



A Sure Start Children's Centre
Hedon

WHAT'S ON

12th September - 16th December 2016 (time term only)

Monday

10.00 - 11.30 am	Babies Playing	<p>For babies from 16 weeks to crawling stage Enjoy a relaxed yet stimulating session where you can share experiences, take part in activities and gain information about your child's development.</p>	Hedon Children's Centre
1.30 - 3.00 pm	Let's Play! Hedon	<p>For children under 5 Let's Play caters for all children under 5 with a wide range of toys and activities to encourage learning through play.</p>	Scout Hut, Hedon

Tuesday

10.00- 11.30 am	Creepy Crawlies	<p>For children from crawling to walking stage This session is for those children who are just finding their feet. They will have the opportunity to become involved in a wide range of activities including crafts and messy play.</p>	Hedon Children's Centre
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Wednesday

10.00 - 11.30 am	Baby Nurture	<p>A session for the first 16 weeks of baby's life. The session takes place in a sensory environment. You will enjoy a relaxing session where you can share experiences with other parents and gain information about your child's development and safety</p>	Hedon Children's Centre
1.30 - 3.00pm	Let's Play! Bilton	<p>For children under 5. 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.</p>	St Peter's Church Hall, Bilton
1.00 - 2.30 pm	Baby Massage	<p>The course promotes parent and child bonding. Massage also aids sleep and relieves colic and constipation. Places must be booked, please contact us for more information.</p>	Hedon Children's Centre

Thursday

9.00 - 11.30am	Child Health Clinic	<p>This clinic takes place weekly (even during school holidays); No appointment needed.</p>	Rosedale Community Unit
11.30 - 12.30pm	Breastfeeding Café	<p>This is an informal environment for pregnant and breastfeeding mums. You can pick up a support pack and will also have the chance to discuss any concerns whilst gaining support and encouragement.</p>	Rosedale Community Unit
1.00- 2.30pm	Talk Time	<p>A programme of sessions to provide language development activities for children aged 2 with identified speech delay. Contact Emma Fellows or Lisa Harness for further details.</p>	Hedon Children's Centre

Friday

10.00 - 11.30 am	Baby Massage	The course promotes parent and child bonding. Massage also aids sleep and relieves colic and constipation. Places must be booked, please contact us for more information.	Hedon Children's Centre
10.15 - 11.30 am	Let's Play! Keyingham	For children under 5. 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.	Keyingham Village Hall

Other Services Available	
Parent craft	This is an interactive ante natal course aimed at informing expectant parents and carers about all aspects of caring for your newborn. You will be personally invited to attend this session.
Breastfeeding Support	Individual breastfeeding support is available. For more information please contact us.
Family support, budgeting, benefits and help returning to work	Support is available to assist parents and carers with all areas of parenting, returning to work, including help with looking at childcare costs and other benefits, budgeting
Sensory Room Sessions	A private session for families to book to enjoy the sensory experience, group booking also Welcome. Also beneficial for children with additional needs. <i>To book please contact the centre and ask for Catherine Sykes.</i>
Family Links	An informative and fun 10 week course to help all parents and carers to improve their parenting skills and learn how to better manage family life <i>Places must be booked, A crèche place may be available</i>
Take and Make	Want to get creative at home !!! Come along to the children's centre and purchase your resources. We will also be attending various play groups in the area.



Hedon Children's Centre
 19 George Street
 Hedon
 East Riding of Yorkshire
 HU12 8JH
 Tel: (01482) 899962
 Opening hours:
 Monday to Thursday 9am - 5pm
 Friday 9am - 4.30pm

