

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)



Building
stronger
families

Southend Children's Centres

01702 220810

SEPTEMBER - DECEMBER 2018

What's on in your local

Children's Centre!

w/c 3rd September 2018



Southendchildrenscentres



West Locality

Blenheim Children's Centre

Monday	Tuesday	Wednesday
8.30-4.30pm Antenatal Midwife Clinic (except Asthma & Allergy days) 8.30-12.30pm Asthma & Allergy Clinics 10.09.18, 24.09.18, 08.10.18, 22.10.18, 12.11.18, 26.11.18, 10.12.18 10.00-4.00pm Counsellor By appointment only, ring to be added to the waiting list. 1.00- 2.30pm Baby Time For new parents to socialise, learn and have fun with their babies (0-12months), breastfeeding support will be available from trained staff. £1 donation	8.30-12.30pm Asthma & Allergy Clinics 11.09.18, 09.10.11, 13.11.18, 11.12.18 1.30-2.30 Baby Massage 30.10.18-20.11.18 (4 weeks) 1.00-3.00 Parenting Opportunities 11.09.18-16.10.18 A 6 week positive parenting programme to strengthen family relationships 0-5 year olds. Free crèche available. Booking is essential.	9.00 – 4.30 Antenatal Midwife Clinic 10.00-11.30-HICCUPS Stay & play group for pre-school hearing impaired children and their parents/carers, inc play, craft, singing and listening games/activities and snack (2 nd & 4 th Wednesday of each month term time only) Contact Sue Payne 07826 875912 1.30 – 3.00 Child Health Clinic 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. 1.00-2.15 Southend Slings (2 nd Wed of each month) 1.30-3.00 1:1 Breastfeeding Support (booking required)
Thursday	Friday	
9.00-4.30pm Antenatal Midwife Clinic 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	9.30 – 11.00 Stay and Play Build your child's confidence with different types of play, texture and craft. £1 contribution. 8.30-12.30pm Asthma & Allergy Clinics 14.09.18, 28.09.18, 12.10.18, 26.10.18, 09.11.18, 23.11.18 8.45-12.30 Speech & Language (EPUT) 07.09.18, 21.09.18, 05.10.18, 19.10.18, 02.11.18, 16.11.18, 30.11.18, 07.01.18, 14.12.18 12.45-1.45 One Fit Mama (6wk course booking required) 14.09.18-19.10.18 07794492811	

BABY TIME

Monday

Hamstel Children's Centre – 9.30am-11.00am

Blenheim Children's Centre – 1.00pm-2.30pm

Wednesday

Friars Children's Centre 9.30am-11.00am

Cambridge Road Children's Centre 9.30am-11.00am

Prince Avenue Children's Centre 1.00pm-2.30pm

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

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.

9.15-11.45 Mondays starting 17th September 2018
At Summercourt Children's Centre.

12.15-2.45 Thursdays starting 20th September 2018
At Summercourt Children's Centre.

Sign Language

4 weeks sign language course.

12.30-2.30 Tuesdays starting 18.09.18-09.10.18 at Eastwood Children's Centre.



Introduction to Working as a Teaching Assistant

12.30-2.30 Tuesday 16.10.18 at Eastwood Children's Centre.

Prince Avenue Children's Centre

Monday	Tuesday	Wednesday
9.00-5.00 Development Checks (HV) 12.30 – 3.00 Parent Craft 2 informative sessions with a midwife for antenatal parents preparing for the birth of their child. 10.09.18-17.09.18 15.10.18-22.10.18 12.11.18-19.11.18 10.12.18-17.12.18	9.00-5.00 Development Checks (HV) 9.30-10.30 Cooking Bring you child and cook together, learn new recipes. Suggested donation £2. Please ring to book your place. 12.15-4.00pm Asthma & Allergy Clinic 11.09.18, 09.10.18, 13.11.18, 11.12.18	8.30-4.30 Midwife Booking Clinic. By appointment only. 1.00-2.30pm Baby Time For new parents to socialise, learn and have fun with their babies (0-12months), breastfeeding support will be available from trained staff. £1 donation.
Thursday	Friday	
9.00 – 5.00 Antenatal Clinic By appointment only	1.00 – 2.30 Stay and Play Explore and learn with your child through fun and interactive activities. £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
	<p>12.30-2.30 Sign Language Course (4 weeks) 18.09.18-09.10.18</p> <p>12.30-2.30 Introduction to working as a Teaching Assistant 16.10.18</p>	<p>9.30-10.30 Cooking Bring your child and cook together, learn new recipes. Suggested donation £2. Please ring to book your place.</p> <p>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 19.09.18)</p>
Thursday	Friday	
<p>9.30 – 11.00 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation</p> <p>1.00-2.30 Child Health Clinic Come and get your baby weighed and stay for a play. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment.</p>		



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.

Friars Children's Centre	12.30-3.00	01.10.18-03.12.18
Cambridge Road Children's Centre	12.30-3.00	02.10.18-04.12.18
Centre Place Children's Centre	9.30-12.00	04.10.18-06.12.18
Baby Henry Centre Place Children's Centre	10.00-12.00	03.10.18-05.12.18

Work Skills

Telephone: 01702 534077 **Email:** economicd@southend.gov.uk

Learning for Mum & Dad

Summercourt Children's Centre	12.30-2.30	13.09.18
Cambridge Road Children's Centre	12.30-2.30	11.10.18, 08.11.18, 06.12.18

60 Minute Mentor

Centre Place Children's Centre	10.00-11.30	06.09.18, 14.12.18
Cambridge Road Children's Centre	12.30-2.30	11.10.18

Intro 2 Enterprise

Centre Place Children's Centre	10.00-12.00	28.09-19.10.18
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SAVS

Telephone: 01702 356069 **Email:** abss@savs-southend.co.uk

SAVS Coffee Morning

Centre Place Children's Centre	10.00-11.30	11.09.18, 21.09.18
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SAVS Parent Forum

Summercourt Children's Centre	10.00-11.30	12.09.18
Friars Children's Centre	10.00-11.30	19.09.18, 23.10.18, 21.11.18
Centre Place Children's Centre	10.00-11.30	28.09.18, 29.10.18, 30.11.18



Speech & Language

Telephone: 01702 356056

Email: alpha.thomas@nhs.net

23 Month Checks

Friars Children's Centre	am	25.09.18, 16.10.18, 27.11.18
Cambridge Road Children's Centre	am	27.09.18, 22.11.18
Centre Place Children's Centre	am	29.10.18
Friars Children's Centre	am	17.12.18
Summerville Children's Centre	pm	18.12.18

Talking Walk-In

Friars Children's Centre	pm	05.09.18, 10.10.18
Cambridge Road Children's Centre	am	08.11.18, 14.12.18

Other Speech & Language sessions

Cambridge Road Children's Centre	am	14.09-12.10, 02.11-30.11
Centre Place Children's Centre	am	11.09-09.10, 31.10-28.11
Centre Place Children's Centre	pm	12.09-10.10, 31.10-29.11
Summerville Children's Centre	am	12.09-10.10, 31.10-28.11
Summerville Children's Centre	pm	11.09-09.10, 30.10-27.11
Friars Children's Centre	am	10.09-08.10, 29.10-26.11
Friars Children's Centre	pm	10.09-08.10, 29.10-26.11
Friars Children's Centre	am	13.09-11.10, 01.11-29.11
Friars Children's Centre	pm	13.09-11.10, 01.11-29.11

One to One Sessions

Friars Children's Centre	am	18.09.18, 11.12.18
Centre Place Children's Centre	am	16.10.18
Cambridge Road Children's Centre	pm	15.11.18

Central Locality

Cambridge Road Children's Centre

Monday	Tuesday	Wednesday
10.00-11.30 Welcome to the UK An ESOL course 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)	9.30 – 11.30 Freedom 12 week course please call to book a place Delivered by Family Action Family Support Practitioner. Creche available. 11.09.18-04.10.18	9.30-11.00 Baby Time 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 11.00 – 1.00 MOTO (Mothers on their own) For lone parents, free session including lunch delivered by Family Action Family Practitioner. Creche available. Please ring to book your place 1.00-5.00 Antenatal Vulnerable Women Clinic 1.30 – 2.30 Teen Bumps Plus (postnatal session) Creche available – ring to book place
1.00-2.30 Child 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 to avoid disappointment.	10.00 – 4.00 Antenatal Appointments Please book with your midwife.	
1.00-2.30 Southend Sling (1 st Monday of each month)	12.30-3.00 Henry (ABS) 02.10.18-04.12.18 (Term time only)	
Thursday	Friday	
9.30 – 11.00 Stay & Play Build your child's confidence with different types of play, texture and craft £1 suggested contribution.	10.00 – 4.30 Antenatal Appointments Please book with your midwife.	
9.00-4.45 Antenatal Clinic	AM – ABSS Speech & Language 14.09.18-12.10.18 02.11.18-30.11.18	
PM – ABSS 23 Month Check 27.09.18, 22.11.18	AM – ABSS Talking Walk-in 14.12.18	
12.30-2.30 ABSS Learning for Mum & Dad 11.10.18, 08.11.18, 06.12.18		Are you interested in volunteering in the Southend Children's Centres? If so please contact 01702 220810 and request an application form.

Centre Place Children's Centre

Monday	Tuesday	Wednesday
AM – ABSS 23 Month Check 29.10.18 10.00-11.30 ABSS/SAVS Parent forum 29.10.18 1.00-3.00 Family Opportunities Parenting Programme 10.09.18-15.10.18 29.10.18-03.12.18 A 6 week positive parenting programme to strengthen family relationships 0-5 year olds. Free crèche available. Booking is essential.	9.30-11.00 Stay & Play Build your child's confidence with different types of play, texture and craft £1 suggested contribution. AM – ABSS Speech & Language 11.09.18- 09.10.18 31.10.18-28.11.18 10.00-11.30 ABSS/SAVS Coffee Morning 11.09.18	9.00 – 4.00 Antenatal Clinic By appointment only 10.00-12.00 Baby HENRY 03.10.18-05.12.18 (Term time only) PM – ABSS Speech & Language 12.09.18-10.10.18 31.10.18-28.11.18
Thursday	Friday	
9.00-12.15 Speech & Language (EPUT) 13.09.18, 27.09.18, 11.10.18, 25.10.18, 08.11.18, 22.11.18, 06.12.18, 20.12.18 1.00-3.00 Child Health Clinic 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. 9.30-12.00 HENRY 04.10.18-06.12.18 (Term time only) 10.00-11.30 ABSS Works Skills 06.09.18	9.00-12.15 Speech & Language (EPUT) 14.09.18, 28.09.18, 12.10.18, 26.10.18, 09.11.18, 23.11.18, 07.12.18, 21.12.18 9.00-12.30 Physiotherapy Triage 21.09.18, 19.10.18, 16.11.18 10.00-11.30 ABSS/SAVS Coffee Morning 21.09.18 10.0-11.30 ABSS/SAVS Parent Forum 28.09.18, 30.11.18 10.00-12.00 ABSS Intro 2 Enterprise 28.09.18-19.10.18 10.00-11.30 ABSS 60 Minute Mentor 14.12.18 1.00-4.00 Estuary Hub & Job Club 1.30-2.30 Story & Rhyme Time	



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.
Suggested donation of £2 per week to cover the oil.

For details of the next group and to be added to the waiting list please ring 01702 220810 option 1.

Blenheim Children's Centre	1.30-2.30	30.10.18-20.11.18
Summercourt Children's Centre	1.30-2.30	27.11.18-18.12.18

Booking is essential.

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.

Centre Place Children's Centre	1.00-3.00	Monday 10.09.18-15.10.18
Blenheim Children's Centre	1.00-3.00	Tuesday 11.09.18-16.10.18
Centre Place Children's Centre	1.00-3.00	Monday 29.10.18-03.12.18
Friars Children's Centre	1.00-3.00	Tuesday 06.11.18-11.12.18

Booking is essential.



MESSY PLAY

Come and get messy with us!

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.

Summerville Children's Centre

Monday	Tuesday	Wednesday
9.15-11.45 ESOL (Entry 3) 17.09.18-08.07.19 (34 wks) 1.00-2.30 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation	9.30-11.30 Welcome to the UK 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. 1.30-2.30 Baby Massage 27.11.18-18.12.18 (4 weeks) PM – ABSS 23 Month Check 18.12.18 PM – ABSS Speech & Language 11.09.18-09.10.18 30.10.18-27.11.18	1.00-3.00 Child Health Clinic 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. AM – ABSS Speech & Language 12.09.18-10.10.18 31.10.18-28.11.18 10.00-11.30 ABSS/SAVS Parent Forum 12.09.18
Thursday	Friday	
9.30 – 12.00 Communication for Life This is a group run by a volunteer who is a teacher and is for parents who speak very little English, you are welcome to bring your child with you. Booking is required. 12.15-2.45 ESOL (Entry 1) 20.09.18-23.05.19 (31 weeks) 12.30-2.30 ABSS Learning for Mum & Dad 13.09.18	10.00 – 2.00 Little Heroes (ASD Support Group) Every other Friday see dates below. 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. Every 1 st and 3 rd Friday starting 7 th September 2018	Are you interested in volunteering in the Southend Children's Centres? If so please contact 01702 220810 and request an application form.

East Locality

Friars Children's Centre

Monday	Tuesday	Wednesday
AM – ABSS Speech & Language 10.09.18-08.10.18 29.10.18-26.11.18 AM – ABSS 23 Month Check 17.12.18 PM – ABSS Speech & Language 10.09.18-08.10.18 29.10.18-26.11.18 12.30-3.00 HENRY 01.10.18-03.12.18 (Term Time Only) 10.45 Southchurch Park Car Park – Buggy Active Bring your baby in their buggy to an effective outdoor work out session- from 29 th October will transfer to Friars Children's Centre Indoor session £4 per session.	9.30-11.00 Stay & Play Explore and learn with your child through fun and interactive activities. £1 donation 10.00-11.30 ABSS/SAVS Parent Forum 23.10.18 1.30 – 3.30 Child 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 to avoid disappointment. 1.00-3.00 Family Parenting Opportunities 06.11.18-11.12.18 Booking Essential	9.30-11.00 Baby Time 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. 1.00– 2.00 Cooking Bring your child and cook together, learn new recipes. Suggested donation £2. Please ring to book your place. 9.30-1.30 Development Checks (HV) Starting 05.09.18 fortnightly 10.00-11.30 ABSS/SAVS Parent Forum 19.09.18, 23.10.18, 21.11.18 10.00-11.30 ABSS 60 Minute Mentor 24.09.18 PM – ABSS Talking Walk-in 05.09.18
Thursday	Friday	
9.00 – 5.00 Midwife Clinic By appointment only 9.15-10.00/10.30-11.15 Leapsprogs £3.50 per session Starting 13.09.18 AM – ABSS Speech & Language 13.09.18-11.10.18 01.11.18-29.11.18 PM- ABSS Speech & Language 13.09.18-11.10.18 01.11.18-29.11.18 1.00-2.30 ABSS YMCA Breastfeeding Support Group AM – ABSS Speech & Language 05.10.18	10.00-2.00 Little Heroes (ASD Support Group) Every other Friday see dates below. 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. 2 nd & 4 th Friday 9.00-12.30 Physiotherapy Triage 28.09.18, 26.10.18, 23.11.18	

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 10.00am-11.30am

Prince Avenue Children's Centre 1.00pm-2.30pm

£1 suggested donation per child

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 – 2.30pm
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
8.30 – 5.00 Antenatal Midwife Clinic By appointment only.	9.00-5.00 Antenatal Midwife Clinic By appointment only.	
9.30-11.00 Baby Time 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	1.00-3.00 Child Health Clinic 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.	
3.00-6.00 Immunisations EPUNFT 15.10.18, 03.12.18		
Thursday	Friday	
9.30-11.00 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation	10.00-11.30 Child Health Clinic 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 nd & 4 th Friday of each month)	
1.00-2.30 Multiple Birth Support Group £1 donation	10.00 – 12.00 Mini Marvels 1 st & 3 rd 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.	
8.30 – 5.00 Antenatal Midwife Clinic By appointment only.	12.30-2.30 Parentcraft 2 informative sessions with a midwife for antenatal parents preparing for the birth of their child.	
	14.09.18-21.09.18 12.10.18-19.10.18 09.11.18-16.11.18 07.12.18-14.12.18 9.15-1.00 Asthma & Allergy Clinic 21.09.18, 19.10.18, 16.11.18, 21.12.18	

Temple Sutton Children's Centre

Monday	Tuesday	Wednesday
10.00-11.00 Story & Rhyme Time at St Luke's Church Hall		
9.00-4.00 Midwife Clinic		
Thursday	Friday	
	10.00-11.30 Stay & Play Explore and learn with your child through fun and interactive activities. £1 donation at St Luke's Church Hall	



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.

Cambridge Road Children's Centre 9.30-11.30 – 11/09-04/12/18

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