

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 13th January 2020 (excluding half terms)




@FamilyAction-Southendchildrenscentres



@FAsouthendchildrenscentres

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 Mum & Baby Pilates 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>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 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>11.00-12.00 Wellbeing Warriors – Beginners Class Starting 14.01.20-11.02.20 ring Natalie 07856 766221 for more details and to book your space.</p> <p>4.45-6.15 Young Carers Group 01702393933 for more information.</p> <p>9.00-12.30 Asthma & Allergy Clinic (appointments only) 14.01.20, 11.02.20, 10.03.20</p> <p>12.00-4.00 Asthma & Allergy Clinic (appointments only) 28.01.20, 25.02.20, 24.03.20</p>	<p>9.00 – 4.00 Antenatal Midwife Clinic (by appointment only)</p> <p>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 08.01.20</p> <p>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.</p> <p>1.30-3.00 1:1 Breastfeeding Support (booking required)</p> <p>10.00-11.00 Baby Massage 4 week course £8 payable first session booking required ring your local centre 22.01.20-12.02.20</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>3.30-5.30 EPUNFT Immunisations (by appointment only)13.02.20</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>9.00-4.00 Asthma & Allergy Clinic (appointments only) 10.01.20, 14.02.20, 13.03.20</p> <p>9.00-12.30 Asthma & Allergy Clinic (by appointments only) 24.01.20, 28.02.20, 27.03.20</p> <p>9.00-12.15 EPUT Speech & Language Triage (by appointment only) 17.01.20, 31.01.20, 07.02.20, 21.02.20, 06.03.20, 20.03.20</p>	<p>Blenheim Café is open daily (Monday-Friday) serving healthy and affordable snacks and meals</p> 

MINI EXPLORERS

Monday

Hamstel Children's Centre 1.00pm-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.

Prince Avenue Children's Centre

Monday	Tuesday	Wednesday
<p>12.30 – 3.00 Parent Craft/Antenatal Classes 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>8.00-4.00 Child Development Checks (HV) (by appointment only)</p> <p>9.30-10.30 Cooking 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>12.30-4.30 Asthma & Allergy Clinic (by appointment only) 14.01.20, 11.02.20, 10.03.20</p> <p>1.00-3.00 Starting Solids Information and advice on weaning/starting solids to book your place ring the children's centre 21.01.20</p>	<p>9.00-4.30 Antenatal Midwife Booking Clinic (by appointment only)</p> <p>10.15-11.30 Active Mum & Baby Pilates 6 sessions 08.01.20-12.02.20 Ring 01702 567327 to book your space with Active Life.</p> <p>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.</p> <p>8.30-11.30 Prince Avenue Community Hub 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>9.00 – 4.30 Antenatal Clinic By appointment only</p> <p>10.00-12.15 Incredible Years Parenting Course For parents of children 5-10 years old, book by calling 01702 431109 Starting 16.01.20-02.04.20</p>	<p>9.00-4.30 Antenatal Clinic By appointment only</p> <p>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</p>	<p>Are you interested in volunteering in the Southend Children's Centres? If so please contact 01702 220810 and request an application form.</p>

Eastwood Children's Centre

Monday	Tuesday	Wednesday
<p>9.30-11.30 Introduction to becoming a Teaching Assistant 13.01.20-02.03.20 Term Time only please ring 07960 420760 to book your place.</p>	<p>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.</p>	<p>9.45-10.45 Cooking 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>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 08.01.20)</p> <p>12.00-2.00 Starting Solids Information and advice on weaning/starting solids to book your place ring the children's centre 11.03.20</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>1.00-2.00 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.</p>	<p>9.45-10.45 Lingotots French classes for your child, £4 per child per session starting 17.01.20. booking is essential via online booking: https://www.lingotot.com/centre/southend-on-sea</p> <p>11.00-12.00 Lingotots Spanish classes for your child, £4 per child per session starting 17.01.20. Booking is essential via online booking: https://www.lingotot.com/centre/southend-on-sea</p>	<p>Healthy Start Vitamins are available from all Southend Children's Centres – bring in your voucher to exchange for vitamins.</p>



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

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>10.00-11.30 Welcome to the UK 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>2.00-3.00 ABSS YMCA Bumps to Baby Support Group come along for breastfeeding advice/support and meet other new mums Starting 06.01.20</p> <p>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</p> <p>12.15-3.45 ABSS Mindful Mums & Babies Booking required see ABSS page 24.02.20-30.03.20</p>	<p>9.30 – 11.30 Freedom 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>12.30-3.00 ABSS HENRY Booking required see ABSS page 28.01.20-24.03.20 term time only.</p>	<p>9.00-4.30 Specialist Midwife 10.00-11.00 Cooking 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>1.00-3.00 ABSS/FA Starting Solids information and advice booking required 15.01.20, 04.03.20 call 01702 220810.</p> <p>9.00-12.00 ABSS Speech & Language 23 Month Check 22.01.20 booking required see ABSS page.</p>
Thursday	Friday	
<p>9.30 – 11.00 Stay & Play Build your child's confidence with different types of play, texture and craft £1 suggested contribution.</p> <p>9.00-4.30 Antenatal Clinic (by appointment only)</p> <p>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 16.01.20 term time only.</p> <p>9.00-12.00 ABSS Speech & Language 23 Month Check 27.02.20 Booking required see ABSS page</p>	<p>9.00-4.30 Antenatal Appointments (by appointment only)</p> <p>9.00-10.30 ABSS Speech & Language – Attention Group 17.01.20-14.02.20 booking required see ABSS page</p> <p>10.30-12.00 ABSS Speech & Language – Talking Toddlers 17.01.20-14.02.20 booking required see ABSS page.</p> <p>12.00-3.00 ABSS Speech & Language – Talking Walk-in 17.01.20 booking required see ABSS page.</p>	

Centre Place Children's Centre

Monday	Tuesday	Wednesday
<p>9.30-12.30 ABSS Speech & Language Talking Walk-in 10.02.20 booking required see ABSS page.</p>	<p>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 Support group for young parents, for more information ring 01702 482866. 1.00-3.00 Family Opportunities Parenting Group 21.01.20-03.03.20 6 weeks term time only, crèche available, ring to book your place 01702 220180. 9.00-10.15 ABSS Speech & Language Talking Toddlers 14.01.20-11.02.20 booking required see ABSS page. 10.30-12.00 ABSS Speech & Language Talking Tiddlers 14.01.20-11.02.20 booking required see ABSS page.</p>	<p>9.00 – 4.30 Antenatal Clinic (By appointment only)</p> <p>9.00-4.00 Postnatal Clinic (by appointment only)</p> <p>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.</p> <p>9.30-2.30 Community Hub & Social Care</p> <p>1.00-3.00 ABSS/FA Starting Solids information and advice booking required 29.01.20 call 01702 220810.</p>
Thursday	Thurs continued	Friday
<p>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. 12.30-4.00 New Birth Registrations (by appointment only) 01702 215009. 9.00-12.15 EPUT Speech & Language Triage (appointments only) 02.01.20,16.01.20, 30.01.20, 13.02.20, 27.02.20, 12.03.20, 26.03.20 9.30-12.00 ABSS HENRY Booking required see ABSS page 30.01.20-26.03.20 term time only. 9.00-12.00 ABSS/SAVS Parent Forum 23.01.20 booking required see ABSS page. 12.30-3.30 ABSS Speech & Language Talking Walk-in 23.01.20 see ABSS page.</p>	<p>12.30-3.30 ABSS Speech & Language Face to Face Apt 30.01.20 booking required see ABSS page.</p>	<p>9.00-12.00 ABSS Speech & Language 23 Month Check 28.02.20 booking required see ABSS page. 9.00-12.00 ABSS/SAVS Parent Forum 27.03.20 9.00-12.15 EPUT Speech & Language Triage (by appointment only) 03.01.20, 10.01.20, 31.01.20, 14.02.20, 28.02.20, 13.03.20, 27.03.20 9.00-12.30 Physiotherapy Triage (by appointment only) 17.01.20, 21.02.20, 20.03.20</p>



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

Summercourt Children's Centre

Monday	Tuesday	Wednesday
<p>1.00-2.30 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation</p> <p>9.00-12.30 ABSS/SAVS Parent Forum 06.01.20</p> <p>9.00-12.00 ABSS Speech & Language face to face apt 20.01.20 booking required see ABSS page.</p> <p>9.30-12.00 ABSS HENRY Booking required see ABSS page 27.01.20-23.03.20 term time only.</p>	<p>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 14.01.20.</p> <p>12.30-3.30 ABSS Speech & Language 23 Month Checks 28.01.20 booking required see ABSS page.</p> <p>12.30-3.30 ABSS Speech & Language Face to Face Apt 04.02.20 booking required see ABSS page.</p> <p>12.30-3.30 ABSS Speech & Language Talking Walk-in 25.02.20 booking required see ABSS page.</p>	<p>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.</p> <p>9.00-10.30 ABSS Speech & Language Chatting Children 15.01.20-12.02.20 booking required see ABSS page.</p> <p>9.30-11.30 ABSS/FA Starting Solids information and advice booking required 12.02.20 call 01702 220810.</p> <p>9.00-12.00 ABSS Speech & Language 23 Month Check 26.02.20 booking required see ABSS page.</p>
<p>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 Amanda Littlejohn or Mary Whitelaw for more information. 12.15-2.45 ESOL (Speaking & Listening) 09.01.20-25.06.20 term time only. Ring Jane Latham 07960 420760 to book a place.</p>		<p>9.30-11.00 Family Fun Time 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</p>

East Locality

Friars Children's Centre

Monday	Tuesday	Wednesday
<p>9.30-3.00 Postnatal Clinic (by appointment only)</p> <p>11.15-12.30 Mum & Baby Yoga – Active Mums 6 sessions 06.01.20-10.02.20, 24.02.20-30.03.20 ring 01702 567327 to book your place.</p> <p>12.15-3.45 ABSS Mindful Mums & Babies Booking required see ABSS page 06.01.20-10.02.20.</p>	<p>9.30-11.00 Stay & Play Explore and learn with your child through fun and interactive activities. £1 donation.</p> <p>1.00-2.00 Cooking 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>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.</p> <p>12.00-4.00 New Birth Registrations (by appointment only) 01702 215009</p> <p>9.30-12.00 ABSS/SAVS Parent Forum 11.02.20</p> <p>9.30-11.30 Sing & Sign 25.02.20-24.03.20 Booking is essential ring 01702 220810.</p>	<p>9.30-11.00 Mini Explorers For new parents to socialise, learn and have fun with their babies (0-12 months). £1 donation.</p> <p>10.00-12.00 ABSS YMCA Bump to Baby Support Group come along for breastfeeding advice/support and meet other new mums starts 15.01.20.</p> <p>9.30-11.30 ABSS/FA Starting Solids 18.03.20 Information and advice on weaning/starting solids, booking is required call 01702 220810.</p> <p>1.00-3.00 ABSS/FA Starting Solids 15.01.20 Information and advice on weaning/starting solids, booking is required call 01702 220810.</p> <p>12.30-3.00 ABSS HENRY Booking required see ABSS page 29.01.20-25.03.20 term time only.</p> <p>9.30-12.00 ABSS/SAVS Parent Forum 15.01.20</p>
Thursday	Friday	Saturday
<p>9.00-4.00 Midwife Clinic (by appointment only)</p> <p>9.00-10.30 ABSS Speech & Language Attention Group 16.01.20-13.02.20</p> <p>10.30-12.00 ABSS Speech & Language Talking Toddlers 16.01.20-13.02.20</p> <p>1.00-2.30 ABSS Speech & Language Talking Toddlers 16.01.20-13.02.20</p> <p>9.30-12.00 ABSS/SAVS Parent Forum 19.03.20</p> <p>1.00-2.00 Baby Massage 4 week course £8 payable at first session 05.03.20-26.03.20 ring children's centres to book your place.</p>	<p>9.00-4.30 Antenatal Booking Clinic (by appointment only)</p> <p>9.45-11.45 Welcome To The UK ESOL course with creche starting 17.01.20 term time only.</p> <p>1.00-2.00 ABSS/FA Food 4 Life 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>9.30-11.00 Family Fun Time 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

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
<p>9.00-4.00 Midwife Clinic By appointment only</p> <p>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.</p> <p>9.30-11.30 ABSS EPEC Being A Parent Course Booking required see ABSS page 20.01.20-23.03.20</p>	<p>9.00-4.30 Antenatal Booking Clinic By appointment only.</p> <p>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.</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>9.30-11.30 ABSS/FA Starting Solids information and advice booking required 05.02.20 call 01702 220810</p>
Thursday	Friday	Friday continued
<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 Multiple Birth Support Group £1 donation</p> <p>9.00-4.30 Antenatal Midwife Clinic By appointment only.</p> <p>3.30-5.30 EPUNFT Immunisations (by appointment only) 23.01.20, 26.03.20</p>	<p>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. (2nd & 4th Friday of each month starting 10.01.20)</p> <p>10.00 – 12.00 Mini Marvels 1st & 3rd 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</p>	<p>12.30-2.30 Parentcraft 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</p> <p>9.00-12.30 Physiotherapy Triage Clinic (by appointment only) 17.01.20, 24.01.20, 21.02.20, 28.02.20, 20.03.20, 27.03.20</p>

Temple Sutton Children's Centre

Monday	Tuesday	Wednesday
<p>9.30-10.30 Story & Rhyme Time at St Luke's Church Hall £1 donation</p> <p>9.00-4.00 Midwife Clinic (by appointment only)</p>		
Thursday	Friday	
	<p>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</p>	

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.