £18.50 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

HEALTH & WELLNESS

Sweaty Mama Warwick & Leamington

Cubbington Village Hall, Broadway, Cubbington, Leamington Spa, CV32 7JR. 07587848121. www.warwick.sweatymama.com.

- **Sweaty Mama Class:** 11:00 - 11:45.

Effective, fun workout with your child

Ages: Pregnancy - 4 yrs. (*booking essential*).

Dates: 7 Oct - 14 Oct & 4 Nov - 9 Dec.

PREGNANCY

Home-Start South Warwickshire

Lillington Children & Family Centre, Mason Avenue, Lillington, Leamington Spa, CV32 7QE. 07564 543806. www.homestartsouthwarwickshire.org.uk.

- **Home-Start Perinatal Support Group:** 13:00 - 14:30.

Support group for expectant and new mums

Cost: Free (*booking essential*). **Dates:** 7 Oct - 30 Dec.

TUESDAY

PARENTS & TOTS

Hampton Magna Toddler Group

Hampton Magna Community Centre, Field Barn Road, Hampton Magna, Warwick, CV35 8RT. 07506 713277.

Times: 9:45 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (*drop in*).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

Radford Rascals Stay and Play Group

Radford Semele Baptist Church Hall, Lewis Road, Radford Semele, Leamington Spa, CV31 1UQ. 07739 402554. www.rsbc.info.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

SYDNI Centre

Cottage Square, Leamington Spa, CV31 1PT. 01926 336793.

- **Baby Time:** 10:00 - 11:30..

Ages: 1 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 8 Oct - 17 Dec.**MUSIC & SINGING****BilinguaSing Coventry & Warwickshire**

Stoneleigh Village Hall, Hall Close, Stoneleigh, CV8 3DG. 07815 149877. www.bilinguasing.com.

- **We Sing French:** 10:15 - 11:00.

Ages: 1 mths - 4 yrs 11 mths.**Cost:** £7.50 per session (booking essential).**Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.**Dandy Development**

Barford Memorial Hall, Church Street, Barford, CV35 8EN. 07890 241301. www.dandydevelopment.co.uk.

- **Stage 1:** 9:55 - 10:30. **Ages:** 4 mths - 1 yrs 1 mths.
- **Dandinos:** 11:00 - 11:35. **Ages:** 0 - 6 mths.

Cost: £7.50 per session (booking essential).**Dates:** 8 Oct - 22 Oct & 5 Nov - 3 Dec.**Sing and Sign Coventry and Kenilworth**

St John the Evangelist, 205, Warwick Road, Kenilworth, CV8 1HY. 07920 066652. www.singandsign.co.uk.

- **Sing & Sign Stage 2:** 9:40 - 10:40. **Ages:** 1 yrs 2 mths - 2 yrs.
- **Sing & Sign Stage 1:** 10:50 - 11:51. **Ages:** 6 mths - 1 yrs 1 mths.
- **Sing & Sign Babies:** 11:55 - 12:55. **Ages:** 0 - 6 mths.

Cost: £7.70 per session (booking essential).**Dates:** 8 Oct - 15 Oct & 5 Nov - 3 Dec.**SENSORY & DEVELOPMENT****Baby College Mid Warwickshire**

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07507413632. www.babycollege.co.uk.

- **Juniors 18 mths - 3+ yrs:** 9:30 - 10:15.
- **Toddlers 9 - 18 mths:** 10:30 - 11:15.
- **Infants 0-9mths:** 11:30 - 12:15.

Cost: £8.50 per session (booking essential).**Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.**Baby Sensory (S. Warwickshire)**

Dale Street Methodist Church (Main Hall), Dale Street, Leamington Spa, CV32 5HL. 07989 502712. www.babysensory.com.

Times: 10:00 - 10:45, 11:15 - 12:00, 12:45 - 13:30 & 14:00 - 15:00.**Ages:** 0 - 1 yrs 1 mths. **Cost:** £6.50 per session (booking essential).**Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.**Little Massage Mid Warwickshire**

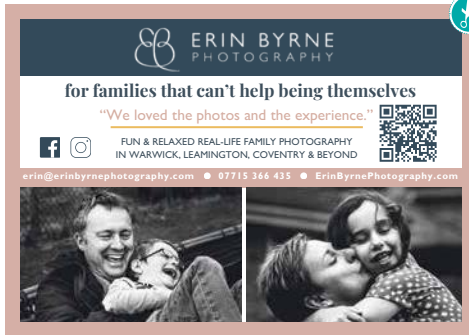
Undo Studio, Warwick House, 6 Station Rd, Kenilworth, CV8 1JF. 07530424447. www.midwarwickshire.thelittlemsensory.co.

- **Little Massage 4 week course:** 10:30 - 11:30.

Ages: 1 - 8 mths. **Cost:** £50 per course (booking essential).**Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.**CREATIVE****Arty Splats Messy Play**

Dorothea Mitchell Village Hall, Claverdon, Warwick, CV35 8PH. 07789 748730.

- **Arty's Adventurers (16mth - 5yrs):** 10:00 - 10:45.
- **Arty's Babies (6mth - 15mth):** 11:10 - 11:55.

Cost: £9.70 per session (booking essential).**Dates:** 8 Oct - 22 Oct & 5 Nov - 10 Dec.


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SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 15:00.
- Ages:** 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).
- Dates:** 8 Oct - 17 Dec.

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD.
01926 940727. www.waterbabies.co.uk.

- Times:** 9:00 - 9:30, 9:30 - 10:00, 10:00 - 10:30, 10:30 - 11:00, 15:00 - 15:29, 15:30 - 16:00, 16:30 - 17:00, 17:00 - 17:30, 17:30 - 18:00.
- Ages:** 0 - 5 yrs. **Cost:** £18.50 per session (*booking essential*).
- Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick

Bubbenhall Village Hall, Lower End, Coventry, CV8 3BW. 07739657149.
www.dramatots.co.uk.

- **All Stars - 18m-4yrs:** 9:30 - 10:10.
- Cost:** £7 per session (*booking essential*).
- Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.

PHYSICAL FUN

Little Kickers Warwickshire

Heathcote Community Centre, Cressida Close, Heathcote, Warwick, CV34 6DZ. 01926 967066. www.littlekickers.co.uk.

- **Little Kicks:** 10:00 - 10:45. **Ages:** 1½ yrs - 3 yrs.
- Cost:** £38 per course (*booking essential*).
- Dates:** 8 Oct - 29 Oct & 8 Oct - 17 Dec.

Little Kickers Warwickshire

Castle Farm Leisure Centre, Fishponds road, Kenilworth, CV8 1EY.

- **Littles/Junior Kicks:** 15:45 - 16:30. **Ages:** 1½ - 3½ yrs.
- **Mighty/Mega Kicks:** 16:35 - 17:20. **Ages:** 3½ yrs - 8 yrs.
- Cost:** £38 per course (*booking essential*).
- Dates:** 8 Oct - 29 Oct & 8 Oct - 17 Dec.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.
01926 954979. www.zoogieboogie.co.uk.

- **Zippering Zoogies (17 - 22 months):** 9:20 - 10:05.
- Opposite concepts & problem solving activities*
- **Sensory Star Gazers (8+ weeks - 8 months):** 12:45 - 13:30.
- Soothing visual & musical sensory classes for babies*
- **Moon Walkers (11.5 - 17 months):** 10:30 - 11:15.

- Activities that support pre-walking to walking*
- **Galaxy Explorer Combined (22 - 36 months):** 11:35 - 12:20.
- Combination of early-stage & advanced imaginative play*
- **Moon Crawlers (8 - 11.5 months):** 14:00 - 14:45.

Activities that support pre-crawling to crawling (booking essential). **Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.

HEALTH & WELLNESS

Mari Carmen Fitness

Naturally Baby, Unit 11, T1300, Plato Close, Royal Leamington Spa, CV34 6YB. 07969 188566. www.mariarmenfitness.com.

- **Fit Mama & Postnatal Class:** 9:30 - 10:15 & 10:30 - 11:15.
- Cost:** £12 per session (*booking essential*).
- Dates:** 8 Oct - 15 Oct & 5 Nov - 17 Dec.

Sweaty Mama Warwick & Leamington

Burton Green Village Hall, Red Lane, Burton Green, Kenilworth, CV8 1PF. 07587848121. www.warwick.sweatymama.com.

- **Sweaty Mama Class:** 13:30 - 14:15.
- Effective, fun workout with your child (booking essential).* **Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.

PREGNANCY

Home-Start South Warwickshire

Bewiched Coffee, Unit 4, Vickers Way, Lower Heathcote, Warwick, CV34 7AP. 07564 543806. www.homesstartsouthwarwickshire.org.uk.

- **Home-Start Mum2Mum Social Group:** 13:15 - 14:30.
- Social group for expectant and new mums*
- Cost:** Free (*drop in*). **Dates:** 8 Oct - 10 Dec.

WEDNESDAY

PARENTS & TOTS

Heathcote Community Centre

Cressida Close, Heathcote, Warwick, CV34 6DZ. 01926 336793.

- **Baby Time:** 13:30 - 15:00.
- Ages:** 0 - 1 yrs. **Cost:** Free (*booking essential*).
- Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Lillington Children & Family Centre

3 Mason Avenue, Lillington, CV32 7QE. 01926 887597.

- **Toddler Time:** 10:00 - 11:30.
- Ages:** 1 - 3 yrs. **Cost:** Free (*drop in*).
- Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Little Crackers Stay 'n' Play

Crackley Hall School, St Joseph's Park, Kenilworth, CV8 2FT.
01926 514456. www.littlecrackers.co.uk.

- Times:** 10:30 - 11:45. **Ages:** 0 - 4 yrs.
- **Stay 'n' Play Forest Fun:** 10:30 - 11:45.
- Dates:** 9 Oct.
- **Stay 'n' Play - Take a Look Inside Nursery:** 10:30 - 11:45.
- Dates:** 13 Nov.
- **Stay 'n' Play Christmas Party:** 10:30 - 11:45.
- Dates:** 11 Dec.
- Cost:** £2.50 per session (*booking essential*).

Mini Meadows Baby and Toddler Group

Chase Meadow Community Ctr, Chase Meadow, Warwick, CV34 6BT.

- Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- Cost:** £2 per session (*booking essential*).
- Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Muddy Puddles Mini Forest School & Tree Tots

Woodland Baby Group

Bramble Wood, Dobson Lane, Whitnash, Leamington Spa, CV31 2SP.

- **Tree Tots Woodland Baby Group:** 11:15 - 12:15.
- Ages:** 0 - 1 yrs 4 mths. **Cost:** £7 per session (*booking essential*).
- Dates:** 6 Nov - 11 Dec.

MUSIC & SIGNING

Dandy Development

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF.
07890 241301. www.dandydevelopment.co.uk.

- **Stage 2:** 9:50 - 10:30. **Ages:** 1 yrs 1 mths - 2½ yrs.
- **Stage 1:** 11:00 - 11:35. **Ages:** 4 mths - 1 yrs 1 mths.
- Cost:** £7.50 per session (*booking essential*).
- Dates:** 9 Oct - 23 Oct & 6 Nov - 4 Dec.

Rhythm Time Leamington Spa, Kenilworth,

Stratford upon-Avon

The Kenilworth Centre, Abbey End Car Park, Kenilworth, CV8 1QJ.
07469 186042. www.rhythmtime.net.

- **Toddlers:** 9:30 - 10:00. **Ages:** 1 yrs 1 mths - 3 yrs.
- **Babies:** 10:30 - 11:00. **Ages:** 6 mths - 1 yrs 1 mths.
- Cost:** £8 per session (*booking essential*).
- Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Rhythm Time Leamington Spa, Kenilworth,

Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.
07469 186042. www.rhythmtime.net.

- **Pre-School:** 9:30 - 10:00. **Ages:** 3 - 4 yrs.
- **Toddlers:** 10:30 - 11:00. **Ages:** 1 yrs 2 mths - 3 yrs.
- **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 1 yrs 1 mths.
- Cost:** £8 per session (*booking essential*).
- Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.



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Sing and Sign Coventry and Kenilworth

Earlson Methodist Church Hall, Albany Road, Earlson, Coventry, CV5 6NF. 07920 066652. www.singandsign.co.uk.

- **Sing & Sign Stage 2:** 9:30 - 10:30. **Ages:** 1 yrs 2 mths - 2 yrs.
- **Sing & Sign Stage 1:** 10:45 - 11:45. **Ages:** 7 mths - 1 yrs 2 mths.
- **Sing & Sign Babes:** 11:50 - 12:50. **Ages:** 0 - 6 mths.

Cost: £7.70 per session (booking essential).

Dates: 9 Oct - 16 Oct & 6 Nov - 4 Dec.

SENSORY & DEVELOPMENT

Spa Babies

Warwick Ashorne Village Hall, Ashorne Village Hall, Ashorne, Leamington Spa, CV35 9DR. 07984 762397. www.spababies.co.uk.

Times: 11:00 - 12:15, 12:45 - 14:00 & 16:15 - 17:30.

Ages: 0 - 10 mths. **Cost:** £35 per course (booking essential).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

CREATIVE

Arty Splats Messy Play

St Chads Centre, Church HI, Bishop's Tachbrook, Leamington Spa, CV33 9RJ. 07789 748730.

- **Arty's Adventurers (16mth - 5yrs):** 10:00 - 10:45.
- **Arty's Babies (6mth - 15mth):** 11:10 - 11:55.

Cost: £9.50 per session (booking essential).

Dates: 9 Oct - 23 Oct & 6 Nov - 11 Dec.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick

Naturally Baby Unit 11 T1300, Plato Close, Tachbrook Park, Leamington Spa, CV34 6YB. 07739657149.

- **Rising Stars - 18m-3yrs:** 10:00 - 10:40.
- **Bright Stars 3yrs-4yrs:** 11:00 - 11:45.

Cost: £7 per session (booking essential).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

PHYSICAL FUN

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

- **Zippering Zoogies (17 - 22 months):** 10:30 - 11:15.
- **Opposite concepts & problem solving activities**
- **Galaxy Explorers (22 - 32 months):** 11:35 - 12:20.

Early-stage imaginative play themes and activities

- **Sensory Star Gazers (8+ weeks - 8 months):** 14:00 - 14:45.

Soothing visual & musical sensory classes for babies

- **Moon Walkers (11.5 - 17 months):** 15:05 - 15:50.

Activities that support pre-walking to walking

- **Moon Crawlers (8 - 11.5 months):** 9:20 - 10:05.

Activities that support pre-crawling to crawling

(booking essential). **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Wholesome Hedgehog Yoga

Little Light Studio, 61 Kelvin Road, New Cubbington, Leamington Spa, CV32 7TG. 07842 160860. www.wholesomehedgehog.com.

- **'Hoglets' Yoga & Movement:** 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £6 per session (booking essential).

Dates: 6 Nov - 27 Nov.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 15:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (booking essential).

Dates: 9 Oct - 18 Dec.

Water Babies Warwickshire

Walton Hall Hotel, Jubilee Drive, Walton, Wellesbourne, CV35 9HG. 01926 940727. www.waterbabies.co.uk.

Times: 10:30 - 11:00. **Ages:** 1 mths - 5 yrs.

Cost: £18.50 per session (booking essential). **Dates:** 9 Oct - 25 Dec.

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD. 01926 940727. www.waterbabies.co.uk.

Times: 15:00 - 15:30, 15:30 - 15:59, 16:00 - 16:30, 16:30 - 17:00, 17:00 - 17:30, 17:30 - 18:00 & 18:00 - 18:30.

Structured and Progressive Toddler Lessons

Ages: 0 - 5 yrs. **Cost:** £18.50 per session (booking essential).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

PREGNANCY

Home-Start South Warwickshire

Naturally Baby, Unit 11 (T1300), Plato Close (Off Artemis Drive), Warwick, CV34 6YB. 07564 543806.

www.homestartsouthwarwickshire.org.uk.

- **Home-Start Perinatal Support Group:** 13:00 - 14:30.

Support group for expectant and new mums

Cost: Free (booking essential). **Dates:** 9 Oct - 18 Dec.

THURSDAY

PARENTS & TOTS

Harbury Village Library

The Wight School, High Street, Harbury, Leamington Spa, CV33 9HW. 01926 258 776. www.harburyvillagelibrary.org.uk.

- **Tunes and Tales:** 9:15 - 9:45.

Ages: 1 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 10 Oct - 26 Dec.

Kingsway Children & Families Centre

Kingsway Primary School, Baker Avenue, Leamington Spa, CV31 3HB. 01926 336793.

- **Baby Time:** 9:30 - 11:00. **Ages:** 0 - 1 yrs.
- **Toddler Time:** 13:30 - 15:00. **Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 10 Oct - 19 Dec.

Leek Wootton Baby & Toddler Group

Leek Wootton Village Hall, Warwick Road, Warwick, CV35 7RB.
Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 per session (*drop in*).
Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Octotots Toddler Group

Octagon (Church Hall of Lillington Parish Church), Vicarage Road, Lillington, Leamington Spa, CV32 7RH. 01926 470449.
Times: 10:30 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).
Dates: 10 Oct - 24 Oct & 7 Nov - 12 Dec.

St John's Toddlers Kenilworth

St. John's Church Hall, Warwick Road, Kenilworth, CV8 1HY.
 07815 149877. www.stjohns316.co.uk.
 • **St John's Toddlers:** 10:00 - 11:30.
Ages: 0 - 5 yrs. **Cost:** £1.50 per session (*drop in*).
Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

MUSIC & SIGNING**BilinguaSing Coventry & Warwickshire**

Kenilworth Methodist Church, Priory Road, Kenilworth, CV8 1LQ.
 07815 149877. www.bilinguasing.com.
 • **We Sing Italian:** 13:45 - 14:30.

Mixed aged family Italian music class for 0-4 year olds.

Ages: 1 mths - 4 yrs 11 mths.
Cost: £7.50 per session (*booking essential*).
Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Dandy Development

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF.
 07890 241301. www.dandydevelopment.co.uk.

- **Stage 2:** 12:15 - 12:55. **Ages:** 1 yrs 1 mths - 2½ yrs.
- **Stage 1:** 11:00 - 11:35. **Ages:** 4 mths - 1 yrs 1 mths.
- **Dandinos:** 9:55 - 10:30. **Ages:** 0 - 6 mths.

Cost: £7.50 per session (*booking essential*).
Dates: 10 Oct - 24 Oct & 7 Nov - 5 Dec.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.
 07469 186042. www.rhythmtime.net.

- **Pre-School:** 9:30 - 10:00. **Ages:** 3 - 4 yrs.
- **Toddlers:** 10:30 - 11:00. **Ages:** 1 yrs 2 mths - 3 yrs.
- **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).
Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

SENSORY & DEVELOPMENT**Baby Sensory (S. Warwickshire)**

Hatton Park Village Hall, Barcheston Drive, Hatton Park, Warwick, CV35 7TR. 07989 502712. www.babysensory.com.
Times: 10:00 - 10:45 & 11:15 - 12:00. **Ages:** 0 - 1 yrs 1 mths.
Cost: £6.50 per session (*booking essential*).
Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Little Massage Mid Warwickshire

Undo Studio, Warwick House, 6 Station Rd, Kenilworth, CV8 1JF.
 07530424447. www.midwarwickshire.thelittlemessy.com.
 • **Little Massage 4 week course:** 10:30 - 11:30.
Ages: 1 - 8 mths. **Cost:** £50 per course (*booking essential*).
Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

CREATIVE**Arty Splats Messy Play**

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, Warwick, CV34 6DR. 07789 748730.

- **Arty's Adventurers (16mth - 5yrs):** 10:00 - 10:45.
- **Arty's Babies (6mth - 15mth):** 11:10 - 11:55.

Cost: £9.70 per session (*booking essential*).
Dates: 10 Oct - 24 Oct & 7 Nov - 12 Dec.

DANCE & DRAMA**Drama Tots Kenilworth, Leamington and Warwick**

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07739657149. www.dramatots.co.uk

- **All Stars - 18m-4yrs:** 11:00 - 11:40.

Cost: £7 per session (*booking essential*). **Dates:** 10 Oct - 17 Oct.

PHYSICAL FUN**Go4goals Midlands Ltd**

Kingsley School Playing Fields, Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk

- **Elite Development:** 17:30 - 18:30.

Open to club players

Ages: 5 - 12 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Little Kickers Warwickshire

Whitnash Civic Centre, Acre Close, Whitnash, Leamington Spa, CV31 2JH. 01926 967066. www.littlekickers.co.uk.

- **Little Kickers:** 9:25 - 10:10. **Ages:** 1½ yrs - 2½ yrs.

- **Junior Kickers:** 10:15 - 11:00. **Ages:** 2½ yrs - 3½ yrs.

- **Mighty Kickers:** 11:05 - 11:50. **Ages:** 3½ yrs - 5 yrs.

Cost: £38 per course (*booking essential*). **Dates:** 10 Oct - 19 Dec.

Little Kickers Warwickshire

Leamington College, Warwick New Road, Leamington Spa, CV32 5JE.
 01926 967066. www.littlekickers.co.uk.

- **Mighty Kickers:** 16:10 - 16:55. **Ages:** 3½ yrs - 5 yrs.

- **Mega Kickers:** 17:00 - 17:50. **Ages:** 5 - 8 yrs.

Cost: £38 per course (*booking essential*). **Dates:** 10 Oct - 19 Dec.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.

01926 954979. www.zoogieboogie.co.uk.

- **Galaxy Explorer Advanced (2.5 - 4.5 years):** 11:35 - 12:20.

Advanced imaginative play themes and activities

- **Galaxy Explorers (22 - 32 months):** 9:20 - 10:05 & 15:05 - 15:50.

Early-stage imaginative play themes and activities

- **Sensory Star Gazers (8+ weeks - 8 months):** 12:20 - 13:05.

Soothing visual & musical sensory classes for babies

- **Moon Walkers (11.5 - 17 months):** 10:30 - 11:15.

Activities that support pre-walking to walking

- **Moon Crawlers (8 - 11.5 months):** 14:00 - 14:45.

Activities that support pre-crawling to crawling

(booking essential). **Dates:** 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Wholesome Hedgehog Yoga

Little Light Studio, 61 Kelvin Road, New Cubbington, Leamington Spa, CV32 7TG. 07842 160860. www.wholesomehedgehog.com.

- **"Hoglets" Yoga & Movement:** 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £6 per session (*booking essential*).

Dates: 10 Oct - 17 Oct & 5 Dec - 12 Dec.

SWIMMING**Swim Works**

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.

07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 15:30.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 10 Oct - 19 Dec.

Water Babies Warwickshire

Walton Hall Hotel, Jubilee Drive, Walton, Wellesbourne, CV35 9HG.

01926 940727. www.waterbabies.co.uk.

Times: 9:30 - 10:00, 10:00 - 10:30, 17:30 - 18:00, 18:00 - 18:30.

Ages: 1 mths - 5 yrs.

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Cost: £18.50 per session (*booking essential*).

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD.

01926 940727. www.waterbabies.co.uk.

Times: 9:30 - 10:00, 10:00 - 10:30 & 10:30 - 11:00.

Ages: 0 - 5 yrs. **Dates:** 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Cost: £18.50 per session (*booking essential*).



Go4Goals
Football Coaching

Free Trial Class
quote 'Toddle About!'

GO4GOALS is an organisation aimed at developing young children's football skills throughout Warwickshire and West Midlands. Coaching will be provided for all levels, the children will develop technically and improve their social skills for later in life.

GO4GOALS football sessions cover the following age groups;

Age 2-11, Boys & Girls

- 9.00am - 9.40am Leamington Spa - Nursery & Pre School
- 10.15am - 11.15am Leamington Spa - Primary School

Age 5-11, Boys & Girls
(After school clubs, private sessions, birthday parties and school holiday camps)

For more information please contact Jason Davies on 07747 562 469
Email: jason@go4goals.co.uk
www.go4goals.co.uk

HEALTH & WELLNESS

Sweaty Mama Warwick & Leamington

Norton Lindsey Village Hall, Wolverton Road, Norton Lindsey, Warwick, CV35 8JL. 07587848121. www.warwick.sweatymama.com.

- **Sweaty Mama Class:** 10:45 - 11:30.

Effective, fun workout with your child

Ages: Pregnancy - 4 yrs. (booking essential).

Dates: 10 Oct - 17 Oct & 7 Nov - 12 Dec.

PREGNANCY

Home-Start South Warwickshire

The Gap Community Centre, Oakwood Grove, Warwick, CV34 5TD. 07564 543806. www.homestartsouthwarwickshire.org.uk.

- **Home-Start Perinatal Support Group:** 13:00 - 14:30.

Support group for expectant and new mums

Cost: Free (booking essential). **Dates:** 10 Oct - 26 Dec.

Naturally Baby

Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. www.naturallybaby.co.uk.

- **Baby Hub - Feeding Support:** 13:00 - 14:30.

Cost: Free (drop in).

Ages: Pregnancy - 9 mths.

Cost: £4.95 per session (booking essential).

- **Hypnobirthing Course:** 18:00 - 20:00.

Cost: £45 per course (booking essential).

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

- **Antenatal Weekday Classes:** 18:00 - 20:30.

Cost: £48.75 per course (booking essential).

Dates: 7 Nov - 28 Nov.



Spa Babies®

The Leading Baby Spa in the U.K.

Established in April 2019, the sessions are aimed at 0-10 month olds. Spa Babies creates a calming environment for both adult and baby alike.

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Sweaty Mama Warwick & Leamington

St Chads Centre, Church Hill, Bishop's Tachbrook, Leamington Spa, CV33 9RJ. 07587848121. www.warwick.sweatymama.com.

- **Mamalates with bump:** 18:15 - 19:00.

Low-impact exercise with bump

(booking essential). **Dates:** 10 Oct - 17 Oct & 7 Nov - 12 Dec

FRIDAY

PARENTS & TOTS

Emmanuel Toddler Group

Emmanuel Evangelical Church, Heath Terrace, Leamington Spa, CV32 5LY. 01926 424584.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (drop in).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

Hatton Park Baby and Toddler Group

Hatton Park Village Hall, Barcheston Drive, Warwick, CV35 7TR.

Times: 9:45 - 11:15. **Ages:** 0 - 4 yrs. **Cost:** £2.50 per session (drop in).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

St Margaret's Chapter House

2 Church Close, Whitnash, Leamington Spa, CV31 2HJ. 01926 336793.

- **Baby Time:** 10:00 - 11:30.

Ages: 1 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 11 Oct - 20 Dec.

Muddy Puddles Mini Forest School & Tree Tots Woodland Baby Group

Foundry Wood, Princes Drive, Leamington Spa, CV32 5AE. 07730031935.

- **Muddy Puddles (Toddlers):** 10:00 - 11:00 **Ages:** 1½ yrs - 5 yrs.
- **Muddy Puddles (Pre-Schoolers):** 11:15 - 12:30 **Ages:** 3 - 5 yrs.

Cost: £7 per session (booking essential).

Dates: 11 Oct - 25 Oct & 8 Nov - 13 Dec.

Lillington Children & Family Centre

3 Mason Avenue, Lillington, CV32 7QE. 01926 887597.

• **Baby time:** 9:30 - 11:00.

Cost: Free (*drop in*). **Dates:** 11 Oct - 13 Dec

Weston Tots & Babes

Weston under Wetherley Village Hall, Weston-under-Wetherley, Leamington Spa, CV33 9BW.

Times: 9:45 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

Dates: 11 Oct - 20 Dec.

MUSIC & SIGNING**BilinguaSing Coventry & Warwickshire**

Jaguar Sports & Social Club, Fenton Road, Off Browns Lane, Coventry, CV5 9PS. 07815 149877. www.bilinguasjng.com.

• **We Sing Spanish:** 10:00 - 10:45. **Ages:** 1 mths - 4 yrs 11 mths.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

BilinguaSing Coventry & Warwickshire

St Barbara's Church, 22 Rochester Road, Earlsdon, Coventry, CV5 6AG. 07815 149877. www.bilinguasjng.com.

• **We Sing German:** 10:15 - 11:00. **Ages:** 1 mths - 4 yrs 11 mths.

• **We Sing French:** 11:15 - 12:00. **Ages:** 1 mths - 4 yrs 11 mths.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

Dandy Development

St Mary Immaculate, Warwick, 45 West Street, Warwick, CV34 6AB. 07890 241301. www.dandydevelopment.co.uk.

• **Stage 1:** 9:55 - 10:30. **Ages:** 4 mths - 1 yrs 1 mths.

• **Stage 2:** 11:00 - 11:40. **Ages:** 1 yrs 1 mths - 2½ yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 6 Dec.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469 186042. www.rhythmtime.net.

• **Toddlers:** 9:30 - 10:00. **Ages:** 1 yrs 2 mths - 3 yrs.

• **Babies:** 11:30 - 12:00. **Ages:** 6 mths - 1 yrs 1 mths.

Cost: £8 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

Sing and Sign Coventry and Kenilworth

All Souls RC Church, Kingsland Avenue, Earlsdon, Coventry, CV5 8DX. 07920 066652. www.singandsign.co.uk.

• **Sing & Sign Stage 2:** 10:00 - 11:00. **Ages:** 1 yrs 2 mths - 2 yrs.

• **Sing & Sign Stage 1:** 11:05 - 12:05. **Ages:** 6 mths - 1 yrs 1 mths.

• **Sing & Sign Babes:** 11:55 - 12:55. **Ages:** 0 - 6 mths.

Dates: 11 Oct - 25 Oct & 8 Nov - 6 Dec.

Cost: £7.70 per session (*booking essential*).

SENSORY & DEVELOPMENT**Baby Sensory (S. Warwickshire)**

Dale Street Methodist Church (Main Hall), Dale Street, Leamington Spa, CV32 5HL. 07989 502712. www.babysensory.com.

Times: 10:15 - 11:00 & 11:30 - 12:15. **Ages:** 0 - 1 yrs 1 mths.

Cost: £6.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

Glo-Babies

The Kenilworth Centre, Abbey End, Kenilworth, CV8 1QJ. 07956355729. www.glo-group.co.uk.

Times: 10:30 - 11:10. **Ages:** 0 - 3 yrs.

Cost: £7 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

DANCE & DRAMA**Drama Tots Kenilworth, Leamington and Warwick**

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07739657149. www.dramatots.co.uk

• **All Stars - 18m-4yrs:** 10:00 - 10:40.

Cost: £7 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 20 Dec.

Drama Tots Nuneaton

Saint Peter's Church Hall, 81 Hickman Road, Galley Common, Nuneaton, CV10 9NG. 07532769095. www.dramatots.co.uk.

• **All Stars 18months - 5yrs old:** 10:00 - 10:45.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 13 Dec.

Drama Tots Nuneaton

Bedworth Heath Community Centre, Smorrall Lane, Bedworth, CV12 0JN. 07532769095. www.dramatots.co.uk.

• **All Stars 18months - 5yrs old:** 13:30 - 14:15.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 13 Dec.

Stagecoach Performing Arts Kenilworth

The Kenilworth Centre, Abbey End, Kenilworth, CV8 1QJ. 07483914041. www.stagecoach.co.uk.

Times: 16:00 - 17:30. **Ages:** 4 - 6 yrs.

Cost: £12.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 6 Dec.

Stagecoach Performing Arts Warwick

Heathcote Primary School, Vickers Way, Heathcote, CV34 7AP. 07483914041. www.stagecoach.co.uk.

Times: 16:15 - 17:45. **Ages:** 4 - 6 yrs.

Cost: £12.50 per session (*booking essential*).

Dates: 11 Oct - 25 Oct & 8 Nov - 6 Dec.

PHYSICAL FUN**AirHop & Rush Group UK**

AirHop Adventure & Trampoline Park Warwick, Tachbrook Park, Hermes Close, Leamington Spa, CV34 6NW. 0330 223 3333. www.airhop.co.uk.

• **Toddler Takeover Weekdays Term Time:** 10:00 - 12:00.

Ages: 1 - 6 yrs. **Cost:** £11 per session (*booking essential*).

Dates: 8 Nov - 13 Dec.

Little Kickers Warwick Warwickshire

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 01926 967066. www.littlekickers.co.uk.

• **Little Kicks:** 9:15 - 10:00. **Ages:** 1½ yrs - 2½ yrs.

• **Mighty Kickers:** 10:55 - 11:40. **Ages:** 3½ yrs - 5 yrs.

Cost: £35 per course (*booking essential*).

Dates: 11 Oct - 20 Dec.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

• **Galaxy Explorer Advanced (2.5 - 4.5 years):** 14:00 - 14:45.

Advanced imaginative play themes and activities

• **Zippling Zoogies (17 - 22 mths):** 11:35 - 12:20 & 15:05 - 15:50.

Opposite concepts & problem solving activities

• **Moon Walkers (11.5 - 17 months):** 10:30 - 11:15.

Activities that support pre-walking to walking

• **Galaxy Explorer Combined (22 - 36 months):** 9:20 - 10:05.

Combination of early-stage & advanced imaginative play

• **Moon Crawlers (8 - 11.5 months):** 12:40 - 13:25.

Activities that support pre-crawling to crawling
(*booking essential*). **Dates:** 11 Oct - 25 Oct & 8 Nov - 20 Dec.

SWIMMING**Swim Works**

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

• **Baby Swimming:** 9:30 - 16:30.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 11 Oct - 20 Dec.

Water Babies Warwickshire

Chesford Grange Hotel, b4115, Nr Warwick, Kenilworth, CV8 2LD. 01926 940727. www.waterbabies.co.uk.

Times: 10:00 - 10:30, 15:00 - 15:30, 15:30 - 16:00, 16:00 - 16:30, 16:30 - 17:00, 17:00 - 17:30, 18:00 - 18:30, 18:00 - 18:29 & 18:30 - 19:00.

Ages: 0 - 5 yrs. **Dates:** 11 Oct - 25 Oct & 8 Nov - 20 Dec.

Cost: £18.50 per session (*booking essential*).



Find Loads More Activities Near You!

www.toddleabout.co.uk

HEALTH & WELLNESS

Sweaty Mama Warwick & Leamington

Whitnash Civic Centre, Acre Close, Whitnash, Leamington Spa, CV31 2ND. +447587848121. www.warwick.sweatymama.com.

• **Sweaty Mama Class:** 9:45 - 10:30.

Effective, fun workout with your child (booking essential). **Dates:** 11 Oct - 18 Oct & 8 Nov - 13 Dec.

SATURDAY

PARENTS & TOTS

Dads and Tots Club

Dale Street Methodist Church, Dale Street, Leamington Spa, CV32 5HL. 01926 612832 / 07742 764851.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £4 per session (drop in).

Dates: 12 Oct - 19 Oct & 9 Nov - 21 Dec.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick

The Kenilworth Centre, Abbey End car park, Abbey End, Kenilworth, CV8 1QJ. 07739657149. www.dramatots.co.uk

- **Rising Stars - 18m-3yrs:** 9:30 - 10:10.
- **Bright Stars 3yrs-4yrs:** 10:30 - 11:15.

Cost: £7 per session (booking essential).

Dates: 12 Oct - 19 Oct & 9 Nov - 14 Dec.

Stagecoach Leamington Spa

Campion School, Sydenham Drive, Leamington Spa, CV31 1QH. 07483 914041. www.stagecoach.co.uk.

Times: 9:00 - 10:30, 9:30 - 11:00, 10:45 - 12:15 & 11:15 - 12:45.

Ages: 4 - 6 yrs. **Cost:** £14.50 per session (booking essential).

Dates: 12 Oct - 19 Oct & 9 Nov - 7 Dec.

Stagecoach Performing Arts Kenilworth

Balsall Common Primary School, Balsall Street East, Balsall Common, CV7 7FS. 07483914041. www.stagecoach.co.uk.

Times: 9:30 - 11:00. **Ages:** 4 - 6 yrs.

Cost: £12.50 per session (booking essential).

Dates: 12 Oct - 26 Oct & 9 Nov - 7 Dec.

Stagecoach Performing Arts Warwick

All Saints COE Junior School, Nelson Avenue, Warwick, CV34 5LY. 07483914041. www.stagecoach.co.uk.

Times: 9:30 - 11:00. **Ages:** 4 - 6 yrs.

Cost: £12.50 per session (booking essential).

Dates: 12 Oct - 26 Oct & 9 Nov - 7 Dec.

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www.midwarwickshire.thelittlesensory.co

PHYSICAL FUN

Go4goals Midlands Ltd

Kingsley School Playing Fields , Sandy Lane, Leamington Spa, CV32 6RD. 07747 562469. www.go4goals.co.uk.

Times: 9:00 - 9:40. **Ages:** 2 yrs - 3½ yrs.

Times: 9:00 - 10:00. **Ages:** 4 - 6 yrs.

Times: 10:15 - 11:15. **Ages:** 6 - 13 yrs.

Cost: £4 per session (booking essential).

Dates: 12 Oct - 19 Oct & 9 Nov - 14 Dec.

Little Kickers Warwickshire

Myton School, Myton Road, Warwick, CV34 6PJ. 01926 967066. www.littlekickers.co.uk.

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kicker:** 10:25 - 11:10. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 11:15 - 12:00. **Ages:** 5 - 8 yrs.
- **Mega+ Kickers:** 12:05 - 12:50. **Ages:** 3½ yrs - 5 yrs.

Cost: £38 per course (booking essential).

Dates: 12 Oct - 19 Oct & 9 Nov - 14 Dec.

Little Kickers Warwickshire

Campion School, Sydenham Drive, Sydenham, Leamington Spa, CV31 1QH. 01926 967066. www.littlekickers.co.uk.

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3½ yrs - 5 yrs.

Cost: £35 per course (booking essential).

Dates: 12 Oct - 19 Oct & 9 Nov - 14 Dec.

Little Kickers Warwickshire

Castle Farm Leisure Centre , Fishponds road, Kenilworth, CV8 1EY.

- **Little Kicks:** 9:10 - 9:55. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kicks:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kicks:** 10:50 - 11:35. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kicks:** 11:40 - 12:25. **Ages:** 5 - 8 yrs.

Cost: £38 per course (booking essential).

Dates: 12 Oct - 19 Oct & 9 Nov - 14 Dec.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

- **Zippping Zoogies (17 - 22 months):** 10:30 - 11:15.

Opposite concepts & problem solving activities

- **Galaxy Explorer Combined (22 - 36 months):** 9:20 - 10:05.

Combination of early-stage & advanced imaginative play

- **Moon Crawler & Walker Combined (8-16 mths):** 11:35 - 12:20.

Activities that are perfect for early crawlers & pre-walkers

(booking essential). **Dates:** 12 Oct - 19 Oct & 9 Nov - 14 Dec.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:00 - 13:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).
Dates: 12 Oct - 14 Dec.

Water Babies Warwickshire

Thorns Community Infant School, Blackthorn Rd, Kenilworth,
CV8 2DS. 01926 940727. www.waterbabies.co.uk.

Times: 8:30 - 9:00, 9:00 - 9:30, 9:30 - 10:00, 10:00 - 10:30, 10:30 - 11:00,
11:00 - 11:30 & 11:30 - 12:00. **Ages:** 1 mths - 5 yrs.

Dates: 12 Oct - 26 Oct & 9 Nov - 21 Dec.

Cost: £18.50 per session (*booking essential*).

Water Babies Warwickshire

Core Gym, Bedford Street, Leamington Spa, CV32 5DT. 01926 940727.
www.waterbabies.co.uk.

Times: 11:00 - 11:30, 11:30 - 12:00, 12:00 - 12:30, 12:30 - 13:00,
13:00 - 13:30.

Ages: 3 mths - 5 yrs. **Cost:** £18.50 per session (*booking essential*).

Dates: 12 Oct - 26 Oct & 9 Nov - 21 Dec.

OTHER

Rugby Mum2Mum Market

Ernsford Grange Academy, Princethorpe Way, Binley, CV3 2QD.
www.mum2mummarket.co.uk.

- **Coventry Nearly New Sales:** 11:00 - 13:00.

Cost: £2 entry per adult, kids go free. **Dates:** 2 Nov.

SUNDAY

DANCE & DRAMA

tiny toes ballet warwickshire

Lillington Social Club, Lime Avenue, Lillington, Leamington Spa,
CV32 7DA. 07362431151. www.tinytoesballet.co.uk.

- **Twinkle Toes Class:** 9:30 - 10:10. **Ages:** 1½ yrs - 2½ yrs.
- **Talent Toes Class:** 10:15 - 10:55. **Ages:** 2½ yrs - 4 yrs.
- **Twirlers & Spinners:** 12:10 - 12:50. **Ages:** 4 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 13 Oct - 20 Oct & 10 Nov - 15 Dec.

PHYSICAL FUN

Little Kickers Warwickshire

Myton School, Myton Road, Warwick, CV34 6PJ. 01926 967066.
www.littlekickers.co.uk.

- **Little Kickers:** 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:25 - 11:10 & 12:05 - 12:50. **Ages:** 3½ - 5 yrs.
- **Mega Kickers:** 11:15 - 12:00. **Ages:** 5 - 8 yrs.

Cost: £38 per course (*booking essential*).

Dates: 13 Oct - 20 Oct & 10 Nov - 15 Dec.

Little Kickers Warwickshire

Castle Farm Leisure Centre, Fishponds road, Kenilworth, CV8 1EY.
01926 967066. www.littlekickers.co.uk.

- **Little Kickers:** 9:10 - 9:55. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:50 - 11:35. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 11:40 - 12:25. **Ages:** 5 - 8 yrs.

Cost: £38 per course (*booking essential*).

Dates: 13 Oct - 20 Oct & 10 Nov - 15 Dec.

Little Kickers Warwickshire

North Leamington School, Sandy Lane, Leamington Spa, CV32 6RD.
01926 967066. www.littlekickers.co.uk.

- **Little Kickers:** 9:10 - 9:55. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:50 - 11:35. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 11:40 - 12:25. **Ages:** 5 - 8 yrs.

Cost: £38 per course (*booking essential*).

Dates: 13 Oct - 20 Oct & 10 Nov - 15 Dec.

Little Kickers Warwickshire

Leamington College, Warwick New Road, Leamington Spa, CV32 5JE.
01926 967066. www.littlekickers.co.uk.

- **Little Kickers:** 10:10 - 10:55. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 11:00 - 11:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 11:50 - 12:35. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 12:40 - 13:25. **Ages:** 5 - 8 yrs.

Cost: £38 per course (*booking essential*).

Dates: 13 Oct - 20 Oct & 10 Nov - 15 Dec.

Wholesome Hedgehog Yoga

Little Light Studio, 61 Kelvin Road, New Cubbington, Leamington Spa,
CV32 7TG. 07842 160860. www.wholesomehedgehog.com.

- **Family Yoga:** 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £8 per session (*booking essential*).

- **Family Yoga:** 10:30 - 11:30.

Ages: 4+ yrs. **Cost:** £12 per session (*booking essential*).

Dates: 3 Nov.

Wholesome Hedgehog Yoga

The Basement Snug, 13 High Street, Kenilworth, CV8 1LY. 07842
160860. www.wholesomehedgehog.com.

- **Family Yoga:** 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £8 per session (*booking essential*).

- **Family Yoga:** 10:30 - 11:30.

Ages: 4+ yrs. **Cost:** £12 per session (*booking essential*).

Dates: 1 Dec.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:00 - 13:00.

Ages: 0 - 5 yrs. **Cost:** £14.50 per session (*booking essential*).

Dates: 13 Oct - 15 Dec.



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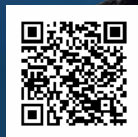
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📍 15-17 Kenilworth Rd, Leamington Spa, Warwickshire CV32 5TW

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