

## Southend Children's Centres – 01702 220810

### West Locality

**Blenheim Children's Centre**, Blenheim Chase, Leigh on Sea, Essex, SS9 4HX

**Prince Avenue Children's Centre**, Hornby Avenue, Westcliff on Sea, Essex SS0 0LG

**Eastwood Children's Centre**, Eastwood Primary School, Rayleigh Road, Leigh on Sea, Essex SS9 5UT

### Central Locality

**Cambridge Road Children's Centre**, 40-42 Cambridge Road, Southend on Sea, Essex SS1 1ES

**Centre Place Children's Centre**, Prospect Close, Southend on Sea, Essex, SS1 2JD

**Summercourt Children's Centre**, Milton Hall Primary School, Summercourt Road, Westcliff on Sea, Essex, SS0 7AT

### East Locality

**Friars Children's Centre**, Friars Primary School, Constable Way, Shoeburyness, Essex SS3 9XX

**Hamstel Children's Centre**, Hamstel Infant School, Hamstel Road, Southend on Sea, Essex SS2 4PQ

**Temple Sutton Children's Centre**, Eastern Avenue, Southend on Sea, Essex SS2 4BA

**St Luke's Church Hall**, St Luke's Road, Southend on Sea, Essex, SS2 4AB (Outreach)



## SEPTEMBER-DECEMBER 2019

### What's on in your local

### Children's Centre for Families with Children 0-5 years old!

### w/c 9<sup>TH</sup> September 2019



@FamilyAction-Southendchildrenscentres



@FAsouthendchildrenscentres



#southendchildrenscentres

## West Locality

### Blenheim Children's Centre

Monday	Tuesday	Wednesday
<p><b>9.00 – Running Club</b> meet in café prior to run, local run with Natalie from Wellbeing Warriors, if you would like more information speak to Natalie on 07856 766221</p> <p><b>9.00-4.00 Antenatal Booking Clinic</b> (by appointment only)</p> <p><b>10.00-4.00pm Counsellor</b> By appointment only, ring to be added to the waiting list.</p> <p><b>11.00-12.00 Active Life</b> 6 sessions 04.11.19-09.12.19 Ring 01702 567327 to book your space.</p> <p><b>1.30-2.30 Messy Play</b> Build your child's confidence with different types of texture and fun £2 per child.</p>	<p><b>9.30-10.30 Wellbeing Warriors</b> Starting 10.09.19 Looking at healthy lifestyles and putting a plan in place. Booking is essential contact Natalie 07856 766221</p> <p><b>11.00-12.00 Wellbeing Warriors – Beginners Class</b> Starting 24.09.19 ring Natalie 07856 766221 for more details and to book your space.</p> <p><b>9.00-12.00 Asthma &amp; Allergy Clinic</b> (by appointment only) 10.09.19, 08.10.19, 12.11.19, 10.12.19</p> <p><b>12.30-4.00 Asthma &amp; Allergy Clinic</b> (by appointment only) 24.09.19, 22.10.19, 26.11.19</p>	<p><b>9.00 – 4.00 Antenatal Midwife Clinic</b> (by appointment only) <b>10.00-11.30-HICCUPS</b> Stay &amp; play group for pre-school hearing impaired children and their parents /carers, inc play, craft, singing and listening games/activities and snack (2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month term time only) Contact Sue Payne 07826 875912 starting 11.09.19 <b>1.30 – 3.00 Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support/advice. Arrive no later than 30 minutes before end of clinic to avoid disappointment. <b>1.30-3.00 1:1 Breastfeeding Support</b> (booking required)</p>
Thursday	Friday	
<p><b>9.00-4.00pm Antenatal Midwife Clinic</b> (by appointment only)</p> <p><b>9.00-4.00 Postnatal Clinic</b> (by appointment only)</p> <p><b>9.30 – 10.15 Happy House</b> (walkers to 4yrs)Hartbeeps</p> <p><b>10.30-11.15 Baby Beeps</b> (sitting to walking babies) Hartbeeps</p> <p><b>11.30-12.15 Baby Bells</b> (newborn to sitting babies) Hartbeeps <a href="mailto:emma@hartbeeps.com">emma@hartbeeps.com</a></p> <p><b>10.00-12.30 EPUNFT Immunisations</b> (by appointment only) 19.12.19</p> <p><b>3.30-5.30 EPUNFT Immunisations</b> (by appointment only) 24.10.19</p>	<p><b>9.00 – Running Club</b> meet in café prior to run (same as Monday)</p> <p><b>9.30 – 11.00 Stay and Play</b> Build your child's confidence with different types of play, texture, craft. There is a section for non-walkers/babies.£1 contribution.</p> <p><b>9.00-12.15 EPUT Speech &amp; Language</b> (by appointment only) 06.09.19, 20.09.19, 04.10.19, 18.10.19, 01.11.19, 15.11.19, 06.12.19, 20.12.19</p> <p><b>9.00-4.00 Asthma &amp; Allergy Clinic</b> (by appointment only) 13.09.19, 11.10.19, 08.11.19, 13.12.19</p> <p><b>9.00-12.30 Asthma &amp; Allergy Clinic</b> 27.09, 25.10.19, 22.11.19</p>	<p><b>Blenheim Café is open daily (Monday-Friday) serving healthy and affordable snacks and meals</b></p>

## MINI EXPLORERS

### Monday

**Hamstel Children's Centre 1.00-2.30**

### Wednesday

**Friars Children's Centre 9.30am-11.00am**

**Centre Place Children's Centre 9.30-11.00am**

**Prince Avenue Children's Centre 1.00-2.30pm**

**Mini Explorers is for new parents to socialise (with their 0-12 month old), learn and have fun with their babies. £1 suggested donation.**

Please note that all of our Stay & Play sessions are aimed at 0-5 year olds and there is an area for non-walkers/babies.

### Breastfeeding Support & Advice

Support is offered to parents wanting advice on breastfeeding by Family Action Breastfeeding trained staff at Baby Time and Stay & Play sessions at all centres.

If you would prefer some telephone advice please ring 01702 220810 option 3, they will take your contact details and arrange for a trained member of staff to ring you back.



## Adult Learning

### ESOL

This course supports parents/carers from different countries to develop their English Language skills and become a confident speaker of the English Language on this free course.

19.09.19-25.06.20 Summercourt Children's Centre 12.15-2.45 (term time only)  
To book your place please ring Jane Latham on 07960 420760.

### Introduction to Becoming a Teaching Assistant

07.10.19-25.11.19 Eastwood Children's Centre 9.30-11.30 (term time only)  
To book your place please ring Jane Latham on 07960 420760.



Building  
stronger  
families

henry  
Healthy Start. Brighter Future

### Starting Solids

A workshop to provide families with the education and the tools to understand when and how to introduce solid foods to their baby at 6 months old.

Cambridge Road Children's Centre	1.00-3.00	10.09, 01.10, 13.11.19
Friars Children's Centre	1.00-3.00	11.09, 22.10, 07.11.19
Centre Place Children's Centre	1.00-3.00	17.09, 29.10, 27.11.19
Summercourt Children's Centre	1.00-3.00	24.09, 15.10, 05.11.19

To book your place please ring 01702 220810 option 1 or email  
kim.paterson@family-action.org.uk.

## Prince Avenue Children's Centre

Monday	Tuesday	Wednesday
<b>9.00-4.00 Development Checks (HV)</b> (by appointment only)  <b>12.30 – 3.00 Parent Craft</b> 2 informative sessions with a midwife for parents preparing for the birth of their child. 09.09.19-16.09.19 07.10.19-14.10.19 04.11.19-11.11.19 02.12.19-09.12.19	<b>8.00-1.30 Development Checks (HV)</b> (by appointment only)  <b>9.30-10.30 Cooking</b> Bring your child and cook together, learn new recipes. These will be a 6 week block booking and will cost £12 payable on the first session. Please ring to book your place. 10.09.19-15.10.19 05.11.19-10.12.19  <b>12.30-4.30 Asthma &amp; Allergy Clinic</b> (by appointment only) 10.09.19, 08.10.19, 12.11.19, 10.12.19	<b>9.00-4.30 Midwife Booking Clinic.</b> By appointment only.  <b>1.00-2.30 Mini Explorers</b> For new parents to socialise, learn and have fun with their babies (0-12 months), breastfeeding support will be available from trained staff. £1 donation.
Thursday	Friday	
<b>9.00 – 4.30 Antenatal Clinic</b> By appointment only	<b>9.00-4.30 Antenatal Clinic</b> By appointment only  <b>1.00 – 2.30 Stay and Play</b> Explore and learn with your child through fun and interactive activities. There is a section for non-walkers/babies. £1 donation	<b>Are you interested in volunteering in the Southend Children's Centres?</b> <b>If so please contact 01702 220810 and request an application form.</b>

## Eastwood Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-11.30 Introduction to becoming a Teaching Assistant</b> 07.10.19-25.11.19 Term Time only please ring 07960 420760 to book your place.		<b>9.45-10.45 Cooking</b> Bring your child and cook together, learn new recipes. These will be a 6 week block booking and will cost £12 payable on the first session. 11.09.19-16.10.19 06.11.19-11.12.19 Please ring to book your place. <b>12.30-2.00 Portage Messy Play</b> Messy Play run by Portage for children with disabilities, behaviour/SEN speech and language advice available during the session. (every other week starting 11.09.19)
Thursday	Friday	
<b>9.30 – 11.00 Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation <b>1.00-2.00 Child Health Clinic</b> Come and get your baby weighed and stay for a play. Please arrive no later than 15minutes before the end of clinic to avoid disappointment.	<b>9.45-10.45 Lingotots</b> <b>French</b> classes for your child, £4 per child per session starting 20.09.19. booking is essential via online booking: <a href="https://www.lingotot.com/centre/southend-on-sea">https://www.lingotot.com/centre/southend-on-sea</a> <b>11.00-12.00 Lingotots</b> <b>Spanish</b> classes for your child, £4 per child per session startng 20.09.19. Booking is essential via online booking: <a href="https://www.lingotot.com/centre/southend-on-sea">https://www.lingotot.com/centre/southend-on-sea</a>	<b>Healthy Start Vitamins are available from all Southend Children's Centres – bring in your voucher to exchange for vitamins.</b>



### HENRY

**Telephone:** 07519 109875/07858 294972 **Email:** southend@henry.org.uk

The Henry Healthy Families programme can help everyone with a baby or young child. Every parent who joins learns something new and useful. For parents or carers of children aged 0 to 4 years.

Summercourt Children's Centre	9.30-12.00	07.10.19-02.12.19
Centre Place Children's Centre	12.30-3.00	07.10.19-02.12.19
Cambridge Road Childrens Centre	12.30-3.00	08.10.19-03.12.19
Friars Children's Centre	12.30-3.00	09.10.19-04.12.19

These courses run term time only.

### Work Skills

**Telephone:** 01702 534077

**Email:** economicd@southend.gov.uk

### Learning for Mum & Dad

Centre Place Children's Centre	9.00-12.00	20.09.19
Friars Children's Centre	9.00-12.00	25.09.19
Centre Place Children's Centre	9.00-12.00	26.09, 03.10, 10.10, 17.10.19
Friars Children's Centre	9.00-12.00	11.12.19
Centre Place Children's Centre	9.00-12.00	14.11.19

### 60 Minute Mentor

Cambridge Road Children's Centre	9.00-12.00	09.10.19
Centre Place Children's Centre	9.00-12.00	18.10.19
Centre Place Children's Centre	9.00-12.00	15.11.19
Centre Place Children's Centre	9.00-12.00	17.12.19

### SAVS

**Telephone:** 01702 356069

**Email:** abss@savs-southend.co.uk

Friars Children's Centre	9.30-12.00	18.09.19 Parent forum
Centre Place Children's Centre	9.30-12.00	23.09.19 Parent forum

### EPEC Parenting

**Telephone:** 01702 220810 option 1 or **Email:** kim.paterson@family-action.org.uk

**Being A Parent** 8 week group, free course for parents with children aged 1-3 years old, free crèche for babies from 6 months & pre-school children.

Centre Place Children's Centre	9.00-12.00	23.09.19-25.11.19
Friars Children's Centre	9.00-12.00	26.09.19-28.11.19

These courses run term time only.



### Speech & Language

Telephone: 01702 356056

Email: [alpha.thomas@nhs.net](mailto:alpha.thomas@nhs.net)

To attend these sessions you must live in an ABSS Ward please check your postcode on the postcode checker on the ABSS website.

#### Talking Walk-in

Friars Children's Centre	9.30-12.30	12.09, 07.11, 06.12.19
Friars Children's Centre	1.00-3.00	11.10.19
Summercourt Children's Centre	12.30-3.30	17.09.19
Cambridge Road Children's Centre	9.00-12.30	24.10, 13.12.19
Centre Place Children's Centre	9.30-12.30	05.11.19

#### Face to Face Apt

Friars Children's Centre	12.30-3.30	12.09, 31.10.19
Friars Children's Centre	9.30-12.30	14.10, 04.11, 09.12.19
Summercourt Children's Centre	12.30-3.30	10.09, 29.10
Summercourt Children's Centre	9.30-12.30	06.11.19
Cambridge Road Children's Centre	12.30-3.30	15.11.19
Cambridge Road Children's Centre	9.30-12.30	04.12.19
Centre Place Children's Centre	9.30-12.30	17.09, 06.12.19

#### 23 Month Check

Friars Children's Centre	9.30-12.30	24.09, 31.10, 26.11, 19.12.19
Summercourt Children's Centre	9.30-12.30	30.10, 18.12.19
Cambridge Children's Centre	12.30-3.30	27.11.19
Centre Place Children's Centre	12.30-3.30	23.09.19
Centre Place Children's Centre	9.30-12.30	27.09.19

#### Little Listeners

Friars Children's Centre	12.00-3.00	27.09, 11.11.19
Cambridge Road Children's Centre	12.00-3.00	11.10, 29.11.19

#### Supersounds

Friars Children's Centre	12.00-3.00	04.10, 22.11.19
Cambridge Road Children's Centre	12.00-3.00	18.10, 06.12.19

#### Babbling Babies

Centre Place Children's Centre	9.30-12.30	06.09.19
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#### Talking Tiddlers

Friars Children's Centre	9.00-10.30	25.09-24.10.19 14.11-12.12.19
Cambridge Road Children's Centre	9.00-10.30	27.09-25.10.19

#### Talking Toddlers

Friars Children's Centre	10.30-12.00	25.09-24.10.19 14.11-12.12.19
Summercourt Children's Centre	9.00-10.30	13.11-11.12.19
Cambridge Road Children's Centre	10.30-12.00	27.09-25.10.19
Centre Place Children's Centre	9.00-10.30	24.09-22.10.19

#### Chatting Children

Friars Children's Centre	1.00-2.30	24.09-24.10.19 14.11-12.12.19
Summercourt Children's Centre	9.00-10.30	25.09-23.10.19
Summercourt Children's Centre	1.00-2.30	12.11-10.12.19

#### Attention Group

Summercourt Children's Centre	1.00-2.30	24.09-22.10.19
Centre Place Children's Centre	10.30-12.00	24.09-22.10.19
Centre Place Children's Centre	9.00-10.30	12.11-10.12.19

## Central Locality

### Cambridge Road Children's Centre

Monday	Tuesday	Wednesday
<b>9.00-4.30 Postnatal Clinic</b> (by appointment only) <b>10.00-11.30 Welcome to the UK</b> English for Speakers of Other Languages (ESOL) led by a qualified teacher, work together to learn to speak, read and write in English. learn about the English culture, share experiences and gain confidence (Term time only) Creche avail. Starting 09.09.19 <b>1.00-2.30 Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before end of clinic <b>12.15-4.00 ABSS Mindful Mums &amp; Babies</b> 04.11.19-09.12.19	<b>9.30 – 11.30 Freedom</b> 11 week course please call to book a place Delivered by Family Action Family Support Practitioners. Creche available. 17.09.19-10.12.19 (term time only) <b>12.00-3.00 Henry (ABSS) Workshop</b> 24.09.19 <b>12.30-3.00 Henry (ABSS)</b> 08.10.19-03.12.19 (term time only)	<b>9.00-4.30 Specialist Midwife</b> <b>10.00-11.00 Cooking</b> Bring your child and cook together, learn new recipes. These will be a 6 week block booking and will cost £12 payable on the first session. 11.09.19-23.10.19 (not 09.10.19) 06.11.19-11.12.19 Please ring to book your place. <b>9.30-12.30 ABSS Speech &amp; Language Face to Face Appointment</b> 04.12.19 <b>12.30-2.30 Lingotots</b> French for pre-school children, £5 per child per session starting 11.09.19 Booking is essential via online booking: <a href="https://www.lingotot.com/centre/southend-on-sea">https://www.lingotot.com/centre/southend-on-sea</a> <b>12.30-3.30 ABSS Speech &amp; Language 23 Month Check</b> 27.11.19
Thursday	Friday	Friday continued
<b>9.30 – 11.00 Stay &amp; Play</b> Build your child's confidence with different types of play, texture and craft £1 suggested contribution. <b>9.00-4.30 Antenatal Clinic</b> (by appointment only) <b>12.30-2.30 MOTO (Mothers on Their Own)</b> For lone parents, free session including lunch, delivered by Family Action Family Support Practitioner. Creche available, please ring to book your place. Starting 19.09.19 term time only. <b>9.30-12.30 ABSS Speech &amp; Language Talking Walk-in</b> 24.10.19	<b>9.00-4.30 Antenatal Appointments</b> (by appointment only) <b>9.00-10.30 ABSS Speech &amp; Language Talking Tiddler</b> 27.09.19-25.10.19 <b>10.30-12.30 ABSS Speech &amp; Language Talking Toddlers</b> 27.09.19-25.10.19 <b>12.00-3.00 ABSS Speech &amp; Language Little Listeners</b> 11.10.19, 29.11.19 <b>12.00-3.00 ABSS Speech &amp; Language Supersounds</b> 18.10.19, 06.12.19 <b>12.30-3.30 ABSS Speech &amp; Language Face to Face Appointment</b> 15.11.19	<b>9.30-12.30 ABSS Speech &amp; Language Talking Walk-in</b> 13.12.19

## Centre Place Children's Centre

Monday	Tuesday	Wednesday
<b>9.00-12.00 ABSS/SAVS Parent Forum</b> 23.09.19 <b>12.30-3.30 ABSS Speech &amp; Language 23 Month Check</b> 23.09.19 <b>12.30-3.00 Henry (ABSS)</b> 07.10.19-02.12.19 (term time only) <b>9.30-11.30 EPEC Being a Parent</b> 9 week parenting course for more information or to book you place ring the children's centres 23.09.19-25.11.19 (term time only) Crèche available.	<b>9.30-11.00 Stay &amp; Play</b> Build your child's confidence with different types of play, texture and craft £1 suggested contribution. <b>1.00-3.00 FNP (Family Nurse Partnership) Group</b> <b>1.00-3.00 Family Opportunities Parenting Group</b> 08.10.19-19.11.19 6 weeks term time only, crèche available, ring to book your place 01702 220180. <b>9.30-12.30 ABSS Speech &amp; Language Face to Face Appointments</b> 17.09.19 <b>9.00-10.30 ABSS Speech &amp; Language Talking Toddlers</b> 24.09.19-22.10.19 <b>10.30-12.00 ABSS Speech &amp; Language Attention Group</b> 24.09.19-22.10.19 12.11.19-10.12.19 <b>9.30-12.30 ABSS Speech &amp; Language Talking Walk-in</b> 05.11.19 <b>9.00-12.30 ABSS Workskills 60 Minute Mentor</b> 17.12.19	<b>9.00 – 4.30 Antenatal Clinic</b> By appointment only  <b>9.00-4.00 Postnatal Clinic</b>  <b>9.30-11.00 Mini Explorers</b> For new parents to socialise, learn and have fun with their babies (0-12 months), breastfeeding support will be available from trained staff. £1 donation.  <b>9.30-2.30 Community Hub &amp; Social Care</b>
Thursday	Thurs continued	Friday
<b>1.00-3.00 Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment. <b>12.30-4.00 New Birth Registrations</b> (by appointment only) <b>9.00-12.15 EPUT Speech &amp; Language</b> 12.09.19, 26.09.19, 10.10.19, 24.10.19, 07.11.19, 21.11.19, 05.12.19, 19.12.19 <b>9.00-12.00 Henry Workshop (ABSS)</b> 19.09.19	<b>9.00-12.30 ABSS Workskills Learning for Mum &amp; Dad</b> 26.09-03.10.9-10.10.19 14.11.19	<b>9.00-12.15 EPUT Speech &amp; Language</b> 13.09.19, 27.09.19, 11.10.19, 25.10.19, 08.11.19, 22.11.19, 06.12.19, 20.12.19 <b>9.00-12.30 Physiotherapy Triage</b> 20.09.19, 18.10.19, 15.11.19 <b>9.00-12.00 ABSS Workskills Learning for Mum &amp; Dad</b> 20.09.19, 18.10.19 <b>9.30-12.30 ABSS Speech &amp; Language 23 Month Check</b> 27.09.19 <b>9.00-12.30 ABSS Workskills 60 Minute Mentor</b> 15.11.19 <b>9.30-12.30 ABSS Speech &amp; Language Face to Face Apt</b> 06.12.19



### Baby Massage

A combination of baby massage and stretches, with relaxation for baby and carer, songs and games all designed to develop babies' senses and improve interaction and bonding for babies aged 8weeks – 6months.  
 4 week course £8 payable on first session to cover oils.

Dates and venues to be confirmed – please ring 01702 220810 to be added to the waiting list.

### Family Opportunities Parenting Programme (6 weeks)

A 6 week (term time only) positive parenting programme to strengthen family relationships.  
 To be booked onto this parenting programme you must have a child aged 0-5 years, please ring 01702 220810 option 3 to be added to our list.

**08.10.19-19.11.19 Centre Place Children's Centre 1.00-3.00.**

Booking is essential, crèche available.

### Starting Solids (non ABS)

Two hour free session offering help and advice for those starting solids with their baby, booking is essential ring 01702 220810 option 3.

Eastwood Children's Centre	1.00-3.00	08.10.19
Hamstel Children's Centre	1.00-3.00	16.10.19
Blenheim Children's Centre	1.00-3.00	19.11.19
Prince Avenue Children's Centre	1.00-3.00	17.12.19





# MESSY PLAY

Come and get messy with us!

## Monday

Blenheim Children's Centre  
1.30-2.30 run by Family Action staff  
£2 contribution

## Wednesday

Eastwood Children's Centre  
Portage Messy Play 12.30pm-2.00pm  
Every other Wednesday of each month run by  
portage for children with disabilities, behavioural/SEN speech and  
language advice available.  
Starting 11.09.19

## Summertime Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-12.00 Henry (ABSS)</b> 07.10.19-02.12.19 (term time only)  <b>1.00-2.30 Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation	<b>9.30-11.30 Welcome to the UK</b> A support and friendship group for mothers and expectant mothers new to the UK. Babies and young children are welcome, play opportunities will be available for them. Term time only. Starting 10.09.19. <b>1.00-2.30 ABSS/FA Cooking</b> (6 sessions) 05.11.19-10.12.19 Free course to learn about cooking on a budget, healthy eating and developing cooking skills. Ring to book your place 01702 220810. <b>1.00-2.30 ABSS Speech &amp; Language Chatting Children</b> 12.11.19-10.12.19 <b>12.30-3.30 ABSS Speech &amp; Language Talking Walk-in</b> 17.09.19 <b>12.30-3.30 ABSS Speech &amp; Language Face to Face Apt</b> 10.09.19, 29.10.19 <b>1.00-2.30 ABSS Speech &amp; Language Attention Group</b> 24.09.19-22.10.19	<b>9.30-12.30 Incredible Years Parenting Course</b> 12 week course, term time only 17.09.19-11.12.19 ring 01702 431109 to book your place. <b>1.00-3.00 Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support/advice. Please arrive no later than 30 minutes before end of clinic to avoid disappointment. <b>9.00-10.30 ABSS Speech &amp; Language Chatting Children</b> 25.09.19-23.10.19 <b>9.30-12.30 ABSS Speech &amp; Language 23 Month Check</b> 30.10.19, 18.12.19 <b>9.30-12.30 ABSS Speech &amp; Language Face to Face Apt</b> 06.11.19 <b>9.00-10.30 ABSS Speech &amp; Language Talking Toddler</b> 13.11.19-11.12.19
Thursday	Friday	Saturday
<b>9.30-11.30 Family Support Group</b> Group support for families that have completed a referral to access our homebased family support service. Ring 01702220810 and speak to Kim Molineaux or Mary Whitelaw for more information. <b>12.15-2.45 ESOL (Speaking &amp; Listening)</b> 18.09.19-25.06.20 term time only. Ring Jane Latham 07960 420760 to book a place.	<b>10.00 –2.00 Little Heroes (ASD Support Group)</b> Every Friday, drop in for parents of children with ASD or currently awaiting diagnosis. Bring your children and meet other parents to share experiences, chat and help each other. Starting 06.09.19	<b>9.30-11.00 Family Fun Time</b> Third Saturday of each month Open to families of 0-5 year old, play session and story. 21.09.19 19.10.19 16.11.19

## East Locality

### Friars Children's Centre

<b>Monday</b> <b>9.30-3.00 Postnatal Clinic</b> (by appointment only) <b>11.15-12.30 Mum &amp; Baby Yoga – Active Mums</b> 6 sessions 02.09.19-07.10.19 ring 01702 567327 to book your place. <b>9.30-12.30 ABSS Speech &amp; Language Face to Face Apt</b> 04.11.19, 09.12.19 <b>12.00-3.00 ABSS Speech &amp; Language Little Listeners</b> 11.11.19	<b>Tuesday continued</b> <b>1.00-2.30 ABSS/FA Cooking</b> (6 sessions) 10.09.19-15.10.19 Free course to learn about cooking on a budget, healthy eating and developing cooking skills. Ring to book your place 00702 220810. <b>12.00-4.00 New Birth Registrations</b> (by appointment only) <b>9.30-12.30 ABSS Speech &amp; Language 23 Month Check</b> 24.09.19, 26.11.19 <b>1.30-2.30 Active Life</b> 05.11.19-10.12.19 Ring 01702 567327 to book your place.	<b>Wednesday continued</b> <b>12.30-3.00 Henry (ABSS)</b> Term time only 09.10.19-04.12.19 <b>12.00-3.00 Henry Workshop (ABSS)</b> 25.09.19 <b>9.00-12.00 ABSS Workskills Learning for Mum &amp; Dad</b> 25.09.19, 11.12.19 <b>3.00-6.00 School Nurse Drop In</b> (by appointment only) <b>9.00-12.00 Development Checks (HV)</b> by appointment only fortnightly starting 04.09.19
<b>Tuesday</b> <b>9.30-11.00 Stay &amp; Play</b> Explore and learn with your child through fun and interactive activities. £1 donation <b>1.30 – 3.30 Child Health Clinic</b> - Come along to meet Health professionals, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before end of clinic	<b>Wednesday</b> <b>9.30-11.00 Mini Explorers</b> For new parents to socialise, learn and have fun with their babies (0-12 months), breastfeeding support will be available from training staff. £1 donation. <b>9.30-12.00 ABSS SAVS Parent Forum</b> 18.09.19	<b>Thursday</b> <b>9.00 – 4.00 Midwife Clinic</b> By appointment only <b>1.00-2.30 ABSS YMCA Breastfeeding Support Group</b> <b>9.30-12.30 ABSS Speech &amp; Language Talking Walk-in</b> 12.09.19, 07.11.19 <b>12.30-3.30 ABSS Speech &amp; Language Face to Face Apt</b> 12.09.19, 31.10.19
<b>Thursday continued</b> <b>9.00-10.30 ABSS Speech &amp; Language Talking Tiddlers</b> 26.09.19-24.10.19 <b>10.30-12.00 ABSS Speech &amp; Language Talking Toddlers</b> 26.09.19-24.10.19 <b>1.00-2.30 ABSS Speech &amp; Language Chatting Children</b> 26.09.19-24.10.19 <b>9.30-12.30 ABSS Speech &amp; Language 23 Month Check</b> 31.10.19, 19.12.19 <b>9.30-11.30 EPEC Being a Parent</b> 9 week parenting course for more information or to book you place ring the children's centres 26.09.19-28.11.19 (term time only)	<b>Friday</b> <b>9.00-4.30 Antenatal Booking Clinic</b> (by appointment only) <b>9.45-11.45 Welcome To The UK ESOL</b> course with crèche starting 13.09.19. <b>12.00-3.00 ABSS Speech &amp; Language Supersounds</b> 04.10.19, 22.11.19 <b>1.00-2.00 ABSS/Family Action Food 4 Life</b> 12 week programme for you and your children to come and experience how to grow your own food and try new fruit and vegetables. 13.09.19-06.12.19	<b>Friday continued</b> <b>12.00-3.00 ABSS Speech &amp; Language Little Listeners</b> 27.09.19 <b>1.00-3.00 ABSS Speech &amp; Language Talking Walk-in</b> 11.10.19, 06.12.19 <b>1.00-4.00 Physiotherapy Triage</b> 25.10.19
		<b>Saturday</b> <b>9.30-11.00 Family Fun Time</b> First Saturday of each month Open to families of 0-5 year old, play session and story. 07.09.19, 05.10.19, 02.11.19, 07.12.19

# Stay and Play

## Monday

Summerville Children's Centre 1.00pm-2.30pm

## Tuesday

Centre Place Children's Centre 9.30am-11.00am

Friars Children's Centre 9.30am-11.00am

## Thursday

Eastwood Children's Centre 9.30am-11.00am

Cambridge Road Children's Centre 9.30am-11.00am

Hamstel Children's Centre 9.30am-11.00am

## Friday

Blenheim Children's Centre 9.30am-11.00am

St Lukes 9.30am-11.00am

Prince Avenue Children's Centre 1.00pm-2.30pm

£1 suggested donation per child

These sessions are for 0-5 year olds, there is an area for non-walkers/babies available at each of these sessions.



## Child Health Clinics

### Monday

Cambridge Road Children's Centre  
1pm – 2.30pm

### Tuesday

Friar's Children's Centre  
1.30pm – 3.30pm  
Hamstel Children's Centre  
1pm – 3pm

### Wednesday

Blenheim Children's Centre  
1.30pm – 3pm  
Summercourt Children's Centre  
1.00pm – 3.00pm

### Thursday

Eastwood Children's Centre  
1pm – 2.00pm  
Centre Place Children's Centre  
1pm – 3pm

### Friday

Hamstel Children's Centre  
10.00am - 11.30am  
(2<sup>nd</sup> & 4<sup>th</sup> Friday of month)

Come along to get your **baby weighed** and meet health professionals who can provide **Support and Advice**.



(There will be a small play area for the little ones whilst you wait)

Please arrive at least 30 minutes before the end of the session to avoid disappointment, as these sessions are very popular.

## Hamstel Children's Centre

Monday	Tuesday	Wednesday
<b>9.00-4.00 Midwife Clinic</b> By appointment only  <b>1.00-2.30 Mini Explorers</b> For new parents to socialise, learn and have fun with their babies (0-12 months), breastfeeding support will be available from trained staff. £1 donation.	<b>9.00-4.30 Antenatal Booking Clinic</b> By appointment only. <b>1.00-3.00 Child Health Clinic</b> Come along to meet health professionals, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment.	
Thursday	Friday	Friday continued
<b>9.30-11.00 Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation  <b>1.00-2.30 Multiple Birth Support Group</b> £1 donation  <b>9.00-4.30 Antenatal Midwife Clinic</b> By appointment only.	<b>10.00-11.30 Child Health Clinic</b> Come along to meet health professionals, get your baby weighed and get support/advice. Arrive no later than 15 minutes before the end of clinic to avoid disappointment. (2 <sup>nd</sup> & 4 <sup>th</sup> Friday of each month starting 13.09.19)  <b>10.00 – 12.00 Mini Marvels</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Friday of every month, support group run by health and BLISS for parents caring for a baby who is either in neonatal care or has gone home following a period in a neonatal unit. Starting 06.09.19	<b>12.30-2.30 Parentcraft</b> 2 informative sessions with a midwife for antenatal parents preparing for the birth of their child. 06.09.19-13.09.19 04.10.19-11.10.19 01.11.19-08.11.19 06.12.19-13.12.19  <b>9.00-1.30 Asthma &amp; Allergy Clinic</b> (by appointment only) 20.09.19, 18.10.19, 15.11.19, 20.12.19  <b>9.00-12.30 Physiotherapy Triage Clinic</b> (by appointment only) 27.09.19, 25.10.19, 22.11.19

## Temple Sutton Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-10.30</b> <b>Story &amp; Rhyme Time at St Luke's Church Hall</b> <b>£1 donation</b>		
<b>9.00-4.00</b> <b>Midwife Clinic</b> (by appointment only)		
Thursday	Friday	
	<b>9.30-11.00</b> <b>Stay &amp; Play</b> <b>Explore and learn with your child through fun and interactive activities.</b> <b>£1 donation at St Luke's Church Hall</b>	

### Intergenerational 'Forget Me Not Club'

25.09.19 1.30-2.30 St Martins Care Home

23.10.19 1.30-2.30 Priory House Care Home

20.11.19 1.30-2.30 Sandringham Care Home

Please ring 01702220810 option 2 to book onto one of these visits.



## Freedom Course

The aims of the programme are:

- to think about the effects of Abusive relationships on children
- to help you restore your confidence so you are better able to move on
- to recognise 'patterns' of abusive in relationships so you can feel more confident to develop caring, respectful relationships in the future.

The course is free and runs for 11 weeks, excluding school holidays. We supply a free crèche, staffed by fully qualified crèche workers.

**17.09.19 to 10.12.19**

**9.30-11.30**

**Cambridge Road Children's Centre**

To be put on the waiting list for our next course please ring 01702 220810 option 1.

## Recovery Toolkit

Recovery Toolkit supports ladies who have historically experienced an abusive relationship to find ways to develop positive lifestyle coping strategies. Please call 01702 220810 option 1 to be added to our wait list. Term time only (10 weeks), crèche available, booking essential.