

# What's On

Autumn Term Monday 11 Sept to Friday 15 Dec 2017



Time	Activity	Where	Who is it for?
<b>MONDAY</b>			
9.00-10.30	<b>Let's Get Playing</b>	Butts Close, Children Centre 1	For parents and carers of children up to 5 years: join us for imaginative and messy play <b>Weekly - term time only</b>
9.30-11.00	<b>Lets Get Playing</b>	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. <b>Weekly - term time only</b>
1.00-2.00	<b>Breast Feeding Cafe</b>	Hilderthorpe, Children's Centre 2	For friendly and informal breast feeding advice and support, older siblings welcome. Hot and cold drinks available <b>Weekly - ongoing</b>
1.00-3.00	<b>Child Health Clinic</b>	Hilderthorpe, Children's Centre 2	Come and speak to a Health visitor about your child's health and development and have your baby weighed. <b>Weekly - ongoing</b>
1.00 - 2.30	<b>Talk Time</b>	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. <b>Invite only</b>
<b>TUESDAY</b>			
9.00 - 10.30	<b>Let's Get Playing</b>	Quay Primary school	For parents and carers of children up to 5 years: join us for imaginative and messy play. <b>Weekly - starting 26 September, term time only</b>
9.30-11.30	<b>Family Links</b>	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	<b>Childminder's drop in</b>	Hilderthorpe Children's Centre 2	For childminders and the children they care for.
10.00-11.15	<b>Let's Get Playing</b>	New Pasture Lane School	For parents and carers of children up to 5 years: join us for imaginative and messy play <b>Monthly - term time only Dates: 12 Sept, 10 Oct, 14 Nov, 28 Nov</b>
10.00 - 11.30	<b>Talk Time</b>	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. <b>Invite only</b>
<b>WEDNESDAY</b>			
10.30-11.30	<b>Baby Massage</b>	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
10.00 - 11.30	<b>Creepy Crawlies</b>	Butts Close, Children's Centre 1	For babies crawling to walking. An opportunity to meet other new parents, with soft sensory and messy play to encourage your child's development <b>Weekly - term time only</b>
1.00-3.00	<b>Child Health Clinic</b>	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
12.00-1.00	<b>Breast Feeding Cafe</b>	Butts Close, Children's Centre 1	For friendly and informal Infant feeding advice and support, older siblings welcome. Hot and cold drinks available <b>Weekly - ongoing</b>
12.00 - 1.00pm	<b>Babies Playing</b>	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
1.30 - 3.00	<b>Let's Get Playing</b>	Thorpe Street (Activfirst / old sports club venue)	For parents and carers of children up to 5 years: join us for imaginative and messy play <b>Weekly - term time only</b>
<b>THURSDAY</b>			
9.15-11.30	<b>Rhythmic Rascals</b>	Butts Close, Children's Centre 1	Join the Childminders for a morning of music, rhymes and song
10.00-11.30	<b>Portage Group</b>	Butts Close, Children's Centre 1	For families working with the portage service. Invite only
9.30-11.00	<b>Let's Get Playing</b>	North Library	For parents and carers of children up to 5 years: join us for imaginative play, stories, singing, and messy play <b>Monthly Term Time only - dates: 21 Sept, 19 Oct, 16 Nov, 14 Dec</b>
1.00-2.30	<b>Babies Playing</b>	Hilderthorpe, Children's Centre 2	For babies from birth to crawling. An opportunity to meet other new parents, with singing and crafts to encourage your child's development
6.00-8.00	<b>Ready for Baby - Antenatal Evening</b>	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.
<b>FRIDAY</b>			
9.00-11.30	<b>Post Natal Clinic</b>	Butts Close, Children's Centre 1	Invite from your Midwife only / Supported by the Children Centre
9.30-11.30	<b>Adult Learning</b>	Butts Close, Children's Centre 1	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 409596
10.30-11.30	<b>Baby Massage</b>	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	<b>Young Parents</b>	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

<b>Healthy Lifestyles</b>	Struggling with weaning? Fussy Eating? Worried about your child's weight? Worried about healthy eating and cooking on a budget? For further information and support please call Children's Centre 2 on 01262 606053
<b>Book Start Corner</b>	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. <b>Please contact the centre for more information</b>
<b>Toy Library and Story Sacks</b>	Resources are available on request at the Children's Centre and outreach venues. Parents and carers can borrow developmentally appropriate toys. <b>Please contact the centre for more information</b>
<b>Take &amp; Make</b>	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.
<b>Bags of Support</b>	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. <b>Please contact the centre for more information.</b>
<b>Family Links Nurturing Programme</b>	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
<b>Adult Learning courses</b>	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. <b>Please contact the centre for more information</b>
<b>Talk Time</b>	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.
<b>FREE Clothes Swap</b>	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.
<p><b>Remember our one-to-one support!</b></p> <p>You can drop into or call either of the <b>Bridlington Children's Centres</b> 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.</p> <p><b>Dads, male carers and grandads</b> are welcome to come to join us in all of our sessions ! We look forward to meeting you !</p>	
<b>Advisory Board / Parents Forum</b>	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**



*Other services may be available at other Children's Centres and local venues.  
Families Information Service Hub  
01482 396469*

