

What's On

Summer Term

Tuesday 25th April to Friday 21st July 2017



East Riding Children's Centre
Bridlington



EAST RIDING
OF YORKSHIRE COUNCIL

Time	Activity	Where	Who is it for?
MONDAY			
9.00-10.30	Let's Get Playing	Butts Close, Children Centre 1	For parents and carers of children up to 5 years: join us for imaginative and messy play
9.30-11.00	Lets Get Playing	Hilderthorpe Children's Centre 2	For parents and carers of children up to 5 years: join us for imaginative play, stories, singing, and messy play
1.00-2.00	Breast Feeding Cafe	Hilderthorpe, Children's Centre 2	For friendly and informal breast feeding advice and support, older siblings welcome. Hot and cold drinks available
1.00-3.00	Child Health Clinic	Hilderthorpe, Children's Centre 2	Come and speak to a Health visitor about your child's health and development and have your baby weighed.
1.00 – 2.30	Talk Time	Butts Close, Children's Centre 1	A 6 week session focusing on supporting children's language and social skills development. If you feel you and your child would benefit in accessing this session then please contact the centre for further information.
TUESDAY			
9.30-11.30	Family Links	Butts Close, Children's Centre 1	The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier family life. To book a place or for further information, please contact the Children Centre.
9.30-12.00	Childminder's drop in	Hilderthorpe Children's Centre 2	For childminders and the children they care for.
10.00 – 11.30	Talk Time	Hilderthorpe, Children's Centre 2	A 6 week session focusing on supporting children's language and social skills development. If you feel you and your child would benefit in accessing this session then please contact the centre for further information.
1.00-2.30	Creepy Crawlies	Hilderthorpe Children's Centre 2	For babies crawling to walking. An opportunity to meet other new parents, with soft sensory and messy play to encourage your child's development
WEDNESDAY			
10.30-11.30	Baby Massage	Hilderthorpe, Children's Centre 2	For babies aged 6 weeks. Our five week course is designed to promote parent and child bonding. To book a place, please contact the Centre
1.00-2.30	Let's Get Playing	Bridlington Central Library	For parents and carers of children up to 5 years: join us for imaginative play, stories, singing, and messy play
12.00-1.00	Breast Feeding Cafe	Butts Close, Children's Centre 1	For friendly and informal breast feeding advice and support, older siblings welcome. Feel free if you want to bring a packed lunch, refreshments available.
1.00-3.00	Child Health Clinic	Butts Close, Children's Centre 1	Come and speak to a health visitor about your child's health and development and have your baby weighed
1.00-3.00	Babies Playing and Creepy Crawlies	Butts Close, Children's Centre 1	For babies from birth and crawling to walking. An opportunity to meet other parents and carers, with soft sensory play to encourage children's learning and development
THURSDAY			
9.15-11.30	Rhythmic Rascals	Butts Close, Children's Centre 1	Join the Childminders for a morning of music, rhymes and song
9.15-10.15	Let's Get Active	Bridlington Leisure Centre (World)	Promoting a healthy lifestyle including music, movement, singing, rhymes for children under 5.
10.00-11.30	Portage Group	Butts Close, Children's Centre 1	For families working with the portage service. Invite only
9.30-11.00	Let's Get Playing	North Library	For parents and carers of children up to 5 years: join us for imaginative play, stories, singing, and messy play
1.00-2.30	Babies Playing	Hilderthorpe, Children's Centre 2	For babies from birth to crawling. An opportunity to meet other new parents, with soft sensory and messy play to encourage your child's development
1.15-3.15	Adult Learning	Hilderthorpe, Children's Centre 2	In partnership with East Riding College – For parents to support their child's learning in English and Maths. Childcare available. For further information and to book a place please call 606053
6.00-8.00	Ready for Baby – Antenatal Evening	Butts Close, Children's Centre 1	For expectant parents. 3 week course. For more information and to book a place, call the Children's Centre, Butts Close.
FRIDAY			
9.00-11.30	Post Natal Clinic	Butts Close, Children's Centre 1	Invite from your Midwife only / Supported by the Children Centre
10.30-11.30	Baby Massage	Butts Close, Children's Centre 1	For babies aged 6 weeks. Our five week course is designed to promote parent and child bonding. To book a place, please contact the Centre
1.00-3.00	Young Parents	Butts Close, Children's Centre 1	A friendly and informal group to support young parents and their children, and young parents to be up to the age of 21

Healthy

Struggling with weaning? Fussy Eating? Worried about your child's weight? Worried about

Lifestyles	healthy eating and cooking on a budget? For further information and support please call Childrens Centre 2 on 01262 606053
Book Start Corner	A programme that is designed to support early language skills and to encourage the love of books in young children. Includes links with the local library service. Please contact the centre for more information
Toy Library and Story Sacks	Resources are available on request at the Children' Centre and outreach venues. Parents and carers can borrow developmentally appropriate toys. Please contact the centre for more information
Take & Make	This is an opportunity to purchase a large selection of craft, home learning and safety resources at affordable prices. Available Mon to Fri within the Children's Centres or please ask for a list of venues and times and Home Learning Craft sessions.
Bags of Support	For parents with children under five. We have created a selection of themed bags to support you with challenging elements of parenting. These include toilet training, weaning, fussy eaters, behaviour, breastfeeding, support with sleep routines and many more. Please contact the centre for more information.
Family Links Nurturing Programme	A 10 week programme. Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurture Programme helps deal with those challenges so that you can have a calmer, happier life. A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel. For further details and to book call 01262 409596
Adult Learning courses	6 week programme for parents or carers to access to support their children's learning and development and build on their parenting skills. The programme includes children's oral health, healthy eating, managing behaviour, home safety and child development. Please contact the centre for more information
Talk Time	A 6 week session focusing on supporting children's language and social skills development. If you feel you and your child would benefit in accessing this session then please contact the centre for further information.
FREE Clothes Swap	Feel free to call into the centres anytime where we have a range of children's clothes available to take for free. All donations of children's clothes that your children have now grown out of are also welcome.
Remember our one-to-one support!	
You can drop into or call either of the Bridlington Children's Centres and ask to speak to a member of the team for information and advice on a range of issues such as breast feeding support, introducing solid foods, toilet training, managing behaviour, budgeting, parenting and much more.	
Dads, male carers and grandads are welcome to come to join us in all of our sessions ! We look forward to meeting you !	
Advisory Board / Parents Forum	Opportunity for parents and carers to help the centres develop services that meet local needs. We run informal meetings and welcome your feedback. If you are interested in attending, please speak to a member of staff.

**Children's Centre 2, Hilderthorpe School Site, Shaftesbury Road, Bridlington, YO15 3PP.
Tel: 01262 606053**

**East Riding Children's Centre 1, Butts Close, Bridlington, YO16 7BS:
Tel: 01262 409596**