

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 9TH September 2019



@FamilyAction-Southendchildrenscentres



@FAsouthendchildrenscentres



#southendchildrenscentres

West Locality

Blenheim Children's Centre

Monday	Tuesday	Wednesday
<p>9.00 – Running Club 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>9.00-4.00 Antenatal Booking Clinic (by appointment only)</p> <p>10.00-4.00pm Counsellor By appointment only, ring to be added to the waiting list.</p> <p>11.00-12.00 Active Life 6 sessions 04.11.19-09.12.19 Ring 01702 567327 to book your space.</p> <p>1.30-2.30 Messy Play Build your child's confidence with different types of texture and fun £2 per child.</p>	<p>9.30-10.30 Wellbeing Warriors Starting 10.09.19 Looking at healthy lifestyles and putting a plan in place. Booking is essential contact Natalie 07856 766221</p> <p>11.00-12.00 Wellbeing Warriors – Beginners Class Starting 24.09.19 ring Natalie 07856 766221 for more details and to book your space.</p> <p>9.00-12.00 Asthma & Allergy Clinic (by appointment only) 10.09.19, 08.10.19, 12.11.19, 10.12.19</p> <p>12.30-4.00 Asthma & Allergy Clinic (by appointment only) 24.09.19, 22.10.19, 26.11.19</p>	<p>9.00 – 4.00 Antenatal Midwife Clinic (by appointment only) 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 (2nd & 4th Wednesday of each month term time only) Contact Sue Payne 07826 875912 starting 11.09.19 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. 1.30-3.00 1:1 Breastfeeding Support (booking required)</p>
Thursday	Friday	
<p>9.00-4.00pm Antenatal Midwife Clinic (by appointment only)</p> <p>9.00-4.00 Postnatal Clinic (by appointment only)</p> <p>9.30 – 10.15 Happy House (walkers to 4yrs)Hartbeeps</p> <p>10.30-11.15 Baby Beeps (sitting to walking babies) Hartbeeps</p> <p>11.30-12.15 Baby Bells (newborn to sitting babies) Hartbeeps emma@hartbeeps.com</p> <p>10.00-12.30 EPUNFT Immunisations (by appointment only) 19.12.19</p> <p>3.30-5.30 EPUNFT Immunisations (by appointment only) 24.10.19</p>	<p>9.00 – Running Club meet in café prior to run (same as Monday)</p> <p>9.30 – 11.00 Stay and Play Build your child's confidence with different types of play, texture, craft. There is a section for non-walkers/ babies.£1 contribution.</p> <p>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</p> <p>9.00-4.00 Asthma & Allergy Clinic (by appointment only) 13.09.19, 11.10.19, 08.11.19, 13.12.19</p> <p>9.00-12.30 Asthma & Allergy Clinic 27.09, 25.10.19, 22.11.19</p>	<p>Blenheim Café is open daily (Monday-Friday) serving healthy and affordable snacks and meals</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.



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) 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	8.00-1.30 Development Checks (HV) (by appointment only) 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	9.00-4.30 Midwife Booking Clinic. By appointment only. 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 to becoming a Teaching Assistant 07.10.19-25.11.19 Term Time only please ring 07960 420760 to book your place.		9.45-10.45 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. 11.09.19-16.10.19 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 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation 1.00-2.00 Child Health Clinic 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.	9.45-10.45 Lingotots French classes for your child, £4 per child per session starting 20.09.19. booking is essential via online booking: https://www.lingotot.com/centre/southend-on-sea 11.00-12.00 Lingotots Spanish classes for your child, £4 per child per session startng 20.09.19. Booking is essential via online booking: https://www.lingotot.com/centre/southend-on-sea	Healthy Start Vitamins are available from all Southend Children's Centres – bring in your voucher to exchange for vitamins.



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

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
9.00-4.30 Postnatal Clinic (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 1.00-2.30 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 12.15-4.00 ABSS Mindful Mums & Babies 04.11.19-09.12.19	9.30 – 11.30 Freedom 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)	9.00-4.30 Specialist 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 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

Monday	Tuesday	Wednesday
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) Crèche available.	9.30-11.00 Stay & Play Build your child's confidence with different types of play, texture and craft £1 suggested contribution. 1.00-3.00 FNP (Family Nurse Partnership) Group 1.00-3.00 Family Opportunities Parenting Group 08.10.19-19.11.19 6 weeks term time only, crèche available, ring to book your place 01702 220180. 9.30-12.30 ABSS Speech & Language Face to Face Appointments 17.09.19 9.00-10.30 ABSS Speech & Language Talking Toddlers 24.09.19-22.10.19 10.30-12.00 ABSS Speech & Language Attention Group 24.09.19-22.10.19 12.11.19-10.12.19 9.30-12.30 ABSS Speech & Language Talking Walk-in 05.11.19 9.00-12.30 ABSS Workskills 60 Minute Mentor 17.12.19	9.00 – 4.30 Antenatal Clinic By appointment only 9.00-4.00 Postnatal Clinic 9.30-11.00 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. 9.30-2.30 Community Hub & Social Care
Thursday	Thurs continued	Friday
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. 12.30-4.00 New Birth Registrations (by appointment only) 9.00-12.15 EPUT Speech & Language 12.09.19, 26.09.19, 10.10.19, 24.10.19, 07.11.19, 21.11.19, 05.12.19, 19.12.19 9.00-12.00 Henry Workshop (ABSS) 19.09.19	9.00-12.30 ABSS Workskills Learning for Mum & Dad 26.09-03.10.9-10.10.19 14.11.19	9.00-12.15 EPUT Speech & Language 13.09.19, 27.09.19, 11.10.19, 25.10.19, 08.11.19, 22.11.19, 06.12.19, 20.12.19 9.00-12.30 Physiotherapy Triage 20.09.19, 18.10.19, 15.11.19 9.00-12.00 ABSS Workskills Learning for Mum & Dad 20.09.19, 18.10.19 9.30-12.30 ABSS Speech & Language 23 Month Check 27.09.19 9.00-12.30 ABSS Workskills 60 Minute Mentor 15.11.19 9.30-12.30 ABSS Speech & Language Face to Face Apt 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
9.30-12.00 Henry (ABSS) 07.10.19-02.12.19 (term time only) 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. Starting 10.09.19. 1.00-2.30 ABSS/FA Cooking (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. 1.00-2.30 ABSS Speech & Language Chatting Children 12.11.19-10.12.19 12.30-3.30 ABSS Speech & Language Talking Walk-in 17.09.19 12.30-3.30 ABSS Speech & Language Face to Face Apt 10.09.19, 29.10.19 1.00-2.30 ABSS Speech & Language Attention Group 24.09.19-22.10.19	9.30-12.30 Incredible Years Parenting Course 12 week course, term time only 17.09.19-11.12.19 ring 01702 431109 to book your place. 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. 9.00-10.30 ABSS Speech & Language Chatting Children 25.09.19-23.10.19 9.30-12.30 ABSS Speech & Language 23 Month Check 30.10.19, 18.12.19 9.30-12.30 ABSS Speech & Language Face to Face Apt 06.11.19 9.00-10.30 ABSS Speech & Language Talking Toddler 13.11.19-11.12.19
Thursday	Friday	Saturday
9.30-11.30 Family Support Group 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. 12.15-2.45 ESOL (Speaking & Listening) 18.09.19-25.06.20 term time only. Ring Jane Latham 07960 420760 to book a place.	10.00 –2.00 Little Heroes (ASD Support Group) 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	9.30-11.00 Family Fun Time 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

Monday	Tuesday continued	Wednesday continued
9.30-3.00 Postnatal Clinic (by appointment only) 11.15-12.30 Mum & Baby Yoga – Active Mums 6 sessions 02.09.19-07.10.19 ring 01702 567327 to book your place. 9.30-12.30 ABSS Speech & Language Face to Face Apt 04.11.19, 09.12.19 12.00-3.00 ABSS Speech & Language Little Listeners 11.11.19	1.00-2.30 ABSS/FA Cooking (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. 12.00-4.00 New Birth Registrations (by appointment only) 9.30-12.30 ABSS Speech & Language 23 Month Check 24.09.19, 26.11.19 1.30-2.30 Active Life 05.11.19-10.12.19 Ring 01702 567327 to book your place.	12.30-3.00 Henry (ABSS) Term time only 09.10.19-04.12.19 12.00-3.00 Henry Workshop (ABSS) 25.09.19 9.00-12.00 ABSS Workskills Learning for Mum & Dad 25.09.19, 11.12.19 3.00-6.00 School Nurse Drop In (by appointment only) 9.00-12.00 Development Checks (HV) by appointment only fortnightly starting 04.09.19
Tuesday	Wednesday	Thursday
9.30-11.00 Stay & Play Explore and learn with your child through fun and interactive activities. £1 donation 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	9.30-11.00 Mini Explorers 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. 9.30-12.00 ABSS SAVS Parent Forum 18.09.19	9.00 – 4.00 Midwife Clinic By appointment only 1.00-2.30 ABSS YMCA Breastfeeding Support Group 9.30-12.30 ABSS Speech & Language Talking Walk-in 12.09.19, 07.11.19 12.30-3.30 ABSS Speech & Language Face to Face Apt 12.09.19, 31.10.19
Thursday continued	Friday	Friday continued
9.00-10.30 ABSS Speech & Language Talking Tiddlers 26.09.19-24.10.19 10.30-12.00 ABSS Speech & Language Talking Toddlers 26.09.19-24.10.19 1.00-2.30 ABSS Speech & Language Chatting Children 26.09.19-24.10.19 9.30-12.30 ABSS Speech & Language 23 Month Check 31.10.19, 19.12.19 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 26.09.19-28.11.19 (term time only)	9.00-4.30 Antenatal Booking Clinic (by appointment only) 9.45-11.45 Welcome To The UK ESOL course with crèche starting 13.09.19. 12.00-3.00 ABSS Speech & Language Supersounds 04.10.19, 22.11.19 1.00-2.00 ABSS/Family Action Food 4 Life 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	12.00-3.00 ABSS Speech & Language Little Listeners 27.09.19 1.00-3.00 ABSS Speech & Language Talking Walk-in 11.10.19, 06.12.19 1.00-4.00 Physiotherapy Triage 25.10.19
		Saturday
		9.30-11.00 Family Fun Time 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
(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 By appointment only 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.	9.00-4.30 Antenatal Booking Clinic By appointment only. 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.	
Thursday	Friday	Friday continued
9.30-11.00 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation 1.00-2.30 Multiple Birth Support Group £1 donation 9.00-4.30 Antenatal Midwife Clinic By appointment only.	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 starting 13.09.19) 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. Starting 06.09.19	12.30-2.30 Parentcraft 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 9.00-1.30 Asthma & Allergy Clinic (by appointment only) 20.09.19, 18.10.19, 15.11.19, 20.12.19 9.00-12.30 Physiotherapy Triage Clinic (by appointment only) 27.09.19, 25.10.19, 22.11.19

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 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.