

# Healthy Little Ones

Getting to know  
your Health  
Visiting Service



## Free drop in group for Bump to 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 – 11:00

**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

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

**Norton Fitzwarren Village Hall** | 2nd/4th Wednesday each month | 09.30-11.00

**Temple Methodist Church** | Monday | 11.30 – 13.00

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

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

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

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

**Wincanton** | The Nest Balsam Centre | 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 | Wednesday | 09.30-11.00

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

**Wellington** | Kings Arms Community Hub | Tuesday | 10.00 – 11.30

**Williton West Somerset House** | Thursday | 10.00 – 11.30