

Thursday

22nd Oct

Event

Description

Time

Location

Child health clinic

Website: 0to19torbay.co.uk

Free **Booking required**

We are offering appointment only clinics for people who are worried about their baby or child's development and for those that need to see a health visitor. Please give us a call or email us. Depending on your needs you will receive phone support or been seen face to face. You can also find lots of information, advice and support on our website.

Weekly

Paignton

Infant Feeding Support Group

Website: 0to19torbay.co.uk

Free

We are offering a new virtual infant feeding peer support group. More details to follow on how to join this weekly group.

Weekly

Thursday

22nd Oct

Event

Description

Time

Location

My developing toddler group

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

Free **Booking required**

A weekly session with a rolling programme of development and behaviour support for parents. Weekly development focus

- General development/Speech, language and communication
- Sleep
- Toilet training
- Managing children's emotions
- Dummy use and/or dental info
- Healthy Lifestyles

9:45AM - 11:15AM
Weekly

Torquay

Book on for a limited number of families in line with COVID 19 safer measures of working and government guidelines.

Thursday

22nd Oct

Event

Description

Time

Location

Baby Massage

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

Baby massage is a short course for parents where you can learn how to massage different parts of your baby's body. Massage can help your baby with the symptoms of colic, aid digestion and regulate their sleep. It is also a great way to relax, have fun and spend quality time together using music, simple songs and nursery rhymes.

1:30PM - 2:30PM
Weekly

Brixham

Free **Booking required**

This course is suitable for babies between the ages of 3 - 6 months old. As with all of courses there is no charge. At the moment we can only offer baby massage to new mums whose health professional has referred them.

Baby Massage

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

Baby massage is a short course for parents where you can learn how to massage different parts of your baby's body. Massage can help your baby with the symptoms of colic, aid digestion and regulate their sleep. It is also a great way to relax, have fun and spend quality time together using music, simple songs and nursery rhymes.

1:30PM - 2:30PM
Weekly

Paignton

Free **Booking required**

This course is suitable for babies between the ages of 3 - 6 months old. At the moment we are only able to offer this to new parents that have been referred by their health professional.

Friday

23rd Oct

Event

Description

Time

Location

My Developing Toddler Group

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

Free Booking required

A weekly session with a rolling programme of development and behaviour support for parents. Weekly development focus on

- General development/Speech, language and communication
- Sleep
- Toilet training
- Managing children's emotions
- Dummy use and/or dental info
- Healthy Lifestyles

9:45AM - 11:15AM
Weekly

Paignton

Storytime

Website: facebook.com/0to19Torbay

Free

We post a new story regular throughout the week for you to enjoy at home with your little one. You can always find all our Story time sessions in the video area on our Facebook page to enjoy again and again.

1:00PM - 1:15PM
Weekly

Monday

26th Oct

Event

Description

Time

Location

Let's Talk and Play

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

One to one Speech Language & Communication support for children who need a bit or extra support with their speech, language and communication. This is for families that are referred to our service by a health professional or you can self refer.

Weekly

Torquay and Brixham

Free Booking required

Baby Massage

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

Baby massage is a short course for parents where you can learn how to massage different parts of your baby's body. Massage can help your baby with the symptoms of colic, aid digestion and regulate their sleep. It is also a great way to relax, have fun and spend quality time together using music, simple songs and nursery rhymes.

10:30AM - 11:30AM

Weekly

Brixham

Free Booking required

This course is suitable for babies between the ages of 3 - 6 months old. As with all of courses there is no charge. At the moment we can only offer baby massage to new mums whose health professional has referred them.

Tuesday

27th Oct

Event

Description

Time

Location

Child health clinic

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

We are offering appointment only clinics for people who are worried about their baby or child's development and for those that need to see a health visitor. Please give us a call or email us. Depending on your needs you will receive phone support or been seen face to face. You can also find lots of information, advice and support on our website.

Weekly

Brixham

Free Booking required

Infant Feeding Clinic

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: facebook.com/NHSbreastfeedingtorbay

If you would like support with infant feeding give us a call contact our hub or email the team. Depending on your needs you will receive phone support or be seen face to face. You can also find lots of advice and support at our breastfeeding Facebook page.

9:30AM - 1:00PM

Weekly

Free Booking required

Children's Speech and Language Support

Website:

england.nhs.attendanywhere.com/service/?apikey=11a8ae25-34f1-4705-9ae1-211ffdd0831&id=J1%2F1h%2F%2cC8

A virtual drop in for parents of children under 2 and professionals who are concerned about their speech, language and communication development. This will be delivered via the 'attend anywhere' platform. The Speech and Language Therapist will spend up to 10 minutes listening to the parents'/professional's concerns, asking questions and observing how the child and parent/s communicate and interact.

10:00AM - 12:00PM

Fortnightly

Free

Sign in using the code "Drop In"

Wednesday

28th Oct

Event

Description

Time

Location

Let's Talk and Play (one to one Speech Language & Communication support)

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

One to one support for children who need a bit or extra support with their speech, language and communication. For families that are referred to our service by a health professional or you can self refer.

Weekly

Paignton

Free **Booking required**

A weekly session with a rolling programme of development and behaviour support for parents. Weekly development focus

My Developing Toddler Group

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk/0-4-years/play-learning

- General development/Speech, language and communication
- Sleep
- Toilet training
- Managing children's emotions
- Dummy use and/or dental info
- Healthy Lifestyles

9:45AM - 11:15AM

Weekly

Brixham

Free **Booking required**

Wednesday

28th Oct

Event

Description

Time

Location

Storytime

Website: facebook.com/0to19Torbay

We post a new story regular throughout the week for you to enjoy at home with your little one. You can always find all our Story time sessions in the video area on our Facebook page to enjoy again and again.

1:00PM - 1:15PM
Weekly

Free