

HELP KEEP THIS CENTRE COVID-19 SECURE



- 1. You must not enter if you are anyone in your household has COVID-19 symptoms.**
- 2. If you develop COVID-19 symptoms within 7 days of visiting these premises alert Test, Track and Trace. Alert Centre Management on 020 8303 6052 or email us u5.dansonyc@btconnect.com**
- 3. When you attend follow signage and / or staff are on hand to direct you.**
If you have the “NHS Test and Trace” app please scan the code on our entry points.
- 4. Please only bring essential belongings.** Personal belongings are not allowed in the activities. You will be given a belongings box to store anything you do bring.
- 5. Maintain 2 metres social distancing.** Wait behind marked lines as you enter the site or activity area, observe any one-way systems.
If a 2-metre distance is not possible in communal areas masks must be worn by adults.
- 6. Use hand washing, or sanitisers provided on entering the premises.** Clean your hands often.
- 7. Avoid touching your face, nose, or eyes.** Clean your hands if you do.
- 8. Face masks are not compulsory in activities.** Adults who wish to wear one are welcome to and “vulnerable” adults are encouraged to. Children under 11 should not wear a mask.
See 5 – Re masks in communal areas.
- 9. “Catch it, Bin it, Kill it”.** Tissues should be disposed of into one of the “tissue bins” provided. Then wash your hands.
- 10. Activity areas are cleaned before and after every activity. Keep them clean.**
- 11. Take turns to use confined spaces such as corridors or toilets.** Standing or sitting next to someone is lower risk than opposite them. Briefly passing another person in a confined space is low risk but should be avoidable with the measures the Centre has in place.
See 5 – Re masks in communal areas.
- 12. Keep the room well ventilated.**
- 13. Activities operate as “Bubbles”.** You must remain in only your activity bubble when you attend the Centre

By attending activities at this Centre you agree to our “COVID Safe Operating Procedure”.

This is available on-line, is on display in the Centre and can be sent to you on request.

Thank you for your support and co-operation at this time.

We are pleased to welcome some families back.

Centre Management

Danson's

New Parents Lockdown Programme

Nov 2020

**Danson
Children's Centre**
Brampton Rd, Bexleyheath, DA7 4EZ
T. 020 8303 6052



BOOKING NOW!

To book email:
u5.dansonyc@btconnect.com

All sessions must be pre-booked. Every activity operates as a bubble with small face-to-face support or are virtual based activity.

We are now offering support activity with **CENTRE BASED** or **VIRTUAL GROUP'S** to new parent's.

MONDAY -

09.30 - 10.30	Virtual drop-in BABY GROUP - FREE	Pre-crawling
09.45 - 10.45	LOCKDOWN BABY - £5.50pw (Limited space)	Pre-crawling
09.30 - 10.15	Virtual FUNKY FEET DANCE - £Full	18mths-5yrs
10.30 - 11.15	Virtual FUNKY FEET DANCE - £Full	18mths-5yrs
11.15 - 12.15	LOCKDOWN BABY - £5.50pw (Limited space)	Pre-crawling
11.30 - 12.30	Virtual drop-in BABY GROUP - FREE	Pre-crawling
13.00 - 13.45	SMART SUPPORT CLUB - £6.50pw (Limited space)	10mths-3yrs
12.00 - 14.00	BABY BREASTFEEDING - FREE	Appointment Only
13:00 -13:45	TODDLER FOOTBALL - Coming Soon	2-3 yrs
14:00 - 14:45	TODDLER FOOTBALL - Coming Soon	3-5 yrs

TUESDAY -

09.45 - 10.30	SMART SUPPORT CLUB - £Full	10mths-3yrs
09.30 - 12.30	Virtual ADHD SUPPORT GRP - FREE	Parents / Carers
10.00 - 12.00	MOTHER'S EMBRACE - FREE (Pre-Book)	New Parents / Carers
11.00 - 11.45	SMART SUPPORT CLUB - £Full	10mths-3yrs
12.15 - 13.15	LOCKDOWN BABY - £5.50pw (Limited space)	Pre-crawling

WEDNESDAY -

09.30 - 10.30	SOFT PLAY WITH CRAFT - Coming Soon	18mths-5yrs
09.30 - 10.15	Virtual ZUMBINI - £5pw	18mths-5yrs
10.30 - 11.15	Virtual BABY BALLET - £5pw	18mths-5yrs
11.00 - 12.00	SOFT PLAY WITH CRAFT - Coming Soon	18mths-5yrs
11.45 - 12.30	TOUCH OF SENSORY - £5.50pw (Limited space)	Crawling-18mths
13.00 - 13.45	TOUCH OF SENSORY - £5.50pw (Limited space)	Crawling-18mths
14:15 - 15:00	TOUCH OF SENSORY - £5.50pw (Limited space)	Crawling-18mths
All Day	Breastfeeding Support	Appointments only

THURSDAY -

09.30 - 10.15	SMART SUPPORT CLUB - £Full	10mths-3yrs
10.00 - 12.00	MOTHER'S EMBRACE - FREE (Pre-Book)	New Parents / Carers
10.45 - 11.40	LOCKDOWN BABY - £5.50pw (Limited space)	Pre-crawling
12.15 - 13.10	LOCKDOWN BABY - £5.50pw (Limited space)	Pre-crawling
13.30 - 14.25	LOCKDOWN BABY - £5.50pw (Limited space)	Pre-crawling
12.45 - 13.30	TOT TRAMPOLINE - Coming Soon	3-5 yrs
13:00 -13:45	TODDLER FOOTBALL - Coming Soon	2-3 yrs
14:00 - 14:45	TODDLER FOOTBALL - Coming Soon	3-5 yrs

FRIDAY -

09.30 - 10.30	Virtual drop-in BABY GROUP - FREE	Pre-crawling
09.30 - 10.30	PARENT & TOT SOFT PLAY - Coming Soon	Under 18mths
09.45 - 10.30	Virtual PLAY, SING & SIGN - £5pw	5mths-3yrs
10.45 - 11.30	Virtual PLAY, SING & SIGN - £5pw	5mths-3yrs
10.30 - 11.30	Virtual MOTHERHOOD HIIT - £9pw (Postnatal Health, Fitness & Wellbeing)	6mths post birth+
11.00 - 12.00	LOCKDOWN BABY - £Full	Pre-crawling
12.00 - 13.00	Virtual BABY MASSAGE - £5pw	6wks-pre-crawling
13.30 - 14.30	Virtual BABY YOGA - £5pw	6wks-pre-crawling
11.00 - 12.00	PARENT & TOT SOFT PLAY - Coming Soon	Under 18mths
12.30 - 13.15	Virtual POSTNATAL RECOVERY (Postnatal Health, Fitness & Wellbeing)	6wk-6mths post birth+

SATURDAY -

09.30 - 12.00	PARENT & CHILD SOFT PLAY - Coming Soon	Under 5's
10.00 - 12.00	MOTHER'S EMBRACE - FREE (Pre-Book)	Appointment Only

Danson reserves the right to amend or change programming at any time.
All bookings must agree and follow our NEW OPERATING PROCEDURES & purchase a face shield at the centre for £1.50 to use for the duration of your courses