



## Autumn/Winter Programme 2017/2018

### Goole Children's Centres

Kingsway Children's Centre, Fountayne Street, Goole. DN14 5HQ

Tel: 01405 761287 Email: [kingswaycc@eastriding.gov.uk](mailto:kingswaycc@eastriding.gov.uk)

Marshlands Children's Centre, Hall Road, Old Goole. DN14 5UE

Tel: 01405 762614 Email: [marshlandsc@eastriding.gov.uk](mailto:marshlandsc@eastriding.gov.uk)

September 2017 onwards

#### ✘ MYTH

Babies become spoilt and demanding if they are given too much attention.

#### ✔ REALITY

When babies' needs for love and comfort are met, they will be calmer and grow up to be more confident.

Information taken from UNICEF Building a Happy Baby



New babies have a strong need to be close to their parents, as this helps them to feel secure and loved. When babies feel secure they release a hormone called oxytocin, which feeds their growing brain, helping them to be happy babies and more confident children and adults.

You can help develop your baby's growing brain by:

- Holding, smiling and talking to baby
- Responding to their needs for food and comfort
- Having skin to skin contact
- Not leaving your baby to cry

Your Local Children's Centres are here for you. We are friendly one stop shops for all families in Goole and the surrounding areas from pregnancy until your child turns 9.

Having children is rewarding and exciting but we know it can be one of the toughest jobs around which is why we are here to offer support and advice.

**All of the services the Centres provide are free.**

Please ensure we have your most up to date email address so we can keep you informed of new exciting things appropriate for you and your family.



**EAST RIDING**  
OF YORKSHIRE COUNCIL

**SureStart**

| Time              | Activity                          | Description  | Where?                       | Book?   | Dates                           |
|-------------------|-----------------------------------|--|------------------------------|---------|---------------------------------|
| <b>MONDAYS</b>    |                                   |  |                              |         |                                 |
| 10.00– 11.00am    | <b>Babies Playing at Snaith</b>   | Babies birth to toddling. An opportunity to meet other new parents whilst enjoying activities to stimulate your baby's development.  | Snaith Sports Hall           | X       | Weekly                          |
| 10.00 - 11.30am   | <b>Let's Get Playing</b>          | For parents and carers of children with toddlers upwards: Join us for imaginative play, sensory opportunities, stories and singing. Younger siblings welcome.  | Kingsway Children's Centre   | To Book | Weekly                          |
| 2.00 – 3.30pm     | <b>Healthy Child Clinic</b>       | Opportunity to see a local Health Visitor, weigh your baby and discuss health and development needs. Supported by the Children's Centre Team.  | Kingsway Children's Centre   | X       | Weekly                          |
| 5.30 – 7.30pm     | <b>Birth and Beyond</b>           | A 3 week antenatal programme for mums to be and their partners and Birth Partners which helps prepare for the new arrival. The programme includes labour and delivery, infant feeding, early baby skills, baby safety, communication and top tips, with much more. It is delivered in partnership by the Children's Centre Team, Health Visiting Team and a Midwife. | Kingsway Children's Centre   | To Book | 3 Week Blocks (Monday Evenings) |
| 5.30 – 7.30pm     | <b>Birth and Beyond</b>           |  | Marshlands Children's Centre | To Book | 3 Week Blocks (Monday Evenings) |
| <b>TUESDAYS</b>   |                                   |  |                              |         |                                 |
| 10.00 – 11.30am   | <b>Snaith Let's Get...Playing</b> | A fun play session for parents/carers and their children under 5 years to come together to share experiences.  | Snaith Community Sports Hall | X       | Weekly                          |
| 10.30 – 11.30am   | <b>Infant Massage</b>             | For babies following their 8 week check. A 4 week program for parents/carers with their babies which teaches techniques for massage, promotes bonding and soothes babies providing relief for cramps and colic.  | Kingsway Children's Centre   | To Book | 4 Week Blocks                   |
| 1.30 – 3.00pm     | <b>Portage session</b>            | A fun, targeted play session for families with children receiving support from the Portage service. Contact your portage worker for more information.  | Marshlands Children's Centre | To Book | Weekly                          |
| <b>WEDNESDAYS</b> |                                   |  |                              |         |                                 |
| 10.00 – 11.30am   | <b>Babies Playing</b>             | Babies birth to crawling. An opportunity to meet other new parents whilst enjoying activities to stimulate your baby's development.  | Kingsway Children's Centre   | To Book | Weekly                          |
| 1.30 – 2.30pm     | <b>Creepy Crawlies</b>            | For babies crawling to confident toddlers. A play session encouraging children to explore their environment with interest  | Kingsway Children's Centre   | To Book | Weekly                          |
| 1.00 – 2.30pm     | <b>Let's Get...Playing</b>        | A play and activity session for parents/carers and children toddling to 5 years. Providing opportunities for children to discover in a learning environment and develop skills preparing them for their next steps. With support and advice of a Family Coordinator.   | Marshlands Children's Centre | X       | Weekly                          |
| 2.30 – 3.30pm     | <b>Healthy Child Clinic</b>       | Opportunity to see a local Health Visitor, weigh your baby and discuss health and development needs. Supported by the Children's Centre Team.  | Marshlands Children's Centre | X       | Weekly                          |



| Time  | Activity                                | Description  | Where?                        | Book?                | Dates                      |
|---|---|--|-------------------------------|----------------------|----------------------------|
| <b>THURSDAYS</b>                                  |   |  |                               |                      |                            |
| 10-11am   | <b>Babies Playing</b>                   | Babies birth to toddling. An opportunity to meet other new parents whilst enjoying activities to stimulate your baby's development.  | Marshlands Children's Centre  | X                    | Weekly                     |
| <b>FRIDAYS</b>                                    |   |  |                               |                      |                            |
| 10.30 – 11.30am                                   | <b>Take and Make Craft Play session</b> | For toddlers to 5 years. A fun craft art and play session. Learn craft ideas and buy craft materials at low cost.  | Marshlands Children's Centre  | X                    | First Friday of each month |
| 11.15 – 12.15pm                                   | <b>Little Stars</b>                     | For all children under 5 years. A fun physical play session in the large open sports hall with lots to do and lots to explore.   | Goole Leisure Centre          | X                    | Weekly Term time only      |
| 1.30 – 2.30pm<br>(Please check with Centre)       | <b>Take and Make Craft Play session</b> | For toddlers to 5 years. A fun craft art and play session. Learn craft ideas and buy craft materials at low cost.  | Kingsway Children's Centre    | To Book              | Weekly Term time only      |
| 1.30 – 3.00pm                                     | <b>Portage session</b>                  | A fun, targeted play session for families with children receiving support from the Portage service. Contact your portage worker for more information.  | Kingsway Children's Centre    | X                    | Weekly                     |
| <b>OTHER REGULAR SESSIONS</b>                     |   |  |                               |                      |                            |
| Variable - please check with Centres              | <b>Massage</b>                          | For babies following their eight week check, a four week programme for parents/carers with their babies which teaches techniques for massage, promotes bonding and soothes babies providing relief for cramps and colic.   | Kingsway and Marshlands       | To Book              | 4 Week Blocks              |
| Variable - please check with Centres              | <b>Talk Time</b>                        | A structured eight week programme to support children aged 2 years onwards which supports and encourages speech and language development. Developed in partnership with speech and language therapists and portage.  | Kingsway and Marshlands       | To Book              | 8 Week Blocks              |
| Holiday sessions only - please check with Centres | <b>Cooking with Kids</b>                | To introduce children to a healthy diet and develop basic cooking skills. Aimed at children aged 3 to 5 years, all children need to be accompanied by an adult.  | Kingsway and Marshlands       | To Book              | School holidays            |
| Variable - please check with Centres              | <b>Family Links</b>                     | A ten week programme looking at different topics such as <ul style="list-style-type: none"> <li>• understanding children's behaviour</li> <li>• exploring different approaches to discipline</li> <li>• strategies to manage behaviour</li> <li>• importance of looking after ourselves</li> </ul> | Kingsway and Marshlands       | To Book              | 10 Week programme          |
| Contact Centres for details                       | <b>Book Start</b>                       | A 4 week programme to show you the different strategies to promote reading stories, books and rhymes. You and your child will be given some <b>free resources</b> each week.   | Kingsway and Marshlands       | To Book              | 4 Week programme           |
| Contact your Midwife                              | <b>Antenatal and Postnatal Clinics</b>  | Community Midwifery Clinics for parents having their antenatal care and postnatal appointments with Hull and East Yorkshire Trust and Goole and North East Lincs Trust.  | Marshlands and Goole Hospital | To Book with Midwife | Weekly                     |
| Contact Centres for details                       | <b>Breastfeeding Advice</b>             | For support in the early days of breastfeeding. Home visits available or telephone support offered.  | Kingsway and Marshlands       | Contact the centres  | Daily                      |



## OTHER SERVICES AVAILABLE THROUGH GOOLE CHILDREN'S CENTRES

|                                      |  |
|--------------------------------------|--|
| <b>Parents Forum</b>                 | 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. |
| <b>Access to sensory environment</b> | 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 when available.   |
| <b>Home learning packages</b>        | Bags of support, play advice, activity cards, story sacks and Bookstart to support your child's learning and development at home.  |
| <b>Nearly New For You</b>            | The opportunity to pick up some fantastic clothes and shoes for your little ones for free.   |
| <b>Take and Make</b>                 | Opportunity to purchase craft resources at cost price in a pick and mix style.   |

### Special Education Needs and Disability (SEND)

All Childrens Centres offers a range of different advice, information and support to parents and carers with children who have additional or special needs. If you are concerned about your child's development, come and speak to us about it.

There are a range of resources that can be used or borrowed from the centre.

The Children's Centre can support you in registering with 'Look Ahead' for discounts and information, and support parents/carers with completing DLA applications and signposting to specialist services when needed.



For further information please contact Marshlands on 01405 762614 or Kingsway on 01405 761287.

### Remember our one-to-one support!

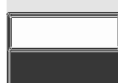
You are welcome to drop in to either of Goole's Children's Centres and ask to speak to a member of the team for information and advice on a range of issues such as weaning, behaviour, budgeting, parenting and much more.



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

**For further information contact FISH on (01482) 396469**

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 chcesz sobie tę umacza, prosimy zadzwonić na ten numer **0121 377 2880**.



**EAST RIDING**  
OF YORKSHIRE COUNCIL

**SureStart**