

## 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)



## JANUARY-MARCH 2020

### What's on in your local

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

**w/c 13<sup>th</sup> January 2020 (excluding half terms)**




@FamilyAction-Southendchildrenscentres



@FAsouthendchildrenscentres

## 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 Mum &amp; Baby Pilates</b> 6 sessions 06.01.20-10.02.20 24.02.20-30.03.20 Ring 01702 567327 to book your space with Active Life.</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 14.01.20-11.02.20 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 14.01.20-11.02.20 ring Natalie 07856 766221 for more details and to book your space.</p> <p><b>4.45-6.15 Young Carers Group</b> 01702393933 for more information.</p> <p><b>9.00-12.30 Asthma &amp; Allergy Clinic</b> (appointments only) 14.01.20, 11.02.20, 10.03.20</p> <p><b>12.00-4.00 Asthma &amp; Allergy Clinic</b> (appointments only) 28.01.20, 25.02.20, 24.03.20</p>	<p><b>9.00 – 4.00 Antenatal Midwife Clinic</b> (by appointment only)</p> <p><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 08.01.20</p> <p><b>1.30 – 3.00 Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support &amp; advice. Arrive no later than 30 minutes before end of clinic to avoid disappointment.</p> <p><b>1.30-3.00 1:1 Breastfeeding Support</b> (booking required)</p> <p><b>10.00-11.00 Baby Massage</b> 4 week course £8 payable first session booking required ring your local centre 22.01.20-12.02.20</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>3.30-5.30 EPUNFT Immunisations</b> (by appointment only)13.02.20</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>9.00-4.00 Asthma &amp; Allergy Clinic</b> (appointments only) 10.01.20, 14.02.20, 13.03.20</p> <p><b>9.00-12.30 Asthma &amp; Allergy Clinic</b> (by appointments only) 24.01.20, 28.02.20, 27.03.20</p> <p><b>9.00-12.15 EPUT Speech &amp; Language Triage</b> (by appointment only) 17.01.20, 31.01.20, 07.02.20, 21.02.20, 06.03.20, 20.03.20</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 1.00pm-2.30pm**

### Tuesday

**Eastwood Children's Centre 1.00pm-2.30pm**

### Wednesday

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

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

**Prince Avenue Children's Centre 1.00pm -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 Mini Explorer 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.

09.01.20-25.06.20 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

13.01.20-02.03.20 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



### 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 CC	1.00-3.00	15.01.20, 04.03.20
Friars CC	1.00-3.00	22.01.20
Friars CC	9.30-11.30	18.03.20
Centre Place CC	1.00-3.00	29.01.20, 12.03.20
Hamstel CC	9.30-11.30	05.02.20
Summercourt CC	9.30-11.30	12.02.20

To book your place please ring 01702 220810 option 1 or email [kim.paterson@family-action.org.uk](mailto:kim.paterson@family-action.org.uk).

## Prince Avenue Children's Centre

Monday	Tuesday	Wednesday
<p><b>12.30 – 3.00 Parent Craft/Antenatal Classes</b> 2 informative sessions with a midwife for parents preparing for the birth of their child. 06.01.20-13.01.20 03.02.20-10.02.20 09.03.20-16.03.20</p>	<p><b>8.00-4.00 Child Development Checks (HV)</b> (by appointment only)</p> <p><b>9.30-10.30 Cooking</b> Bring your child and cook together, learn new recipes. These will be a 5 week block booking and will cost £10 payable on the first session. Please ring to book your place. 14.01.20-11.02.20 25.02.20-24.03.20</p> <p><b>12.30-4.30 Asthma &amp; Allergy Clinic</b> (by appointment only) 14.01.20, 11.02.20, 10.03.20</p> <p><b>1.00-3.00 Starting Solids</b> Information and advice on weaning/starting solids to book your place ring the children's centre 21.01.20</p>	<p><b>9.00-4.30 Antenatal Midwife Booking Clinic</b> (by appointment only)</p> <p><b>10.15-11.30 Active Mum &amp; Baby Pilates</b> 6 sessions 08.01.20-12.02.20 Ring 01702 567327 to book your space with Active Life.</p> <p><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.</p> <p><b>8.30-11.30 Prince Avenue Community Hub</b> A drop-in session for parents to chat to each other and staff, including guest speakers and activities for children, all welcome starting 26.02.20.</p>
Thursday	Friday	
<p><b>9.00 – 4.30 Antenatal Clinic</b> By appointment only</p> <p><b>10.00-12.15 Incredible Years Parenting Course</b> For parents of children 5-10 years old, book by calling 01702 431109 Starting 16.01.20-02.04.20</p>	<p><b>9.00-4.30 Antenatal Clinic</b> By appointment only</p> <p><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</p>	<p><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></p>

## Eastwood Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-11.30 Introduction to becoming a Teaching Assistant</b> 13.01.20-02.03.20 Term Time only please ring 07960 420760 to book your place.	<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>9.45-10.45 Cooking</b> Bring your child and cook together, learn new recipes. These will be a 5 week block booking and will cost £10 payable on the first session. 15.01.20-12.02.20 26.02.20-25.03.20 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 08.01.20)
		<b>12.00-2.00 Starting Solids</b> Information and advice on weaning/starting solids to book your place ring the children's centre 11.03.20
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>9.45-10.45 Lingotots French</b> classes for your child, £4 per child per session starting 17.01.20. 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>
<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>11.00-12.00 Lingotots Spanish</b> classes for your child, £4 per child per session starting 17.01.20. 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>	



### HENRY

**Telephone:** 07519 109875

**Email:** southend@henry.org.uk

The HENRY Healthy Families programme provides everything you need to help get your little one off to a great start and covers: parenting confidence, physical activity, what children and families eat, family lifestyle habits and enjoying life as a family. For parents or carers of children aged 0 to 4 years old.

#### Workshops

Summercourt CC	10.00-11.30	13.01.20 – Fussy Eating
Cambridge Road CC	1.00-2.30	14.01.20 Health drinks for young children
Centre Place CC	10.00-11.30	16.01.20 Healthy food swaps.
Friars CC	1.00-2.30	16.01.20 What's in our food?

#### Courses

Summercourt CC	9.30-12.00	27.01.20 – 23.03.20
Centre Place CC	9.30-12.00	30.01.20 – 26.03.20
Cambridge Road CC	12.30-3.00	28.01.20 – 24.03.20
Friars CC	12.30-3.00	29.01.20 – 25.03.20

These courses run term time only, booking essential.

### Work Skills

**Telephone:** 01702 215022

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

For upcoming course information please contact as above.

### SAVS

**Telephone:** 01702 356069

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

#### Parent Forums

Summercourt CC	9.00-12.30	06.01.20
Centre Place CC	9.00-12.30	24.02.20, 27.03.20
Friars CC	9.00-12.30	15.01.20, 19.03.20

### EPEC Parenting

**Telephone:** 07808 026988

**Email:** jade.wicking@eyalliance.org.uk

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

EPEC Being a Parent Course	9.30-11.30	Hamstel CC	20.01.20-23.03.20
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Term time only

### Mindful Mums & Babies

**Telephone:** 07816 965420/ 07866 609752

**Email:** [epunft.perintatlhvs@nhs.net](mailto:epunft.perintatlhvs@nhs.net)

An emotional wellbeing 6 week course for new mums.

Friars CC	12.15-3.45	06.01.20-10.02.20
Cambridge Road CC	12.15-3.45	24.02.20-30.03.20



### Speech & Language

**Telephone:** 01702 880387

**Email:** epunft.abetterstartadmin@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 Tiddlers

Centre Place CC 10.30-12.00 14.01.20-11.02.20

#### Talking Toddlers

Centre Place CC	9.00-10.15	14.01.20-11.02.20
Friars CC	10.30-12.00	16.01.20-13.02.20
Friars CC	1.00-2.30	16.01.20-13.02.20
Cambridge Road CC	10.30-12.00	17.01.20-14.02.20

#### Chatting Children

Summercourt CC 9.00-10.30 15.01.20-12.02.20

#### Attention Group

Friars CC	9.00-10.30	16.01.20-13.02.20
Cambridge Road CC	9.00-10.30	17.01.20-14.02.20

#### Talking Walk-in

Cambridge Road CC	12.00-3.00	17.01.20
Centre Place CC	12.30-3.30	23.01.20
Centre Place CC	9.30-12.30	10.02.20
Summercourt CC	12.30-3.30	25.02.20

#### 23 Month Check

Cambridge Road CC	9.00-12.00	22.01.20
Summercourt CC	12.30-3.30	28.01.20
Summercourt CC	9.00-12.00	26.02.20
Cambridge Road CC	9.00-12.00	27.02.20
Centre Place CC	9.00-12.00	28.02.20

#### Face to Face Appointments

Summercourt CC	9.00-12.00	20.01.20
Centre Place CC	12.30-3.30	30.01.20
Summercourt CC	12.30-3.30	04.02.20

## Central Locality

### Cambridge Road Children's Centre

Monday	Tuesday	Wednesday
<p><b>10.00-11.30 Welcome to the UK</b> 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 13.01.20</p> <p><b>2.00-3.00 ABSS YMCA Bumps to Baby Support Group</b> come along for breastfeeding advice/support and meet other new mums Starting 06.01.20</p> <p><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</p> <p><b>12.15-3.45 ABSS Mindful Mums &amp; Babies</b> Booking required see ABSS page 24.02.20-30.03.20</p>	<p><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. 14.01.20-31.03.20 (term time only)</p> <p><b>12.30-3.00 ABSS HENRY</b> Booking required see ABSS page 28.01.20-24.03.20 term time only.</p>	<p><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 5 week block booking and will cost £10 payable on the first session. 15.01.20-12.02.20 26.02.20-25.03.20 Please ring to book your place.</p> <p><b>1.00-3.00 ABSS/FA Starting Solids</b> information and advice booking required 15.01.20, 04.03.20 call 01702 220810.</p> <p><b>9.00-12.00 ABSS Speech &amp; Language 23 Month Check</b> 22.01.20 booking required see ABSS page.</p>
Thursday	Friday	
<p><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.</p> <p><b>9.00-4.30 Antenatal Clinic</b> (by appointment only)</p> <p><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 16.01.20 term time only.</p> <p><b>9.00-12.00 ABSS Speech &amp; Language 23 Month Check</b> 27.02.20 Booking required see ABSS page</p>	<p><b>9.00-4.30 Antenatal Appointments</b> (by appointment only)</p> <p><b>9.00-10.30 ABSS Speech &amp; Language – Attention Group</b> 17.01.20-14.02.20 booking required see ABSS page</p> <p><b>10.30-12.00 ABSS Speech &amp; Language – Talking Toddlers</b> 17.01.20-14.02.20 booking required see ABSS page.</p> <p><b>12.00-3.00 ABSS Speech &amp; Language – Talking Walk-in</b> 17.01.20 booking required see ABSS page.</p>	

## Centre Place Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-12.30 ABSS Speech &amp; Language Talking Walk-in</b> 10.02.20 booking required see ABSS page.	<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> Support group for young parents, for more information ring 01702 482866. <b>1.00-3.00 Family Opportunities Parenting Group</b> 21.01.20-03.03.20 6 weeks term time only, crèche available, ring to book your place 01702 220180. <b>9.00-10.15 ABSS Speech &amp; Language Talking Toddlers</b> 14.01.20-11.02.20 booking required see ABSS page. <b>10.30-12.00 ABSS Speech &amp; Language Talking Tiddlers</b> 14.01.20-11.02.20 booking required see ABSS page.	<b>9.00 – 4.30 Antenatal Clinic</b> (By appointment only)  <b>9.00-4.00 Postnatal Clinic</b> (by appointment only)  <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>  <b>1.00-3.00 ABSS/FA Starting Solids</b> information and advice booking required 29.01.20 call 01702 220810.
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.. <b>12.30-4.00 New Birth Registrations</b> (by appointment only) 01702 215009. <b>9.00-12.15 EPUT Speech &amp; Language Triage</b> (appointments only) 02.01.20, 16.01.20, 30.01.20, 13.02.20, 27.02.20, 12.03.20, 26.03.20 <b>9.30-12.00 ABSS HENRY</b> Booking required see ABSS page 30.01.20-26.03.20 term time only. <b>9.00-12.00 ABSS/SAVS Parent Forum</b> 23.01.20 booking required see ABSS page. <b>12.30-3.30 ABSS Speech &amp; Language Talking Walk-in</b> 23.01.20 see ABSS page.	<b>12.30-3.30 ABSS Speech &amp; Language Face to Face Apt</b> 30.01.20 booking required see ABSS page.	<b>9.00-12.00 ABSS Speech &amp; Language 23 Month Check</b> 28.02.20 booking required see ABSS page. <b>9.00-12.00 ABSS/SAVS Parent Forum</b> 27.03.20 <b>9.00-12.15 EPUT Speech &amp; Language Triage</b> (by appointment only) 03.01.20, 10.01.20, 31.01.20, 14.02.20, 28.02.20, 13.03.20, 27.03.20 <b>9.00-12.30 Physiotherapy Triage</b> (by appointment only) 17.01.20, 21.02.20, 20.03.20



### 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.

Blenheim CC	10.00-11.00	22.01.20-12.02.20
Friars CC	1.00-2.00	05.03.20-26.03.20

Booking is essential please ring 01702 220810 limited spaces.

### 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.

**27.01.20 – 03.03.20 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.

Prince Avenue CC	1.00-3.00	21.01.20
Eastwood CC	12.00-2.00	11.03.20

Booking is essential please ring 01702 220810 to book your place.





# 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

Hamstel 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 08.01.20

## Summertime Children's Centre

Monday	Tuesday	Wednesday
<b>1.00-2.30 Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation  <b>9.00-12.30 ABSS/SAVS Parent Forum</b> 06.01.20  <b>9.00-12.00 ABSS Speech &amp; Language face to face apt</b> 20.01.20 booking required see ABSS page.  <b>9.30-12.00 ABSS HENRY</b> Booking required see ABSS page 27.01.20-23.03.20 term time only.	<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 14.01.20.  <b>12.30-3.30 ABSS Speech &amp; Language 23 Month Checks</b> 28.01.20 booking required see ABSS page.  <b>12.30-3.30 ABSS Speech &amp; Language Face to Face Apt</b> 04.02.20 booking required see ABSS page.  <b>12.30-3.30 ABSS Speech &amp; Language Talking Walk-in</b> 25.02.20 booking required see ABSS page.	<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> 15.01.20-12.02.20 booking required see ABSS page.  <b>9.30-11.30 ABSS/FA Starting Solids</b> information and advice booking required 12.02.20 call 01702 220810.  <b>9.00-12.00 ABSS Speech &amp; Language 23 Month Check</b> 26.02.20 booking required see ABSS page.
Thursday		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 Amanda Littlejohn or Mary Whitelaw for more information. <b>12.15-2.45 ESOL (Speaking &amp; Listening)</b> 09.01.20-25.06.20 term time only. Ring Jane Latham 07960 420760 to book a place.		<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. £1 donation. 18.01.20 15.02.20 21.03.20

## East Locality

### Friars Children's Centre

Monday	Tuesday	Wednesday
<p><b>9.30-3.00 Postnatal Clinic</b> (by appointment only)</p> <p><b>11.15-12.30 Mum &amp; Baby Yoga – Active Mums</b> 6 sessions 06.01.20-10.02.20, 24.02.20-30.03.20 ring 01702 567327 to book your place.</p> <p><b>12.15-3.45 ABSS Mindful Mums &amp; Babies</b> Booking required see ABSS page 06.01.20-10.02.20.</p>	<p><b>9.30-11.00 Stay &amp; Play</b> Explore and learn with your child through fun and interactive activities. £1 donation.</p> <p><b>1.00-2.00 Cooking</b> Bring your child and cook together, learn new recipes. These will be a 5 week block booking and will cost £10 payable on the first session. 14.01.20-11.02.20 25.02.20-24.03.20. Please ring to book your place.</p> <p><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.</p> <p><b>12.00-4.00 New Birth Registrations</b> (by appointment only) 01702 215009</p> <p><b>9.30-12.00 ABSS/SAVS Parent Forum</b> 11.02.20</p> <p><b>9.30-11.30 Sing &amp; Sign</b> 25.02.20-24.03.20 Booking is essential ring 01702 220810.</p>	<p><b>9.30-11.00 Mini Explorers</b> For new parents to socialise, learn and have fun with their babies (0-12 months). £1 donation.</p> <p><b>10.00-12.00 ABSS YMCA Bump to Baby Support Group</b> come along for breastfeeding advice/support and meet other new mums starts 15.01.20.</p> <p><b>9.30-11.30 ABSS/FA Starting Solids</b> 18.03.20 Information and advice on weaning/starting solids, booking is required call 01702 220810.</p> <p><b>1.00-3.00 ABSS/FA Starting Solids</b> 15.01.20 Information and advice on weaning/starting solids, booking is required call 01702 220810.</p> <p><b>12.30-3.00 ABSS HENRY</b> Booking required see ABSS page 29.01.20-25.03.20 term time only.</p> <p><b>9.30-12.00 ABSS/SAVS Parent Forum</b> 15.01.20</p>
Thursday	Friday	Saturday
<p><b>9.00-4.00 Midwife Clinic</b> (by appointment only)</p> <p><b>9.00-10.30 ABSS Speech &amp; Language Attention Group</b> 16.01.20-13.02.20</p> <p><b>10.30-12.00 ABSS Speech &amp; Language Talking Toddlers</b> 16.01.20-13.02.20</p> <p><b>1.00-2.30 ABSS Speech &amp; Language Talking Toddlers</b> 16.01.20-13.02.20</p> <p><b>9.30-12.00 ABSS/SAVS Parent Forum</b> 19.03.20</p> <p><b>1.00-2.00 Baby Massage</b> 4 week course £8 payable at first session 05.03.20-26.03.20 ring children's centres to book your place.</p>	<p><b>9.00-4.30 Antenatal Booking Clinic</b> (by appointment only)</p> <p><b>9.45-11.45 Welcome To The UK</b> ESOL course with creche starting 17.01.20 term time only.</p> <p><b>1.00-2.00 ABSS/FA Food 4 Life</b> Free 6 week programme for you and your children to come and experience how to grow your own food and try new fruit and vegetables. Includes a fun cooking session using some of the produce grown, booking is essential ring 01702 220810. 10.01.20-14.02.20 28.02.20-03.04.20</p>	<p><b>9.30-11.00 Family Fun Time</b> First Saturday of each month, open to families of 0-5 year olds, play session and a story. £1 donation. 01.02.20 07.03.20</p>

# 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.



## 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>9.30-11.30 ABSS EPEC Being A Parent Course</b> Booking required see ABSS page 20.01.20-23.03.20	<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.	<b>1.30-2.30 Messy Play</b> Build your child's confidence with different types of texture and fun £2 per child.  <b>9.30-11.30 ABSS/FA Starting Solids</b> information and advice booking required 05.02.20 call 01702 220810
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>3.30-5.30 EPUNFT Immunisations</b> (by appointment only) 23.01.20, 26.03.20	<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 10.01.20)  <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 03.01.20	<b>12.30-2.30 Parentcraft</b> 2 informative sessions with a midwife for antenatal parents preparing for the birth of their child. 10.01.20-17.01.20 07.02.20-14.02.20 06.03.20-13.03.20  <b>9.00-12.30 Physiotherapy Triage Clinic</b> (by appointment only) 17.01.20, 24.01.20, 21.02.20, 28.02.20, 20.03.20, 27.03.20

## Temple Sutton Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-10.30</b> <b>Story &amp; Rhyme Time</b> <b>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'

22.01.20      1.30-2.30      Priory House Care Home  
 12.02.20      1.30-2.30      St Martins Care Home  
 11.03.20      1.30-2.30      Sandringham Care Home  
 Please ring 01702 220810 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.

**14.01.20 – 31.03.20**  
**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.