

## Getting to know your local children's centre...

Here within our Children's centres we have plenty of sessions for you and your baby to explore starting w/c 7<sup>th</sup> January 2019.

Child Health Clinics	Baby Time	Stay & Play
<p><b>MONDAY</b> Cambridge Road Children's Centre 1pm – 2.30pm</p> <p><b>TUESDAY</b> Friar's Children's Centre 1.30pm – 3.30pm Hamstel Children's Centre 1pm – 3pm</p> <p><b>WEDNESDAY</b> Blenheim Children's Centre 1.30pm – 3pm Summercourt Children's Centre 1pm – 3pm</p> <p><b>THURSDAY</b> Eastwood Children's Centre 1pm – 2.00pm Centre Place Children's Centre 1pm – 3pm</p> <p><b>FRIDAY</b> Hamstel Children's Centre (2<sup>nd</sup> &amp; 4<sup>th</sup> Friday of the month)</p> <p><b>Come along to get your baby weighed or speak to one of the health professionals for advice.</b></p> <p><i>Please arrive no later than 30 min before the end of the session to be sure to be seen.</i></p>	 <p><b>WEDNESDAY</b> Friar's Children's Centre 9.30am – 11am Prince Avenue Children's Centre 1.00pm – 2.30pm Hamstel Children's Centre 1.00pm – 2.30pm</p> <p><b>Baby Time is for new parents to socialise (with their 0-12 month old), learn and have fun with their babies. We also have breastfeeding support available if needed.</b></p>	<p><b>MONDAY</b> Summercourt Children's Centre 1pm – 2.30pm</p> <p><b>TUESDAY</b> Centre Place Children's Centre 9.30am – 11am</p> <p><b>THURSDAY</b> Eastwood Children's Centre 9.30am – 11am Cambridge Road Children's Centre 9.30am – 11am Hamstel Children's Centre 9.30am – 11am</p> <p><b>FRIDAY</b> Blenheim Children's Centre 9.30am – 11am St Luke's 10.00am – 11.30am Prince Avenue Children's Centre 1pm – 2.30pm</p> <p>Explore &amp; Learn with your child through fun &amp; interactive activities (0-5 years). Please note that all Stay &amp; Play sessions have an area set up for non-walkers/babies.</p> <p><b>MESSY PLAY</b></p> <p><b>Monday</b> Blenheim Children's Centre 1pm -2.30pm</p>

The children's centres also offer a breast pump hire, baby massage courses, starting solids sessions, parenting groups and many other sessions.

Pop in, call or look us up on Facebook for more information.

**01702 220 810 @SouthendChildrensCentres**

### **Cambridge Road Children's Centre**

40-42 Cambridge Road  
Southend on Sea  
Essex SS1 1ES

01702 220 810 option 1

### **Blenheim Children's Centre**

Blenheim Chase  
Leigh on Sea  
SS9 4HX

01702 220 810 option 3

### **Centre Place Children's Centre**

Prospect Close  
Southend on Sea  
SS1 2JD

01702 220 810 option 6

### **Friars Children's Centre**

Friars Primary School  
Constable Way  
Shoeburyness  
SS3 9XX

01702 220 810 option 2

### **Hamstel Children's Centre**

Hamstel Infant School and Nursery  
Hamstel Road  
Southend on Sea  
SS2 4PQ

01702 220 810 option 8

### **Summercourt Children's Centre**

Milton Hall Primary School & Nursery  
Summercourt Road  
Westcliff on Sea  
SS0 7AT

01702 220 810 option 4

### **Prince Avenue Children's Centre**

Prince Avenue Children's Centre  
Hornby Avenue  
Westcliff on Sea  
Essex  
SS0 0LG

01702 220 810 option 7

### **St Luke's Community Hall**

St. Luke's Road  
Southend-On-Sea  
Essex  
SS2 4AB

### **Eastwood Children's Centre**

Eastwood Primary School  
Rayleigh Road  
Leigh on Sea  
SS9 5UT

01702 220 810 option 9

