

## 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)



**APRIL-JULY 2019**

**What's on in your local**

**Children's Centre!**

**w/c 23<sup>rd</sup> April 2019**



@Southendchildrenscentres



## West Locality

### Blenheim Children's Centre

Monday	Tuesday	Wednesday
<p><b>9.00 – Running Club</b> meet in café prior to run</p> <p><b>9.00-4.00 Antenatal Booking Clinic</b></p> <p><b>10.00-4.00pm Counsellor</b> By appointment only, ring to be added to the waiting list.</p> <p><b>1.00-2.00 Messy Play</b> Build your child's confidence with different types of texture and fun £2 per child.</p>	<p><b>8.30-12.30 Asthma &amp; Allergy Clinic</b> 09.04.19, 14.05.19, 11.06.19, 09.07.19</p> <p><b>9.15-10.45 Wellbeing Warriors</b> Starting 23.04.19 Booking is essential contact Natalie 07856 766221</p> <p><b>3.30-6.00 Immunisations</b> 14.05.19, 09.07.19</p> <p><b>12.30-4.00 Asthma &amp; Allergy Clinic</b> 23.04.19, 28.05.19, 25.06.19, 23.07.19</p>	<p><b>9.00 – 4.00 Antenatal Midwife Clinic</b> <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 24.04.19 to 10.07.19</p> <p><b>1.30 – 3.00 Child Health Clinic</b> 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. <b>1.30-3.00 1:1 Breastfeeding Support</b> (booking required)</p>
Thursday	Friday	
<p><b>9.00-4.00pm Antenatal Midwife Clinic</b></p> <p><b>9.00-4.00 Postnatal Clinic</b></p> <p><b>9.30 – 10.15 Happy House</b> (walkers to 4yrs)Hartbeeps <b>10.30-11.15 Baby Beeps</b> (sitting to walking babies) Hartbeeps <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>9.00 – Running Club</b> meet in café prior to run <b>9.30 – 11.00 Stay and Play</b> Build your child's confidence with different types of play, texture and craft. There is a section for non-walkers/babies. £1 contribution. <b>8.30-12.30 Asthma &amp; Allergy Clinic</b> 14.06.19, 28.06.19, 12.07.19, 26.07.19 <b>9.00-12.15 EPUT S&amp;L Triage</b> 12.04.19, 26.04.19, 10.05.19, 24.05.19, 07.06.19, 21.06.19 <b>12.30-4.00 Asthma &amp; Allergy Clinic</b> 12.04.19, 10.05.19, 14.06.19, 12.07.19</p>	<p><b>Blenheim Café is open daily (Monday-Friday) serving healthy and affordable snacks and meals</b></p> <p><b>THURSDAY 2<sup>ND</sup> MAY BLENHEIM CHILDREN'S CENTRE WILL BE POLLING STATION</b></p>

## BABY TIME

### Monday

**Hamstel Children's Centre 1.00-2.30**

### Wednesday

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

**Prince Avenue Children's Centre 1.00-2.30**

**Baby Time 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.

12.15-2.45 Thursdays started 20<sup>th</sup> September 2018 to 6<sup>th</sup> June 2019  
At Summercourt Children's Centre

9.30-12.00 Level 2 Supporting Children' With SEN & Disabilities 26.04.19-15.07.19 need to attend Tues as well  
12.30-2.30 Level 2 Supporting Children with SEN & Disabilities 23.04.19-09.07.19 need to attend Mon as well

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.

Centre Place CC	1.00-3.00	01.05.19, 19.06.19, 17.07.19
Cambridge Road CC	9.30-11.30	03.05.19, 07.06.19, 19.07.19
Friars CC	1.00-3.00	08.05.19, 12.06.19, 10.07.19
Summercourt CC	9.30-11.30	15.05.19, 05.06.19, 03.07.19

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
<b>9.00-3.00 Development Checks (HV)</b>  <b>12.30 – 3.00 Parent Craft</b> 2 informative sessions with a midwife for parents preparing for the birth of their child. 08.04.19-15.04.19 13.05.19-20.05.19 10.06.19-17.06.19 08.07.19-15.07.19	<b>8.00-1.30 Development Checks (HV)</b>  <b>9.30-10.30 Cooking</b> Bring your child and cook together, learn new recipes. w/c 24.04.19(this will be a 5 week block booking and will cost £10 payable on the first session. Please ring to book your place.  <b>12.30-4.30 Asthma &amp; Allergy Clinic</b> 09.04.19, 14.05.19, 11.06.19, 09.07.19	<b>9.00-4.30 Midwife Booking Clinic.</b> By appointment only. <b>8.00-12.00 Development Checks (HV)</b> <b>9.30-11.30 Starting Solids</b> Two hour free session to help introduce your baby to solids 22.05.19 booking is essential. <b>9.30-10.30 Baby Massage</b> 4 sessions for £8.00 05.06.19-26.06.19 booking is essential <b>1.00-2.30 Baby Time</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.
Thursday	Friday	
<b>9.00 – 4.30 Antenatal Clinic</b> By appointment only	<b>9.00-4.30 Antenatal Clinic</b> By appointment only  <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	<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>

## Eastwood Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-12.00 Level 2 Supporting Children with SEN &amp; Disabilities</b> 26.04.19-15.07.19 term time only, need to attend Tuesday as well. Creche available Ring 07960 420760 to book your place	<b>12.30-2.30 Level 2 Supporting Children with SEN &amp; Disabilities</b> 23.04.19-09.07.19 term time only, need to attend Monday as well. Creche available. Ring 07960 420760 to book your place  <b>1.00-3.00 Starting Solids</b> Two hour free session to help introduce your baby to solids 23.07.19 booking is essential.	<b>9.30-10.30 Cooking</b> Bring your child and cook together, learn new recipes. w/c 24.04.19 (this will be a 5 week block booking and will cost £10 payable on the first session. Please ring to book your place. <b>9.30-11.30 Starting Solids</b> Two hour free session to help introduce your baby to solids 24.04.19 booking is essential. <b>9.30-10.30 Baby Massage</b> 4 sessions for £8.00 01.05.19-22.05.19 03.07.19-24.07.19 booking is essential <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 01.05.19)
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>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>9.45-10.45 Lingotots French</b> classes for your child, £4 per child per session starting 26.04.19. 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>11.00-12.00 Lingotots Spanish</b> classes for your child, £4 per child per session starting 26.04.19. 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>



### 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 CC	9.30-12.00	29.04.19-08.07.19
Centre Place CC	12.30-3.00	29.04.19-08.07.19
Cambridge Road CC	12.30-3.00	30.04.19-02.07.19
Friars CC	12.30-3.00	01.05.19-03.07.19

These courses run term time only.

### Work Skills

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

Friars CC	12.30-2.30 60 Minute Mentor	04.04.19
Summercourt CC	9.00-12.30 Workskills	10.05.19, 24.05.19
Centre Place CC	9.00-12.00 Workskills	21.06.19
Centre Place CC	9.00-12.00 60 Minute Mentor	23.07.19

### SAVS

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

Friars CC	9.00-12.00 Parent Forum	24.04.19
Centre Place CC	9.00-12.00 Parent Forum	29.04.19

### EPEC Parenting

**Telephone:** 01702 220810 option 1 or **Email:** kim.paterson@family-action.org.uk

**Baby & Us** 9 week group, bring your baby – free course for parents with babies aged 0-8 months.

Cambridge Road CC	9.45-11.45	10.05.19-12.07.19
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This course runs term time only.

**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 CC	10.00-12.00	09.05.19-11.07.19
Cambridge Road CC	12.30-2.30	10.05.19-12.07.19

These courses run term time only.



## Speech & Language

Telephone: 01702 356056

Email: [alpha.thomas@nhs.net](mailto: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

Centre Place CC	10.00-12.00	09.04.19, 20.05.19, 04.06.19
Friars CC	10.00-12.00	17.04.19
Friars CC	1.00-3.00	13.05.19
Cambridge Road CC	1.00-3.00	16.05.19, 03.06.19

## 1:1 Follow Up

Cambridge Road CC	10.00-12.00	08.04.19, 13.05.19
Friars CC	1.00-3.00	08.04.19, 20.05.19
Centre Place CC	10.00-12.00	10.06.19

## 23 Month Check

Friars CC	1.00-3.00	24.04.19
Cambridge Road CC	1.00-3.00	25.04.19, 20.05.19
Friars CC	1.00-3.00	24.04.19
Friars CC	10.00-12.00	28.05.19, 24.06.19

## Centre Place CC Chatting Children

9.30 23.04.19-21.05.19, 11.06.19-09.07.19

## Centre Place CC Talking Toddlers

10.30 23.04.19-21.05.19, 11.06.19-09.07.19

## Summerville CC Attention Grp

1.30 23.04.19-21.05.19, 11.06.19-09.07.19

## Summerville CC Attention Grp

9.30 24.04.19-22.05.19, 12.06.19-10.07.19

## Summerville CC C&L Workshop

11.00 24.04.19-22.05.19, 12.06.19-10.07.19

## Friars CC Talking Tiddlers

9.30 25.04.19-23.05.19, 13.06.19-11.07.19

## Friars CC Talking Toddlers

11.00 25.04.19-23.05.19, 13.06.19-11.07.19

## Friars CC Chatting Children

1.30 25.04.19-23.05.19, 13.06.19-11.07.19

## Cambridge Road CC Talking Toddlers

9.30 26.04.19-24.05.19, 14.06.19-12.07.19

## Central Locality

## Cambridge Road Children's Centre

Monday	Tuesday	Wednesday
<b>9.00-4.30 Postnatal Clinic</b> <b>10.00-11.30 Welcome to the UK</b> 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 29.04.19 <b>10.00-12.00 ABSS Speech &amp; Language 1:1 follow up</b> 08.04.19, 13.05.19 <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 <b>1.00-3.00 ABSS Henry Afternoon Tea</b> 23.04.19 <b>1.00-3.00 ABSS Speech &amp; Language Talking Walk-in</b> 03.06.19 <b>1.00-3.00 ABSS Speech &amp; Language 23 month check</b> 20.05.19	<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. 30.04.19-16.07.19 (term time only)  <b>12.30-3.00 Henry (ABS)</b> 30.04.19-02.07.19 (term time only)	<b>9.00-4.30 Specialist Midwife</b>  <b>9.30-10.30 Cooking</b> Bring your child and cook together, learn new recipes. Starting 24 <sup>th</sup> April 2019 (this will be a 5 week block booking and will cost £10 payable on the first session. Please ring to book your place.  <b>11.00 – 1.00 MOTO (Mothers on their own)/Teen Bumps</b> For lone parents, free session including lunch, delivered by Family Action Family Practitioner. Creche available. Please ring to book your place Starting 24.04.19  <b>1.30-2.30 Baby Massage</b> 4 sessions for £8.00 05.06.19-26.06.19 booking is essential
Thursday	Friday	Friday continued
<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>9.00-4.30 Antenatal Clinic</b> <b>1.00-3.00 ABSS Speech &amp; Language 23 Month Check</b> 25.04.19 <b>1.00-3.00 ABSS Speech &amp; Language Talking Walk-in</b> 16.05.19 <b>1.00-3.00 Recovery Toolkit</b> 02.05.19-18.07.19 term time only 10 week course, crèche available, booking essential	<b>9.00-4.30 Antenatal Appointments</b> <b>9.45-11.45 EPEC Baby &amp; Us</b> 9 week parenting course for more information or to book your place ring the children's centres 10.05-12.07.19 term time only <b>12.30-2.00 EPEC Being a Parent</b> 8 week parenting course for more information or to book your place ring the children's centres 10.05-12.07.19 term time only <b>9.30-12.00 ABSS Speech &amp; Language Talking Toddlers</b> 26.04-24.05.19, 14.06-12.07.19	<b>9.30-11.30 Starting Solids ABSS/Family Action</b> 03.05.19, 07.06.19, 19.07.19 Booking is essential ring the children's centres to book



## Centre Place Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-12.30 ABSS Mindful Mums &amp; Babies</b> 10.06.19-15.07.19  <b>10.00-12.00 ABSS Speech &amp; Language 1:1 Follow Up</b> 10.06.19  <b>10.00-12.00 ABSS Speech &amp; Language Talking Walk-in</b> 20.05.19, 04.06.19  <b>12.30-3.30 HENRY (ABS)</b> 29.04.19-08.07.19 Term time only  <b>9.00-12.00 SAVS/ABSS Parent Forum</b> 29.04.19	<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>9.00-12.00 ABSS Speech &amp; Language Talking Walk-in</b> 09.04.19 <b>9.30-10.15 ABSS Speech &amp; Language Chatting Children &amp; 10.30-11.30 Talking Toddlers</b> 23.04.19-21.05.19 11.06.19-09.07.19 <b>9.00-12.00 ABSS 60 Minute Mentor</b> 23.07.19 <b>9.30-1.00 ABSS Henry Easter Family fun Day</b> 09.04.19 <b>10.00-12.00 ABSS Henry Coffee Morning</b> 02.04.19 <b>1.00-3.00 FNP (Family Nurse Partnership) Group</b> <b>1.00-3.00 Family Opportunities Parenting Grp</b> 18.06.19-23.07.19	<b>9.00 – 4.30 Antenatal Clinic</b> By appointment only  <b>9.00-4.00 Postnatal Clinic</b>  <b>9.30-2.30 Community Hub &amp; Social Care</b>  <b>1.00-3.00 ABSS Speech &amp; Language 23 Month Check</b> 26.06.19  <b>1.00-3.00 Starting Solids ABSS/Family Action</b> 01.05.19, 19.06.19, 17.07.19 Booking is essential ring the children's centres to book
Thursday	Friday	
<b>9.00-12.15 EPUT S&amp;L Triage</b> 04.04.19, 02.05.19, 16.05.19, 06.06.19, 20.06.19 <b>10.00-12.00 EPEC Being a Parent</b> 8 week parenting course for more information or to book your place ring the children's centres 09.05.19-11.07.19 term time 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>9.00-12.15 EPUT S&amp;L Triage</b> 05.04.19, 18.04.19, 03.05.19, 07.06.19, 14.06.19  <b>9.00-12.30 Physiotherapy Triage</b> 17.05.19, 21.06.19, 19.07.19  <b>9.30-12.30 ABSS Mindful Mums &amp; Babies</b> 26.04.19-31.05.19  <b>9.00-12.00 ABSS Workskills</b> 21.06.19	<b>Healthy Start Vitamins are available from all Southend Children's Centres – bring in your voucher to exchange for vitamins.</b>



## 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.

Wed 1<sup>st</sup> May – 22<sup>nd</sup> May 9.30-10.30 – Eastwood Children's Centre

Wed 1<sup>st</sup> May – 22<sup>nd</sup> May 1.30-2.30 – Hamstel Children's Centre

Wed 5<sup>th</sup> June – 26<sup>th</sup> June 9.30-10.30 - Prince Avenue Children's Centre

Wed 5<sup>th</sup> June – 26<sup>th</sup> June 1.30-2.30 – Cambridge Road Children's Centre

Wed 3<sup>rd</sup> July – 24<sup>th</sup> July 9.30-10.30 – Eastwood Children's Centre

Wed 3<sup>rd</sup> July – 24<sup>th</sup> July 1.30-2.30 – Friars Children's Centre

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

## 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      18.06.19-23.07.19**

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.

23.04.19 Hamstel Children's Centre 9.00-11.00

24.04.19 Eastwood Children's Centre 9.30-11.30

22.05.19 Prince Avenue Children's Centre 9.30-11.30

26.06.19 Blenheim Children's Centre 9.30-11.30

23.07.19 Eastwood Children's Centre 1.00-3.00

24.07.19 Hamstel Children's Centre 9.30-11.30



# MESSY PLAY

Come and get messy with us!

## Monday

Blenheim Children's Centre  
1.00-2.00 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 01.05.19

## Summercourt Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-12.00 HENRY ABS</b> 29.04.19-08.07.19 Term time only.  <b>1.00-2.30</b> <b>Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation	<b>9.30-11.30</b> <b>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 23.04.19.  <b>1.30-2.30 ABSS Speech &amp; Language Attention Grp</b> 23.04.19-21.05.19 11.06.19-09.07.19	<b>9.30 ABSS Speech &amp; Language Attention Grp</b> <b>11.00 C&amp;L Workshop</b> 24.04.19-22.05.19 12.06.19-10.07.19  <b>9.30-11.30 Starting Solids ABSS/Family Action</b> 15.05.19, 05.06.19, 03.07.19 Booking is essential ring the children's centres to book.  <b>1.00-3.00</b> <b>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.
Thursday	Friday	
<b>9.30 – 12.00</b> <b>Communication for Life</b> 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.  <b>12.15-2.45</b> <b>ESOL (Entry 1)</b> 20.09.18-06.06.19	<b>9.00-12.30 ABS Work Skills</b> 10.05.19, 24.05.19 <b>10.00 –2.00</b> <b>Little Heroes (ASD Support Group)</b> 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 26.04.19.	<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>

## East Locality

### Friars Children's Centre

Monday	Tuesday	Wednesday
<b>9.30-3.00 Postnatal Clinic</b>  <b>10.00-12.00 ABSS Speech &amp; Language 1:1 Follow Up</b> 20.05.19  <b>10.00-12.00 ABSS Speech &amp; Language 23 Month Check</b> 24.06.19  <b>1.00-3.00 ABSS Speech &amp; Language Talking Walk-in</b> 13.05.19  <b>1.00-3.00 ABSS Speech &amp; Language 1:1 Follow Up</b> 08.04.19	<b>9.30-11.00 Stay &amp; Play</b> Explore and learn with your child through fun and interactive activities. £1 donation <b>9.30-1.00 ABSS Henry Easter Family Fun Day</b> 16.04.19 <b>9.30-11.30 Sing &amp; Sign</b> 07.05.19, 14.05.19 & 21.05.19 3 sessions booking essential <b>10.00-12.00 ABSS Speech &amp; Language 23 Month Check</b> 28.05.19 <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 <b>1.00-2.30 ABSS/FA Cooking</b> 6 week course term time only, parents & children cooking together, learning about cooking on a budget, healthy eating and cooking skills. Booking is essential. 23.04.19-04.06.19 11.06.19-16.07.19	<b>9.30-11.00 Baby Time</b> 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. <b>9.30-1.30 Development Checks (HV)</b> Starting 03.04.19 fortnightly <b>12.30-3.00 HENRY ABS</b> 01.05.19-03.07.19 Term time only. <b>9.00-12.00 ABSS/SAVS Parent Forum</b> 24.04.19 <b>10.00-12.00 ABSS Speech &amp; Language Talking Walk-in</b> 17.04.19 <b>1.00-3.00 ABSS Speech &amp; Language 23 Month Check</b> 24.04.19 <b>1.00-3.00 ABSS/FA Starting Solids</b> 08.05.19, 12.06.19, 10.07.19 Booking is essential ring the children's centres to book. <b>1.30-2.30 Baby Massage</b> 4 sessions for £8.00 03.07.19-24.07.19 booking is essential
Thursday	Thurs continued	Friday
<b>9.00 – 4.00 Midwife Clinic</b> By appointment only <b>9.30 ABSS Speech &amp; Language Talking Tiddlers</b> <b>11.00 Talking Toddlers</b> 25.04.19-23.05.19, 13.06.19-11.07.19 <b>1.30-3.00 ABSS Speech &amp; Language Chatting Children</b> 25.04.19-23.05.19, 13.06.19-11.07.19 <b>1.00-2.30 ABSS YMCA Breastfeeding Support Group</b>	<b>12.30-2.30 ABSS 60 Minute Mentor</b> 04.04.19  <b>1.00-3.00 ABSS Henry Afternoon Tea</b> 18.04	<b>9.00-12.30 Physiotherapy Triage Clinic</b> 26.04.19, 24.05.19, 28.06.19, 26.07.19 <b>9.00-4.30 Antenatal Booking Clinic</b> <b>9.45-11.45 Welcome To The UK ESOL course</b> with crèche starting 26.04.19 <b>1.00-2.00 Food 4 Life ABSS/Family Action</b> Allotment 03.05.19-26.07.19 term time only

# 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 10.00am-11.30am

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>9.00-4.30 Postnatal Clinic</b>  <b>1.00-2.30 Baby Time</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. Starting 29.04.19  <b>3.00-6.00 EPUNFT NHS Immunisations</b> 01.04.19	<b>9.00-4.30 Antenatal Booking Clinic</b> By appointment only. <b>9.00-11.00 Starting Solids</b> Two hour free session to help introduce your baby to solids 23.04.19 booking is essential. <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>9.30-11.30 Starting Solids</b> Two hour free session to help introduce your baby to solids 24.07.19 booking is essential. <b>1.30-2.30 Baby Massage</b> 4 sessions for £8.00 01.05.19-22.05.19 booking is essential  <b>HAMSTEL CHILDREN'S CENTRES WILL BE A POLLING STATION THURSDAY 2<sup>ND</sup> MAY</b>
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>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 12.04.19) <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 03.06.19	<b>9.15-1.00 Asthma &amp; Allergy Clinic</b> 17.05.19, 21.06.19, 19.07.19  <b>12.30-2.30 Parentcraft</b> 2 informative sessions with a midwife for antenatal parents preparing for the birth of their child. 03.05.19-10.05.19 07.06.19-14.06.19 05.07.19-12.07.19

## Temple Sutton Children's Centre

Monday	Tuesday	Wednesday
<b>10.00-11.00</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>		
Thursday	Friday	
	<b>10.00-11.30</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>	

10.00-12.00 HENRY programme at Richmond School 25.04.19 for 9 weeks – contact the school to book your place.



## 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 – 30.04.19-16.07.19**

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.

**Cambridge Road Children's Centre 1.00-3.00 – 02.05.19-18.07.19**

Term time only (10 weeks), crèche available, booking essential