



A Sure Start Children's Centre
Anlaby

What's On Spring 2017



A Sure Start Children's Centre
Hesse



Your Local Children's Centres are here for you. We are friendly one stop shops for all families from pregnancy until your child turns nine years of age.

Having children is rewarding and exciting but we know it can be one of the toughest jobs around, which is why we are here to offer support and advice.

All of the services the Centre provides are free.

Please ensure we have your most up to date email address so we can keep you informed of new exciting things appropriate for you and your family. We look forward to welcoming you and your family!

Spring Programme 2017

Anlaby and Hesse Children's Centres

01482 565560 – Anlaby Children's Centre
First Lane, Anlaby, HU10 6UE

01482 629085 – Hesse Children's Centre
The Hourne, Eastgate, Hesse, HU13 9LJ

Core opening hours: Monday – Thursday 9.00 – 17.00
Friday – 9.00 – 16.30
Closed bank holidays



EAST RIDING
OF YORKSHIRE COUNCIL

SureStart

Time	Activity	Description	Venue	Book?	Dates
MONDAYS					
10.00-11.30am	Messy Mondays	<i>For parents and carers of children aged 0 to 5 years. A programme of talking, singing, messy play and movement.</i>	Anlaby Children's Centre	✓	Weekly
10.00-11.00am	Breastfeeding Cafe	<i>An opportunity for expectant and breastfeeding parents to come along and enjoy a cup of tea and a chat with opportunities to discuss any worries with Miriam Salt who UNICEF Breastfeeding trained. Please contact the centre if you would like 1:1 support and advice.</i>	Anlaby Children's Centre	✗	Every 2nd and 4th Monday of the month
1.30-3.00pm	Babies Playing	<i>Babies: birth to crawling. An opportunity to meet other new parents over activities to stimulate your baby's development.</i>	Anlaby Children's Centre	✓	Weekly
10.00-11.00am	Breastfeeding Cafe	<i>An opportunity for expectant and breastfeeding parents to come along and enjoy a cup of tea and a chat with opportunities to discuss any worries with Miriam Salt who UNICEF Breastfeeding trained. Please contact the centre if you would like 1:1 support and advice.</i>	Hessle Children's Centre	✗	Every 1st and 3rd Monday of the month
1.00-2.30pm	Portage Group	<i>Group for children and families receiving portage support. By referral only.</i>	Hessle Children's Centre	By invite	Dates TBC
TUESDAYS					
10.00-11.30am	Let's Get	<i>For parents and carers of children aged 0 to 5 years. A programme of talking, singing, messy play and movement.</i>	Anlaby Children's Centre	✓	Weekly
1.30-3.00pm	Infant Massage	<i>A 5 week course for babies to promote bonding and relaxation. Support on early days as a new parent, keep healthy, safe and early learning. Please contact Anlaby Children's Centre on 01482 565560 for more information.</i>	Anlaby Children's Centre	✓	Weekly Dates TBC
6.00-8.00pm	Bumps to Babies	<i>A 3 week interactive antenatal course about active birth and all aspects of caring for your new born. This session will alternate between both centres, please contact your relevant centre for dates.</i>	Anlaby Children's Centre	By invite	Every 1st, 2nd and 3rd Tuesday of the month
10.00-11.30am	Babies Playing	<i>Babies: birth to crawling. An opportunity to meet other new parents over activities to stimulate your baby's development.</i>	Hessle Children's Centre	✓	Weekly
1.00-3.00pm	2 Year Assessments	<i>2 to 2½ years health and development review done jointly by the Health Visitor and Children's Centre staff. The health visitor and Children's Centre staff member will encourage you to talk about your child's progress and will help you with any concerns. The ages and stages questionnaire will support information about your child's development.</i>	Hessle Children's Centre	By invite	Monthly
6.00-8.00pm	Bumps to Babies	<i>A 3 week interactive antenatal course about active birth and all aspects of caring for your new born. This session alternates between both centres, please contact your relevant centre for dates.</i>	Hessle Children's Centre	By invite	Every 1st, 2nd and 3rd Tuesday of the month
WEDNESDAYS					
1.30-3.00pm	Talk Time	<i>A 6 week programme which provides language development activities for children and aims to increase confidence and help your child to socialise with others. Session includes craft, singing, action/rhymes and story time.</i>	Anlaby Children's Centre	By invite Referral only	
9.30-10.15am	Musical Me (Crawlers-5yrs)	<i>Fun filled music session that supports development of children's speech and language. Please call Hessle Children's Centre on 01482 629085 to</i>	Our Lady of Lourdes Church Hall	✓	

10.30-11.15am	Musical Me (Babies to Crawlers)	book.			
10.00-11.30am	Talk Time	A 6 week programme which provides language development activities for children and aims to increase confidence and help your child to socialise with others. Session includes craft, singing, action/rhymes and story time.	Hessle Children's Centre	By invite Referral only	
1.00-2.00pm	Infant Massage	Our 5 week programme is designed to promote parent and child bonding. Support on early days as a new parents, keep healthy, safe and early learning. Please contact Hessle Children's Centre on 01482 629085 for more information.	Hessle Children's Centre	✓	Weekly Dates TBC
THURSDAYS					
9.30-11.30am	Childminder Drop In Group	A chance for local child minders and the children they care for to meet and play together in a safe and stimulating environment.	Anlaby Children's Centre	✗	Every 1st and 3rd Thursday of the month
9.30-11.30am <i>Last admission 11.15am</i>	Child Health Clinic	Run by the Health Visitors for parents and carers. This is an opportunity to get baby weighed and discuss any concerns about their health and development. Last admission is 11.15am.	Anlaby Children's Centre	✗	Every 2nd and 4th Thursday of the month
1.00-3.00pm	Family Links	A 10 week nurturing programme to support parents with managing children's behaviour by exploring different approaches to discipline. Limited crèche places available.	Anlaby Children's Centre	✓	Dates TBC
1.30-3.00pm	Infant Massage	Our 5 week programme is designed to promote parent and child bonding. Support on early days as a new parents, keep healthy, safe and early learning. Please contact Anlaby Children's Centre on 01482 565560 for more information.	Anlaby Children's Centre	✓	Weekly Dates TBC
9.30-11.00am	Childminder Drop In Group	A chance for local child minders and the children they care for to meet and play together in a safe and stimulating environment.	Hessle Children's Centre	✗	Every 2nd and 4th Thursday of the month
1.00-3.00pm	Family Links	A 10 week nurturing programme to support parents with managing children's behaviour by exploring different approaches to discipline. Limited crèche places available.	Hessle Children's Centre	✓	Dates TBC
FRIDAYS					
9.30-10.00am	Bounce & Rhyme with Story Time	For parents and carers of children aged 0 to 3 years. A programme to help increase their language, concentration and listening skills in these fun sessions. Booking is essential as places are limited. To book a place, please contact Anlaby-Haltemprice Library on 01482 393939.	Anlaby-Haltemprice Library	✓	Weekly
9.30-11.30am	2 Year Assessments	2 to 2½ years health and development review done jointly by the Health Visitor and Children's Centre staff. The health visitor and Children's Centre staff member will encourage you to talk about your child's progress and will help you with any concerns. The ages and stages questionnaire will support information about your child's development.	Anlaby Children's Centre	By invite	Monthly
1.30-3.00pm	Come and Play	For parents and carers of children aged 0 to 5 years. A programme of talking, singing, messy play and movement.	Anlaby Children's Centre	✓	Weekly
9.30-11.30am	Sensory Booking	Please call Hessle Children's Centre to book the playroom as sensory session in a stimulating environment for you and your child to enjoy. From Birth to Crawling only. 1 hour session per group.	Hessle Children's Centre	✓	Weekly
SATURDAYS					
12.30-2.30pm	Together Group	For all families who have a child or children with hearing loss and their siblings. Please contact the centre for dates.	Anlaby Children's Centre	✗	Monthly

OTHER SERVICES AVAILABLE THROUGH ANLABY CHILDREN'S AND HESSLE CHILDREN'S CENTRES

Family Support	Family Support is available for families in times of particular need for example – support with attending appointments, accessing activities, getting out and about in the community, form filling, budgeting or benefit advice or emotional support. Our practitioners are also available to support on a one to one basis with breast feeding, introducing solid foods, sleeping difficulties, parenting support, managing children's behaviour and child development. Requests for support can come from your health visitor or by self-referral if you feel that you could benefit from some support.
Bags of Support/Resource Bags	For parents with children. We have created a selection of themed bags to support you with challenging elements of parenting. These include toilet training, eating, separation, new baby, bereavement and many more.
Transition Support	Is your child due to start school/nursery within the next few months? Is your child school ready? Would you like support? Information, advice and workshops are available to help your child to be ready for school.
Take and Make	Opportunity to purchase craft resources at cost price to support and encourage ideas to extend learning at home. Available Monday to Friday within Anlaby and Hessle Children's Centres.
Family Links	This is a 10 week parenting course to support you in getting the best out of your family, including managing children's behaviour. The course helps deal with those challenges so that you can have a calmer, happier family life. Please contact either Anlaby Children's Centre on 01482 565560 or Hessle Children's Centre on 01482 629085.
Bookstart	This programme is designed to support early language skills and to encourage the love of books in young children. If you feel that your child would benefit from this programme, please contact us for more information.
Coping with Crying	Coping with Crying is a short film being shown to all new parents in the Anlaby and Hessle Area. It's full of helpful tips from Health professionals, other mums and dads on how to soothe your baby and stay calm if it all gets too much.
Advisory Board	The quarterly Advisory Board meetings give partner agencies, community groups, parents and carers the opportunity to 'guide and challenge' the Children's Centre in developing services and the centre is then able to meet the needs of the families within their locality. If you would like to be involved and be an advisory board member/parent or carer representative then please contact the centre.
Volunteering	If you would like to become a volunteer for the children's centre, then please contact the centre for more information.
Sensory Room (available at Anlaby Children's Centre)	Parents and carers can book this room at any time for sessions to allow you to experience the relaxing and stimulating environment using sensory lighting, music and tactile resources. Available free for pre-booking for a maximum of 8 people for children aged 0-5 years or up to 19 years for children with additional needs.
Family Room (available at Anlaby Children's Centre)	Access to the internet for anyone wishing to: <ul style="list-style-type: none"> • Search for jobs • Write a CV • Apply for jobs • Looking for training opportunities Please call the centre to book the room by the hour. If you would like support with any of the above please complete a request for service at the time of booking.

Take and Make



For more information about any of our services and activities, or to book onto any of our sessions, please contact:

Anlaby Children's Centre
First Lane
Anlaby
HU10 6UE
Tel: 01482 565560

Hessle Children's Centre
The Hourne
Eastgate
Hessle
HU13 9LJ
Tel: 01482 629085

hesslechildrenscentre@eastriding.gov.uk

Bags of Support

