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 SSO 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, SSO 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 9TH September 2019







V4 23.08.19

West Locality

Blenheim Children's Centre

Monday	Tuesday	Wednesday
9.00 - Running Club meet	9.30-10.30 Wellbeing	9.00 – 4.00 Antenatal
in café prior to run, local run	Warriors	Midwife Clinic
with Natalie from Wellbeing	Starting 10.09.19	(by appointment only)
Warriors, if you would like	Looking at healthy lifestyles	10.00-11.30-HICCUPS
more information speak to	and putting a plan in place.	Stay & play group for pre-
Natalie on 07856 766221	Booking is essential contact	school hearing impaired
	Natalie 07856 766221	children and their parents
9.00-4.00		/carers, inc play, craft, singing
Antenatal Booking Clinic	11.00-12.00 Wellbeing	and listening games/activities
(by appointment only)	Warriors – Beginners	and snack (2 nd & 4 th
(а) аррания сто	Class	Wednesday of each month
10.00-4.00pmCounsellor	Starting 24.09.19 ring Natalie	term time only)
By appointment only, ring to	07856 766221 for more	Contact Sue Payne 07826
be added to the waiting list.	details and to book your	875912 starting 11.09.19
	space.	1.30 – 3.00 Child Health
11.00-12.00 Active Life		Clinic
6 sessions 04.11.19-09.12.19	9.00-12.00 Asthma &	Come along to meet Health
Ring 01702 567327 to book		professionals, get your baby
your space.	Allergy Clinic	weighed and get
you. space.	(by appointment only)	support/advice. Arrive no
1.30-2.30 Messy Play	10.09.19, 08.10.19, 12.11.19, 10.12.19	later than 30 minutes before
Build your child's confidence	10.12.19	end of clinic to avoid
with different types of	12.30-4.00 Asthma &	disappointment.
texture and fun £2 per child.		1.30-3.00 1:1
	Allergy Clinic	Breastfeeding Support
	(by appointment only) 24.09.19, 22.10.19, 26.11.19	(booking required)
Thursday	Friday	
9.00-4.00pm Antenatal	9.00 – Running Club meet in	
Midwife Clinic	café prior to run (same as	
(by appointment only)	Monday)	Blenheim Café is
9.00-4.00 Postnatal Clinic	9.30 - 11.00 Stay and Play	open daily
(by appointment only)	Build your child's confidence	•
, , , ,	with different types of play,	(Monday-Friday)
• • •	texture, craft. There is a	serving healthy
	section for non-walkers/	
	babies.£1 contribution.	and affordable
	9.00-12.15 EPUT Speech &	snacks and meals
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appointment only) 24.10.19	Clinic 27.09, 25.10.19,	
appointment offig) 24.10.13	22.11.19	
9.30 – 10.15 Happy House (walkers to 4yrs)Hartbeeps 10.30-11.15 Baby Beeps (sitting to walking babies) Hartbeeps 11.30-12.15 Baby Bells (newborn to sitting babies) Hartbeeps emma@hartbeeps.com 10.00-12.30 EPUNFT Immunisations (by appointment only) 19.12.19 3.30-5.30 EPUNFT Immunisations (by	section for non-walkers/babies.£1 contribution. 9.00-12.15 EPUT Speech & Language (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 9.00-4.00 Asthma & Allergy Clinic (by appointment only) 13.09.19, 11.10.19, 08.11.19, 13.12.19 9.00-12.30 Asthma & Allergy	serving healthy and affordable snacks and meals

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.



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
9.00-4.00 Development Checks (HV) (by appointment only)	8.00-1.30 Development Checks (HV) (by appointment only)	9.00-4.30 Midwife Booking Clinic. By appointment only.
12.30 – 3.00 Parent Craft 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	9.30-10.30 Cooking 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 12.30-4.30 Asthma & Allergy Clinic (by appointment only) 10.09.19, 08.10.19, 12.11.19, 10.12.19	1.00-2.30 Mini Explorers 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	
9.00 – 4.30 Antenatal Clinic By appointment only	9.00-4.30 Antenatal Clinic By appointment only 1.00 – 2.30 Stay and Play Explore and learn with your child through fun and interactive activities. There is a section for non-walkers/babies. £1 donation	Are you interested in volunteering in the Southend Children's Centres? If so please contact 01702 220810 and request an application form.

Eastwood Children's Centre

Monday	Tuesday	Wednesday
9.30-11.30 Introduction		9.45-10.45 Cooking
to becoming a Teaching		Bring your child and cook
Assistant		together, learn new
07.10.19-25.11.19		recipes.
Term Time only please ring		These will be a 6 week
07960 420760 to book your		block booking and will
place.		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.
		12.30-2.00
		Portage Messy Play
		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	
9.30 - 11.00	9.45-10.45 Lingotots	
Stay and Play	French classes for your child,	Healthy Start
Explore and learn with	£4 per child per session	Vitamins are
your child through fun	starting 20.09.19. booking is essential via online booking:	available from all
and interactive activities.	https://www.lingotot.	available from all
£1 donation	com/centre/southend-on-sea	Southend
1.00-2.00	, ,	Children's Centres
Child Health Clinic	11.00-12.00 Lingotots	
Come and get your baby	Spanish classes for your	bring in your
weighed and stay for a	child, £4 per child per session	voucher to
play.	startng 20.09.19.	exchange for
Please arrive no later than 15minutes before the end	Booking is essential via online	vitamins.
of clinic to avoid	booking: https://www.lingotot.	vicuiiiis.
disappointment.	com/centre/southend-on-sea	
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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: e	conomicd@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@sav	s-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
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These courses run term time only.



Speech & Language

Telephone: 01702 356056 Email: 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.

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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
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
9.00-4.30 Postnatal Clinic	9.30 – 11.30 Freedom	9.00-4.30 Specialist
(by appointment only)	11 week course please call to	Midwife
(by appointment only) 10.00-11.30 Welcome to the UK 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 1.00-2.30Child Health Clinic 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 12.15-4.00 ABSS Mindful Mums & Babies 04.11.19-09.12.19	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) 12.00-3.00 Henry (ABSS) Workshop 24.09.19 12.30-3.00 Henry (ABSS) 08.10.19-03.12.19 (term time only)	Midwife 10.00-11.00 Cooking 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. 9.30-12.30 ABSS Speech & Language Face to Face Appointment 04.12.19 12.30-2.30 Lingotots French for pre-school children, £5 per child per session starting 11.09.19 Booking is essential via online booking: https://www.lingotot. com/centre/southend-on-sea 12.30-3.30 ABSS Speech & Language 23 Month
Thursdoy	Friday	Check 27.11.19
Thursday	Friday	Friday continued
9.30 – 11.00 Stay & Play Build your child's confidence with different types of play, texture and craft £1 suggested contribution. 9.00-4.30 Antenatal Clinic (by appointment only) 12.30-2.30 MOTO (Mothers on Their Own) 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. 9.30-12.30 ABSS Speech & Language Talking Walk-in 24.10.19	9.00-4.30 Antenatal Appointments (by appointment only) 9.00-10.30 ABSS Speech & Language Talking Tiddler 27.09.19-25.10.19 10.30-12.30 ABSS Speech & Language Talking Toddlers 27.09.19-25.10.19 12.00-3.00 ABSS Speech & Language Little Listeners 11.10.19, 29.11.19 12.00-3.00 ABSS Speech & Language Supersounds 18.10.19, 06.12.19 12.30-3.30 ABSS Speech & Language Face to Face Appointment 15.11.19	9.30-12.30 ABSS Speech & Language Talking Walk-in 13.12.19

Centre Place Children's Centre

9.00-12.00 ABSS/SAVS Parent Forum 23.09.19 12.30-3.30 ABSS Speech & Language 23 Month Check 23.09.19 12.30-3.00 Henry (ABSS) 07.10.19-02.12.19 (term time only) 9.30-11.30 EPEC Being a Parent 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) Creche available. Parent 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) Creche available. Parent 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) Creche available. Parent 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) Creche available. Parent 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) Creche available. Parent 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) Creche available. Parent 9 week parenting Group 08.10.19-10.1.19 9.00-12.30 ABSS Speech & Language Face to Face Appointments 17.09.19 9.00-12.30 ABSS Speech & Language Talking Walkin 05.11.19 9.00-12.30 ABSS Speech & Language Talking Walkin 05.11.19 Pool-12.30 ABSS Workskills Learning for Mum & Dad 20.09.19, 18.10.19 15.11.19 16.09.19 to the properties of play, texture and craft to spapointment only play 10.01.20 ABSS Worksills Learning for Mum & Dad 20.09.19, 18.10.19 9.00-12.30 ABSS Speech & Language 23 Month Check 27.09.19 9.00-12.30 ABSS Speech & Language 22 Month Check 27.09.19 9.00-12.30 ABSS Speech & Language 23 Month Check 27.09.19 9.00-12.30 ABSS Speech & Language 23 Month Check 27.09.19 9.00-12.30 ABSS Speech & Language Face to Face Apt 60.12.19	Manday	Tuesday	18/ada aada
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	9.00-12.00 Henry		06.12.19
Workshop (ABSS) 19.09.19	Workshop (ABSS) 19.09.19		





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



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

Summercourt Children's Centre

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

East Locality

Friars Children's Centre

Monday	Tuesday continued	Wednesday continued
9.30-3.00 Postnatal Clinic	1.00-2.30 ABSS/FA	12.30-3.00 Henry (ABSS)
(by appointment only)	Cooking (6 sessions)	Term time only 09.10.19-
11.15-12.30 Mum & Baby	10.09.19-15.10.19	04.12.19
Yoga – Active Mums 6	Free course to learn about	12.00-3.00 Henry
sessions 02.09.19-07.10.19	cooking on a budget, healthy	Workshop (ABSS) 25.09.19
ring 01702 567327 to book	eating and developing	9.00-12.00 ABSS
your place.	cooking skills. Ring to book	Workskills Learning for
9.30-12.30 ABSS Speech	your place 00702 220810.	Mum & Dad
& Language Face to Face	12.00-4.00 New Birth	25.09.19, 11.12.19
Apt 04.11.19, 09.12.19	Registrations (by	3.00-6.00 School Nurse
12.00-3.00 ABSS Speech	appointment only)	Drop In (by appointment
& Language Little	9.30-12.30 ABSS Speech	only)
Listeners 11.11.19	& Language 23 Month	9.00-12.00 Development
Listellers 11.11.19	Check 24.09.19, 26.11.19	•
Torredore	1.30-2.30 Active Life	Checks (HV) by appointment only fortnightly
Tuesday	05.11.19-10.12.19 Ring 01702	starting 04.09.19
9.30-11.00 Stay & Play	567327 to book your place.	3tai tilig 04.03.13
Explore and learn with your		
child through fun and	Wednesday	Thursday
interactive activities.	,	9.00 – 4.00 Midwife Clinic
£1 donation	9.30-11.00 Mini Explorers	By appointment only
1.30 – 3.30 Child Health	For new parents to socialise, learn and have fun with their	1.00-2.30 ABSS YMCA
Clinic - Come along to meet	babies (0-12 months),	Breastfeeding Support Group
Health professionals, get your	breastfeeding support will be	9.30-12.30 ABSS Speech &
baby weighed and get	available from training staff.	Language Talking Walk-in
support/advice. Please arrive	£1 donation.	12.09.19, 07.11.19
no later than 15 minutes before end of clinic	9.30-12.00 ABSS SAVS	12.30-3.30 ABSS Speech &
before end of cliffic	Parent Forum 18.09.19	Language Face to Face Apt
	Turcine Forum 18.03.13	12.09.19, 31.10.19
Thursday continued	Friday	Friday continued
9.00-10.30 ABSS Speech &	9.00-4.30 Antenatal Booking	12.00-3.00 ABSS Speech &
Language Talking Tiddlers	Clinic (by appointment only)	Language Little Listeners
26.09.19-24.10.19	9.45-11.45 Welcome To The	27.09.19
10.30-12.00 ABSS Speech &	UK ESOL course with crèche	1.00-3.00 ABSS Speech &
Language Talking Toddlers	starting 13.09.19.	Languge Talking Walk-in
26.09.19-24.10.19	12.00-3.00 ABSS Speech &	11.10.19, 06.12.19
1.00-2.30 ABSS Speech &	Language Supersounds	1.00-4.00 Physiotherapy
Language Chatting Children	04.10.19, 22.11.19	Triage 25.10.19
26.09.19-24.10.19	1.00-2.00 ABSS/Family	
9.30-12.30 ABSS Speech &	Action Food 4 Life 12 week	Saturday
Language 23 Month Check 31.10.19, 19.12.19	programme for you and your children to come and	9.30-11.00 Family Fun
· ·	experience how to grow your	Time
9.30-11.30 EPEC Being a	own food and try new fruit	First Saturday of each month
Parent 9 week parenting	and vegetables.	Open to families of 0-5 year
course for more information	13.09.19-06.12.19	old, play session and story.
or to book you place ring the children's centres 26.09.19-		07.09.19, 05.10.19, 02.11.19,
28.11.19 (term time only)		07.12.19
20.11.15 (term time only)		

Stay and Play

Monday

Summercourt 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.



Southend Children's Centres

01702 220810

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

Temple Sutton Children's Centre

Monday	Tuesday	Wednesday
9.30-10.30		·
Story &		
Rhyme Time		
at St Luke's		
Church Hall		
£1 donation		
9.00-4.00		
Midwife		
Clinic (by		
appointment		
only)		
Thursday	Friday	
	9.30-11.00	\(\sigma_{\sigma} \)
	Stay & Play	
	Explore and learn	
	with your child	
	through fun and	
	interactive	
	activities.	
	£1 donation at St	
	Luke's Church Hall	

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.