

Wednesday

20th Oct

Event

Description

Time

Location

Wellbeing Drop In Sessions

Tel: 01803 200100

E-mail: checkpoint@childrenssociety.org.uk

We offer a weekly, safe and confidential wellbeing drop-in session in the local area. We can offer wellbeing advice, signpost you to services and talk about any difficulties with which you may feel you need some extra support.

3:00PM - 4:30PM
Weekly

The Beehive, Paignton TQ3
3DZ

Free Drop in

School Nurse Virtual Drop-Ins

Tel: 03003 335352

If you are 11 to 19 years old you can talk to your school nurse at our new virtual drop ins. FREE and confidential advice we can support young people with all kinds of things. From changes to your body, to emotional wellbeing, sex, smoking and alcohol. More info [here](#) and [here](#).

3:00PM - 4:30PM
Weekly

Online Only

Free Drop in

Thursday **21st Oct**

Event	Description	Time	Location
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Child health clinic
 Tel: 0300 333 5352
 E-mail: publichealthnursing.torbay@nhs.net
 Website: 0to19torbay.co.uk

We are offering appointment only clinics for people who are worried about their baby or child's development and for those that need to see a health visitor. Please give us a call or email us. Depending on your needs you will receive phone support or been seen face to face. You can also find lots of information, advice and support on our website.

Weekly Paignton

Free Booking required

Wellbeing Drop Ins Sessions
 Tel: 01803 200100
 E-mail: checkpoint@childrenssociety.org.uk

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3:00PM - 4:30PM
 Weekly Checkpoint, Torquay TQ3 3DZ

Free Drop in

Friday **22nd Oct**

Event	Description	Time	Location
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Team Baby

E-mail: torbaychildrenscentres@actionforchildren.org.uk

Free Booking required

Teambaby virtual classes have now stopped. However, our Teambaby workers are available for contact throughout the week for any questions or issues about you and your baby 0 to 6 months. We know those day-to-day issues can be a challenge, we are here to help. Contact a Teambaby member of staff by emailing us.

Weekly

Tuesday

26th Oct

Event

Description

Time

Location

Child health clinic

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: 0to19torbay.co.uk

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Weekly

Brixham

Free Booking required

Infant Feeding Clinic

Tel: 0300 333 5352

E-mail: publichealthnursing.torbay@nhs.net

Website: facebook.com/NHSbreastfeedingtorbay

If you would like support with infant feeding give us a call, contact our hub or email the team. This is for specialist 1 to 1 support from our infant feeding consultant for those experiencing problems with feeding. Depending on your needs you will receive phone support or be seen face to face. You can also find lots of advice and support at our breastfeeding Facebook page.

9:30AM - 1:00PM

Weekly

Free Booking required