

# Healthy Little Ones

Getting to know  
your Health  
Visiting Service



## Free drop in group for 0-5's, their parents and carers

A friendly and fun drop-in session run by the Health Visiting team, where you can access free health and development advice, practical and emotional infant feeding support, self-weigh your under 5, meet other parents / carers, and play!

### **North Sedgemoor & West Mendip | 0300 790 6836**

**Highbridge** | Highbridge Childrens Centre | Tuesday | 09.30 - 10.30

**Cheddar** | Ocean Adventure Play Centre | Wednesday (term time only) | 10.00 - 11.30

**Glastonbury** | Glastonbury Library | Alternate Wednesdays | 09.30 - 11.00

**Wells** | Seagar Hall Wells | Alternate Thursdays | 13.00 - 14.30

### **Yeovil | 0300 323 0119**

**Westlands** | Wednesday | 10.00 - 11.30

**Reckleford Childrens Centre** | Thursday | 13.00 - 14.30

### **Taunton | 0300 323 0115**

**Norton Fitzwarren Village Hall** | 2nd/4th Wednesday each month | 09.15-11.00

**Taunton Library** | Tuesday | 10.00 – 11.30

### **Bridgwater | 0300 323 0116**

**Sydenham Childrens Centre** | Wednesday | 09.30 - 11.00

**Hamp Recreation** | Monday | 09.30 – 11.00

### **East Somerset | 0300 323 0118**

**Frome** | The Elliott Building, Council Offices | Wednesday | 13.00 – 14.30

**Wincanton** | Wincanton Library | Thursday | 10.30 – 12.00

**Shepton Mallet** | Shepton Mallet Library | Wednesday | 10.00 – 12.00

### **South Somerset West | 0300 790 6839**

**Chard** | Chard Hub, The Boden Centre, Chard | Tuesday | 13.00 – 14.30

**Langport** | The Levels Children Centre, Langport | Thursday | 09.30-11.00

### **West Somerset | 0300 323 0115**

**Wellington** | Wellington Library | Tuesday | 10.00 – 11.30

**Minehead** | Minehead Eye | Wednesday | 09.30 – 11.00

**Williton Children's Centre** | Thursday | 10.00 – 11.30

**Dulverton Library** | 2<sup>nd</sup>/4<sup>th</sup> Thursday each month | 10.30 – 12.00