



A Sure Start Children's Centre
Hornsea

SPRING/SUMMER TERM PROGRAMME 2017

Hornsea Children's Centre & surrounding
area. Tel: 01964 537160

Term Time Sessions from
Tuesday 25 April – Friday 21 July



Family Links Nurturing Programme

Children are rewarding, stimulating and fun – but looking after them can be stressful and challenging. The Family Links Nurturing Programme helps deal with those challenges so that you can have a calmer, happier family life.

The programme helps us think about what we do, why we do it and how it makes us feel.

Over the 10-week programme you will look at lots of different topics including:

- Understanding why children behave as they do
- Recognising the feelings behind behaviours (ours and theirs)
- Exploring different approaches to discipline
- Find ways to develop co-operation and self-discipline and children
- The importance of looking after ourselves.

partners are welcome and it's also fine to come on your own or with another relative or friend. If you are interested please contact the centre.

To book for Family Links or ask about any of our sessions, support or services please do not hesitate to ring or pop into the centre.

100 things to do before you are six!!

part two



How are you doing? Continued from last term!

51. Discover your favourite story
52. Go to the beach
53. Build a giant sandcastle
54. Smash ice with a stick outdoors
55. Find a stick and make it your own
56. Go on a treasure hunt
57. Dress up in adults shoes and wear make up you applied
58. Find a fairy house in your house or garden
59. Do the Hokey Cokey
60. Have a sponsored bounce on a trampoline or bouncy castle
61. Stroke a rabbit
62. Hop around like a bunny
63. Dress as your favourite character (wear out to the supermarket)
64. Build an indoor den under a table or tip up the sofa
65. Fill water balloons and throw them
66. Dance in the rain without a coat
67. Catch rain drops on your tongue
68. Paint using only your hands and feet
69. Slide down a grassy hill on a tray
70. Roll down a grassy hill
71. Make mud pies
72. Eat an ice cream cone
73. Learn to roll like a pencil
74. Squirt shaving foam then rub your hands in it!
75. Make large bubbles with hoops
76. Blow bubbles on a windy day
77. Grow caterpillars into butterflies
78. Make a Vitamin C rocket
79. Have a picnic indoors and outdoors
80. Sit upstairs on a double decker bus
81. Make a rope swing in a tree with a tyre or large stick as a seat
82. Put on a cape (piece of material) pretend you're a superhero
83. Talk like a pirate all day (if your voice will last)
84. Learn to jump rope – simple skipping
85. Bounce a bouncy ball as hard as you can!
86. Eat Jelly and ice-cream with a gigantic spoon
87. Have unlimited toppings on your ice cream ... Your Choice!
88. Ride a two wheeled bike
89. Make friends with people who live in another country
90. Enter a competition to win a prize
91. Join in a Guinness World Record attempt
92. Help wash a car with buckets and sponges
93. Learn ball/wall games to play on your own
94. Pretend to conduct your own orchestra
95. Hike up a mountain and admire the view
96. Use a magnifying glass
97. Visit a museum with dinosaur skeletons and fossils
98. Run in and out of a hose pipe spray
99. Go on an adventure to a zoo or farm
100. Roll around a large field and stop to smell the grass

SureStart



EAST RIDING
OF YORKSHIRE COUNCIL

Time	Activity	Description	Where?	Book?	Dates
MONDAYS					
9.30 – 11am	Let's Get...	Join us for imaginative and messy play, stories and singing. For parents/carers with children under 5.	Children's Centre	X	Term time only
1.30 – 3pm	Baby & Toddler group ◆	Weekly (term time) community based play session run by Hornsea Nursery School. Supported by the Children's Centre on a fortnightly basis with Take and Make/Toy Library & Bags of Support. <i>(NB: A small entrance charge of £1 per family is applied by the nursery)</i>	Hornsea Nursery School, Newbegin, Hornsea.	X	First and Third Monday of the month. Term time only
6 – 8pm	Home Births	<i>For all parents-to-be at any stage during pregnancy: midwifery-led information sessions to find out more about giving birth at home. Call 01482 382658 to book.</i>	Beverley Children's Centre	To book	8 May 12 Jun 10 Jul
TUESDAYS					
8.30-1pm	Antenatal Booking in Clinic	Antenatal appointments at Hornsea Cottage Hospital. Meet a member of the team.	Hornsea Cottage Hospital	X	Weekly
9 – 10.15am	Stay & Play	This new free session is for parents / carers with children under 5. Fun activities promoting child development. Aims to ease the transition to pre-school / Nursery. With Children's Centre Take and Make & Toy Library!	Sigglesthorne Primary school	X	Term time only
9.30 – 11.00	Make Bake and Take	New exciting session designed to take you back to basics. Learn how to create healthy well balanced meals on a budget.	Hornsea Nursery	X	Starts 2 May Weekly Term time only
1-3pm	Me Time	Five week course for mums with low mood to increase confidence, reduce stress and anxiety and meet other mums. Limited crèche places available.	Children's Centre	To book	6th June 2017
WEDNESDAYS					
8.30-1pm	Antenatal Booking in Clinic	Antenatal appointments at Hornsea Cottage Hospital. Meet a member of the team.	Hornsea Cottage Hospital	To book with midwife	Weekly
8.45-10.15am	Let's Play	For children under 5 with parents/carers at Aldbrough Primary School, Headlands Rd, Aldbrough. Free fun activities to promote child development & ease transition to pre-school/Nursery. Monthly Toy Library & Take & Make!	Aldbrough Primary School	X	From 11 January 2017 Weekly Term time only
9.30 – 11.30am	Talk Time	6 week programme, support for children with language and early communication difficulties. <i>(If you would like advice on your child's language and communication development, contact the centre and ask to speak to a member of staff or contact your health visitor).</i>	Children's Centre	By invite	TBC
1-3pm	Family Links	A 10 week course for parents / carers to make the most out of family life including managing children's behaviour. Working in partnership with Beeford Children's Centre.	Hornsea Children's Centre	To book	Starts 3 May

WEDNESDAYS cont ...

3.30-5.30pm	Bumps to Babies	Interactive antenatal course about active birth and all aspects of caring for your new-born.	Children's Centre	To book	Please contact the centre for further information
7-9pm	Time Out ASC Parent Support Group ♦	A support group for parents/carers of children and young people with Asperger's and Autistic Spectrum conditions. Your child does not need a diagnosis for you to join in.	Children's Centre	✗	Last Wednesday of every month

THURSDAYS

11-12pm	Babies Playing	<i>Babies: birth to confidently walking.</i> An opportunity to meet other new parents over activities to stimulate your baby's development, with soft, sensory & messy play.	Children's Centre	✗	Starts 27 th April 2017 weekly Term time only
1-3pm	Child Health Clinic	Child Health Clinic Hornsea Cottage Hospital - meet a member of the team.	Hornsea Cottage Hospital	✗	Weekly

FRIDAYS

10.30-11.30am	Infant Massage	<i>A five week course for babies age 6 weeks to crawling</i> to promote bonding and relaxation. Plus support with early days as a new parent, keeping safe and early learning. Includes Sensory Environment experience.	Children's Centre	To book	Please contact the centre for further details
---------------	-----------------------	--	-------------------	---------	---

♦ **Services in the community are not endorsed by the Children's Centres, nor do the centres accept any liability for any service provided by a voluntary agency / groups at the centre.**

Please note that all children must be accompanied by a responsible adult at all times

OTHER SERVICES AVAILABLE THROUGH HORNSEA CHILDREN'S CENTRES

Registrar Service	You can now register a birth, death or marriage at the Children's Centre. This is by appointment only held every Wednesday. To make an appointment, please contact the East Riding Registrar Service on (01482) 393600 Your baby's birth must be registered in the registration district in which it occurred within 42 days. If your baby was born within East Riding of Yorkshire, the registrar will register the birth and issue a short birth certificate immediately for free.
Breastfeeding Support	Staff are Unicef trained to give support and guidance on breast feeding. Please pop in or call, no appointment necessary, or request a home visit.
Sensory environment	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.
Home learning	Bags of support, play advice, activity cards, story sacks and Bookstart to support your child's learning and development at home.
Take and Make & Toy Library	A selection of toys to borrow and cheap craft resources to buy, with ideas to help you have fun with your child ... creating the next masterpiece!
Clothes Swap	Call into the centre and have a look. Why not bring in clothes your child has grown out of. Also, take a look at what we have and the clothes are free to take away.
Advisory Board	Advisory Board meetings are held 4 times a year, and give partners the opportunity to support and challenge service developments. Parents are welcome to join us to represent parents in our community.
Volunteering	If you are interested in volunteering, please contact the centre for more information and complete an application form.
Transition to school	Is your child due to start Nursery / School? Are you and your child ready for the transition? For more information contact the centre for support with school readiness with child development skills such as getting out of nappies, drinking from a cup, holding a pencil, establishing good bedtime and morning routines and much much more.
Bags of Support	Activity bags of support are available from the Children's Centre upon request. These bags will contain helpful activities and information to help you through trying times with your child.

SESSIONS UPDATE

Make Bake and Take: We have recently reviewed our programme and as a result our Tea Time Fun Time session at the centre has stopped. However, to continue with supporting you with ideas for cooking and being healthy we have joined up with Hornsea Nursery. Why not drop in where we welcome you and your child to come along and create healthy well balanced meals on a budget. We hope to see you soon.

Me Time: If you're a mum who is feeling a little low, feel you could do with a confidence boost, why not give the centre a call, talk to a member of the team and then come along to the session to meet other mum's. Relax and join in with activities to help you gain confidence.

Infant Massage: Massage is beneficial for all babies. Long before babies are able to speak, they communicate with the world around them through touch. The power of touch to soothe and heal is instinctive. If a baby cries, we often cuddle them or stroke their back. Massaging your baby is an extension of this natural impulse and by joining other parents in the group you will be able to share your experiences as well as learn about the benefits of massage. Contact the Centre to book your free place!

Talk Time: All children grow and develop at their own pace. These sessions have been developed in partnership with speech and language therapists to support you with ideas to do in the group and at home. The aim is to promote early language development for your child and help them gain communication skills to allow them to express their needs.

BOOK START CORNER ...

This programme is completely free to you!

"Children who read regularly at home with their parents have better communication skills, and increased attention span and are more creative and imaginative".

A member of staff from the children's centre who is trained in the Book start programme will:

- Visit you at home up to four times.
- Gift your child/ren free books and mark making materials.
- Help you with fun new ideas for sharing stories, books and rhymes with your child/ren.



Remember our one-to-one support!

You can drop in to Hornsea Children's Centre and ask to speak to a member of the team for information and advice on a range of issues such as complementary feeding, behaviour, budgeting, parenting and much more.

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

Hornsea Children's Centre

Hornsea Secondary School site, Eastgate, (if driving please use the Atwick Road entrance)

Hornsea. **Tel: (01964) 537160**

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

For further information please contact the Families Information Service Hub (FISH) on (01482) 396469

East Riding of Yorkshire

Families Information Service Hub

Tel: (01482) 396469

E: fish@eastriding.gov.uk

W: fish.eastriding.gov.uk

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 życzysz sobie t/ umacza, prosimy zadzwonić na ten numer **0121 377 2880.**