

Clydesdale Family Support Hub

GROUPWORK CALENDAR

January 2024



Monday

Mellow Bumps (8 weeks)

Time: 9.30am-11.30am

Venue: Clydesdale Family Support Hub
(Multifunctional Room)

Lead by: Sam Ralston & Candice McCappin



Wednesday

You and Your child

Time: 1.00pm (starting 17 January)

Venue: Carstairs Junction Primary School

Lead by: Tina McFayden, Candice McCappin, Elaine Morrison

Tuesday



Incredible years Pre-school ages 3-8 years (12 weeks)

Time: 12.30pm-2.30pm

Venue: Clydesdale Family Support Hub
(Multifunctional Room)

Lead by: Tina McFadyen & Candice McCappin



Thursday

Happy Baby

Time: 10.00am-12noon

Venue: Clydesdale Family Support Hub
([Play Room](#))

Lead by: Sandra Garry & Tina McFadyen

Incredible Years School Age

Time: 12.30pm -2.30pm

Venue: Clydesdale Family Support Hub
(Multifunctional Room)

Lead by: Candice McCappin & Fiona McCallum



Wednesday

All About Me

Time: 9.30am-11.30am

Venue: ~~Kirkstyle~~ Baptist Church, Carlisle

Lead by: Tina McFadyen & Sandra Garry



Healthy Cooking

Time: TBC

Venue: TBC- Clydesdale Family Support Hub
(Practical Skills Room)

Lead by: Healthy Valley



Friday

All About Me

Time: 10.30am-12.30pm

Venue: Clydesdale Family Support Hub
(Multifunctional Room)

Lead by: Caitlyn Bain, Danielle Blaney & Emma Brown

