



A Sure Start Children's Centre
Hedon

What's On

Spring Term Programme 2018

15th January-23rd March
Half term 12th-16th February

Hedon Children's Centre Tel: 01482 899962

Time	Activity	Description	Venue	Book	Dates
MONDAY					
10.00 - 11.30 am	Babies Playing	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.	Hedon Children's Centre	x	Weekly (Term Time only)
1.30 - 3.00 pm	Let's Play! Hedon	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.	Scout Hut, Hedon	x	Weekly (Term Time only)
TUESDAY					
10.00 - 11.30 am	Creepy Crawlies	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.	Hedon Children's Centre	x	Weekly (Term Time Only)
WEDNESDAY					
10.00 - 11.30 am	Baby Nurture	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	Hedon Children's Centre	x	Weekly (Term Time Only)
1.30 - 3.00 pm	Let's Play! Bilton	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.	St Peter's Church Hall, Bilton	x	Weekly (Term Time Only)
1.00 - 2.30 pm	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	To book	5 week course
THURSDAY					
9.00 - 11.30 am	Child Health Clinic	This clinic takes place weekly (even during school holidays); No appointment needed.	Rosedale Community Unit, Preston	x	Weekly
11.30 - 12.30 pm	Breastfeeding Cafe	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.	Rosedale Community Unit, Preston	x	Weekly
1.00 - 2.30 pm	Talk Time	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.	Hedon Children's Centre	To book	Weekly

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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	To Book	5 Week Course
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	*	Weekly (Term Time Only)

Other Services Available

Parentcraft	This is an interactive antenatal 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.
Family Links – The Nurturing Programme	An informative and fun 10 week parenting programme that provides simple, effective techniques to help manage feelings and behaviours, improve relationships and develop self-confidence and self-esteem. <i>Places must be booked, A crèche place may be available</i>
Breastfeeding/Infant Feeding Support	Individual breastfeeding support is available; also help with responding to your babies feeding needs. 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 available benefits.
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. To book please contact the centre.
Clothes Swap	For children aged 0-8 years of age. 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 – donations of pre-loved clothes accepted for all ages
Take and Make - shop open at the centre!!	Want to get creative at home ?? For children age 0-8 years of age. A wide selection of craft materials are available to buy at very reasonable prices, including various packs to promote home learning with your child.

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

Hedon Children's Centre

19 George Street
Hedon
HU12 8JH
Tel: (01482) 899962
hedon.childrens.centre@eastriding.gov.uk

Opening times:

Monday – Thursday 8.30 – 5.00pm
Friday 8.30 – 4.30pm
Closed bank holidays/public holidays.

