



A Sure Start Children's Centre

Withernsea and surrounding villages

**BRAND NEW COURSE
STARTING ON
27 APRIL 2017**

SUMMER TERM PROGRAMME 2017

Withernsea Children's Centres Tel: 01964 612618

Term-time sessions from
Mon 3 Apr – Friday 21 Jul



This course will look at your individual needs in **English and Maths**. You will complete a qualification of study based on where you need further development in your own skills to support your children and improved your confidence. This will be at an appropriate level from Entry Two to Level Two based on your initial assessment with the tutor. Come along to the meet and greet session with free tea and biscuits, meet the friendly tutors who can give you advice and guidance.

This course is open to those people who do not already hold a GCSE Grade C or equivalent in English and Maths.

This course starts on Thursday 27 April for initial assessment and signing up and is to be held at the Withernsea Children's Centre in conjunction with East Riding College.

Should you wish to enquire about this course or to book a place please call 01964 612618.

Time	Activity	Description	Where?	Book?	Dates
MONDAYS					
10.00 – 11.00am	Talk Time	<i>For children aged 18 months to 5 years.</i> A 5-8 week programme which provides language development activities for children with identified speech delay. Session includes craft, singing, action/rhymes, jolly phonics and story time. The programme aims to increase confidence and help you child to socialise with others.	Withernsea Children's Centre	Referral only	5 - 8 week course
TUESDAYS					
8.30am onwards	Antenatal Appointments	<i>For expectant parents.</i> A midwife led appointment based session, Children's Centre staff will also be available to provide information and advice about other services at the centre.	Withernsea Children's Centre	✓	Weekly
8.45 – 10.00am	Let's Play	<i>For children under age 5.</i> Let's Play caters for all children under 5 with a wide range of toys and activities available. The session encourages learning through play. Children have lots of opportunity to explore and socialise.	Withernsea Primary School	✗	Weekly
9.00 – 11.00am	Child Health Clinic	Clinic led by Health Visitors and supported by Children's Centre staff who can provide you with activity ideas to help you and your child develop through play.	Withernsea Children's Centre	✗	Weekly
9.30 – 11.30am	Baby & Toddler Group	A weekly community based play session ran by parents.	Patrington Village Hall	✗	Weekly
11.00 – 12.30pm	Breastfeeding Café	Come along for a FREE cup of tea and a piece of cake! There will also be opportunities to discuss any concerns or seek advice with 1:1 breastfeeding support. A Peer Supporter may also be available or can be contacted on 07543 330816 at any time.	Withernsea Children's Centre	✗	Weekly
5.00 – 7.15 pm	Sexual Health Drop In	A confidential drop in service run by the City Health Care Partnership offering contraceptive advice and sexual health testing.	Withernsea GP Surgery	✗	Weekly
WEDNESDAYS					
10.00 – 11.30am	Let's Play	<i>For children under age 5.</i> Let's Play caters for children under 5 with a wide range of toys and activities available. This session encourages learning through play. Children have lots of opportunity to explore and socialise.	Ottringham Village Hall	✗	Weekly
1.00 – 2.30pm	Baby Sensory	<i>For children from birth to confident walkers.</i> Babies can explore and develop their senses in a stimulating environment. This session may also include paint play, music, singing and sensory equipment.	Withernsea Children's Centre	✗	Weekly
2.30 – 4.30pm	Parentcraft	<i>For expectant parents.</i> A 2 week interactive course. Delivered by the Midwifery Team and the Children's Centre it aims to inform expectant parents and carers about all aspects of caring for your newborn.	Withernsea Children's Centre	✓	Next course 11 & 17 May
THURSDAYS					
9.00 – 11.30am	Baby & Toddler Group	A weekly community based play session. Children's Centre staff support monthly with the Toy Library and Take & Make services.	Easington Primary School	✗	Weekly
10.00 – 11.30am	Let's Play	<i>For children under age 5.</i> Let's Play caters for children under 5 with a wide range of toys and activities available. This session encourages learning through play.	Withernsea Children's Centre	✗	Weekly
1.00 – 3.00pm	English & Maths (starting 27 Apr)	Free course for parents run by East Riding College. These courses are aimed at parents who have not gained at least Grade C in English or Maths. You must be able to attend the first session to complete paperwork.	Withernsea Children's Centre	✓	12 week course
2.30 – 3.00pm	Story Time	<i>For children under age 5.</i> A weekly session led by library staff (term time and school holidays) for pre-school children which includes stories, rhymes and songs.	Withernsea Library	✗	Weekly
5.30 – 6.30pm	One Step Ahead	This is a relaxed group for children with additional needs and their siblings. This group is community led so please contact Gemma or Cordie on 07468 456861 for more information.	Withernsea Children's Centre	✗	Weekly

Time	Activity	Description	Where?	Book?	Dates
FRIDAYS					
9.30 – 11.00am	Baby & Toddler Group	A weekly community based play session led by Roos Primary School and local parents. Children's Centre staff support monthly with the Toy Library and Take & Make service.	Roos Primary School	X	Weekly
9.30 – 11.30am	Baby & Toddler Group	A weekly community based play session ran by parents. Children's Centre staff support monthly with the Toy Library and Take & Make services.	Patrington Village Hall	X	Weekly
10.00 – 11.00am	Tumbling Tots	For confident walkers to aged 5. A session of fun activities for children including parachute games and action songs.	Withernsea Children's Centre	X	Weekly
10.15 – 11.30am	Let's Play	For children under age 5. Let's Play caters for children under 5 with a wide range of toys and activities available. This session encourages learning through play. Children have lots of opportunity to explore and socialise.	Keyingham Village Hall	X	Weekly
1.00 – 2.30pm	Baby & Toddler Group	A weekly community based play session. Children's Centre staff support monthly with Toy Library and Take & Make service.	Withernsea Methodist Church	X	Weekly

OTHER SERVICES AVAILABLE THROUGH WITHERNSEA CHILDREN'S CENTRES

Parents feedback group	The opportunity for parents and carers to help the centres develop services that meet the needs of the local community. We run informal meetings and welcome your feedback. If you are interested in attending, please speak to a member of staff.
Baby Massage (next course tba)	For babies aged 6 weeks up to crawling stage. Our 5 week courses are designed to promote parent and child bonding. Massage can aid sleep, relieve colic and constipation. Call us to book a place.
Breastfeeding Awareness Evenings	These sessions provide information and advice in order to help you make an informed choice regarding feeding your new baby.
Family Links	A 9 week parenting programme that provides simple, effective techniques to help manage feelings and behaviours, improve relationships and develop self-confidence and self-esteem. Call us to book a place.
Sensory Environment	A place where children can explore and develop their senses and skills in a stimulating yet calming atmosphere. Ideal for children with additional needs. Simply call the centre to book for free and when available.
CaSH (Contraception and Sexual Health)	Sexual Health Nurse Practitioner, Nicola Bowsley will be available to offer sexual health advice and services with testing and treating sexually transmitted diseases, contraception (including emergency contraception), pregnancy testing and condoms. Contact Nicola on 07816 645 468 for advice or to book an appointment.
Clothes Swap	<i>For children aged 0-5 years of age.</i> This is a free service for parents/expectant parents to use. Clothes are all pre-loved and washed prior to being put on display. Contact us for further details.
Family Support	Family support is available for families in times of particular need. To enquire about making a request for service for family support, please call us or drop in to the Children's Centre.
Story Sacks	<i>For children aged 0-8 years.</i> Story sacks are an excellent early reading resource and contain a story book with corresponding resources such as puppets, CD's, games and supporting books free to borrow. .
Take and Make (craft and home learning supplies)	<i>For children aged 0-8 years of age.</i> A very wide selection of craft materials (including seasonal resources) is available to buy at very reasonable prices. We also provide sheets with craft ideas to use at home, all of which promote home learning with your child. All craft items are available to view and purchase during normal opening hours of the Centre.
Toy Library	<i>For children aged 0-8 years.</i> Borrow toys from our extensive range and support your child's learning and development. This is a great way to try toys before you purchase them. Minimal charges for this service apply.
Volunteering/work experience Opportunities	There are various volunteering and work experience opportunities at the children's centre if you would like to help support the service we deliver, learn new skills and maybe gain experience to help you get back in to work. Please contact us for further information.
Bags of Support	<i>For children aged 0-8 years.</i> Our wide variety of Bags of Support is an excellent practical resource and can help you for example with sleeping, coping with new baby, fussy eating, weaning and toilet training. These are available at no cost.
Book Start Programme	<i>For children 18 months to school age.</i> The Book Start Corner programme is a dedicated series of 4 home visits to support your child's communication and language skills through sharing books and rhymes. The 4 th visit is held at the library where you can join and begin a continued love of books for you and your child. If you feel that you and your child may benefit from this programme please contact the centre for further details or speak to your Health Visitor.

Services in the community are not endorsed by the Children's Centres, nor do the centres accept any liability for any service provided by a voluntary agency / group at the centre.

Please note that all children must be accompanied by a responsible adult at all times

FAMILY LINKS PARENTING COURSE



The next family links course starts on May 4th and will be held at Withernsea Primary School, from 1pm until 3pm each week.

This course is a 9 week parenting programme that provides simple, effective techniques to help manage feelings and behaviours, improve relationships and develop self-confidence and self-esteem. Strategies covered within this course include; time out, choices and consequences as well as family rules.

Please telephone us on 01964 612618 if you would like to book a place, subject to availability, or be added to a waiting list for future courses.

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

Withernsea Children's Centre
56 Hull Road, Withernsea, HU19 2EQ
Tel: (01964) 612618
withernsea.childrens.centre@eastriding.gov.uk

Opening times:
Monday – Thursday 9.00 – 5.00pm
Friday 9.00 – 4.30pm
Closed bank holidays/public holidays.

Other services may be available at other Children's Centres and local venues.

For further information please contact the Families Information Service Hub (FISH) on (01482) 396469



**Families
Information
Service
Hub**

Tel: (01482) 396469
E: fish@eastriding.gov.uk
W: fish.eastriding.gov.uk

Also based on site:
Withernsea Day Nursery
Tel 01964 615386

Opening times:
Monday - Friday 7.30am – 5.00pm (amended times during school holidays)
Closed bank holidays/public holidays.
Contact:
Claire Walker, Manager

East Riding of Yorkshire Council will, on request, provide this document in Braille, large print or in audio. Please call **0800 849 5060** if you require this.



Jesteśmy tu, by Tobie pomóc. Naszym celem jest udzielenie każdej osobie dostępu do naszych usług. Jeśli życzysz sobie tł/umacza, prosimy zadzwonić na ten numer **0121 377 2880**.