

Wokingham Borough Children's Centre

Postnatal Course

A new **free** 4 week postnatal course covering sleep, baby massage taster, minor ailments, the importance of play and much more

- * Suitable for babies aged 8 to 16 weeks
- * Open to Wokingham Borough residents only

Please note that booking is necessary!

See below for venues and contact information

Ambleside Children's Centre	Brambles Children's Centre	Finchampstead Children's Centre	The Red Kite Children's Centre
Ambleside Close	Budges Gardens	FBC Centre Gorse Ride North	Chestnut Crescent
Woodley	Wokingham	Finchampstead	Shinfield
RG5 4JJ	RG40 1PX	RG40 4ES	RG2 9EJ
0118 908 8152	0118 908 8010	0118 908 8166	0118 908 8181

The Health Visitors Advice Line

0300 365 7000

DutyHVWokingham@berkshire.nhs.uk

Open Monday to Friday 9am—4:30pm

See below for Wokingham Healthy Children's clinics

1st & 3rd Friday Mornings (9:30-12:15pm)	2nd & 4th Wednesday Afternoons (1:00 -2:45pm)
Radstock Community Centre	Red Kite Children's Centre
Radstock Lane	Shinfield
Earley	Reading
RG6 5UL	RG2 9EJ
0118 986 8995	0118 908 8181

You can also find useful health related information at your fingertips using the Berkshire Child Health app which can be downloaded on Apple and Android devices.

