

# AUTUMN TERM PROGRAMME 2017

Beverley Children's Centres Tel: 01482 880066

Monday 4 September – Friday 22 December



**A Sure Start Children's Centre**  
Beverley and surrounding villages

## A LITTLE BIT OF SCIENCE ..

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 acts like a fertilizer for 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 your baby
- Responding to their needs for food and comfort
- Having skin to skin contact
- Not leaving your baby to cry



### 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.



The  
**Baby Friendly Initiative**  
For all babies

## BIG LATCH ON

*This year's Big Latch On event in Beverley was hosted by the Children's Centre at Flemingate, Beverley on Friday 4 August during World Breastfeeding Week (1 – 7 August). On this lovely summer's day, 63 parents, children and volunteers from the community came along to join the celebration to promote and support breastfeeding and offer peer support to each other. Of the 23 mums attending, 17 babies latched on, to contribute to the worldwide figure of 17,790 children breastfeeding during the one minute count. Every baby was given a certificate of attendance and had the opportunity to have their hand/footprints painted as a keepsake of the event. Families were also given a goody bag to take home filled with information and freebies.*

*The Children's Centre's involvement aimed to help raise awareness of breastfeeding in the community and to positively support breastfeeding in public places.*



**EAST RIDING**  
OF YORKSHIRE COUNCIL

**SureStart**

Time	Activity	Description	Where?	Book ?	Dates
<b>MONDAYS</b>					
10 – 11.30am	<b>Let's Get</b>	<i>For parents and carers of confident toddlers upwards:</i> Join us for imaginative and messy play, stories and singing. Younger siblings welcome.	Children's Centre	✗	Weekly from 11 Sept – 11 Dec (term-time)
10.00 – 11.30am	<b>Soft Play</b> ◆	Range of soft play to promote physical development at the weekly Oranges and Lemons community toddler group.	Molescroft Pavillion	✗	18 Sept, 16 Oct, 20 Nov, 18 Dec
1 – 4pm	<b>New Arrivals</b>	<i>For babies under 8 weeks:</i> Postnatal drop-in for advice and support for you and your baby's first few weeks together.	Children's Centre	✗	Weekly
6 – 8pm	<b>Family Links</b>	A 10 week course for parents / carers to make the most out of family life including managing children's behaviour.	Children's Centre	To book	2 Oct – 11 Dec (term-time)
6 – 8pm	<b>Home Births</b>	<i>For all parents-to-be at any stage during pregnancy:</i> midwifery-led information sessions to find out more about giving birth at home. Call 01482 382658 to book.	Children's Centre	To book	11 Sept, 9 Oct, 13 Nov, 11 Dec
6.30 - 8pm	<b>Bumps to Babies</b>	<i>For parents-to-be over 28 weeks:</i> 3-week interactive antenatal course about active birth and all aspects of caring for your new-born.	Children's Centre	To book	3 week rolling programme
6.30 – 8pm	<b>Growing a healthy baby</b>	<i>For all parents-to-be at any stage during pregnancy:</i> Interactive sessions growing a healthy baby, exploring your baby's development and bonding with your bump.	Children's Centre	✗	25 Sept, 23 Oct, 27 Nov, Tues 19 Dec
<b>TUESDAYS</b>					
9 – 10.45am	<b>Healthy Child Clinic</b>	Speak to a health visitor or children's centre team about your child's health and development.	Children's Centre	✗	Weekly
9 – 10.45am	<b>Soft Play</b> ◆	Range of soft play to promote physical development at the weekly Cherry Tots community toddler group.	Cherry Burton Church Hall	✗	5 Sept, 3 Oct, 7 Nov, 5 Dec
9.30 – 11am	<b>Soft Play</b> ◆	Range of soft play to promote physical development at the weekly Walkington community toddler group. With Take and Make and Toy Library!	Walkington Village Hall	✗	12 Sept, 10 Oct, 14 Nov, 12 Dec
10 – 11am	<b>Soft Play</b> ◆	Range of soft play to promote physical development at the weekly Minster Rooms toddler group.	Minster Parish Hall	✗	19 Sept, 17 Oct, 21 Nov, 19 Dec
9.30 – 11.30am	<b>Family Links</b>	A 10 week course for parents / carers to make the most out of family life including managing children's behaviour. Limited crèche places available.	Children's Centre	To book	3 Oct – 12 Dec (term-time)
9.30 – 11.30am	<b>Our Time</b>	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	7 Nov – 5 Dec
1.30 – 3pm	<b>Let's Get</b>	<i>For parents and carers of children up to five years:</i> Join us for imaginative play, stories, singing and messy play. Siblings welcome during school holidays. [Please remember to bring some photographic ID for security reasons. On-street parking and pedestrian access on Grange Road. To bring your car on camp, follow signs].	Leconfield Barracks Community Centre	✗	Weekly from 12 Sept – 12 Dec
1.30 – 2.30pm	<b>Infant Massage</b>	<i>A four-week course for babies age 6 weeks to crawling to promote bonding and relaxation. Support in early days as a new parent, keeping healthy, safe and early learning.</i>	Children's Centre	To book	12 Sept – 3 Oct 7 Nov – 28 Nov
1.30 – 3pm	<b>Young Parents Group</b>	Opportunities for parents or parents-to-be aged 16-20 to socialise together and gain confidence as a new parent through play with your child. <i>12 Sept, 26 Sept, 10 Oct, 24 Oct, 14 Nov, 28 Nov, 12 Dec</i>	Children's Centre	✗	Fortnightly (term-time)
1.30 – 3pm	<b>Young Parents Group – Next Steps</b>	For parents and parents-to-be aged 21-25 to get together with their children for play, learning opportunities and support. <i>19 Sept, 3 Oct, 17 Oct, 7 Nov, 21 Nov, 5 Dec, 12 Dec</i>	Children's Centre	✗	Fortnightly (term-time)
2 – 3pm	<b>Once Upon a Story</b>	Bringing stories to life at Middleton Parent Toddler group	Middleton Primary School	✗	19 Sept, 24 Oct, 28 Nov, 19 Dec

WEDNESDAYS					
9 – 12.30	<b>New Arrivals</b>	<i>For babies under 8 weeks:</i> Postnatal drop-in for advice and support in you and your baby's first few weeks together	Children's Centre	✘	Weekly
9.30 – 11.30am	<b>Portage Group</b>	Developmental play session for families accessing the Portage service	Children's Centre	By invite	Weekly (term-time)
9.45 – 10.45	<b>Creepy Crawlies</b>	<i>Babies: crawling to confident toddling:</i> With soft, sensory and messy play to encourage your child's development	Library	✘	13 Sept – 13 Dec (Term- time)
11 – 12 noon	<b>Babies Playing</b>	<i>Babies: birth to crawling.</i> An opportunity to meet other new parents over activities to stimulate your baby's development.	Library	✘	13 Sept – 13 Dec (Term- time)
1.30 – 3pm	<b>Infant Massage Walk</b>	Meet at Children's Centre to take part in a walk for health to the Leisure Centre for a guided tour of the facilities and a cuppa in the café.	Children's Centre	✘	11 Oct, 6 Dec

THURSDAYS					
9 - 11am	<b>Childminders Drop In</b> ◆	<i>Childminders and the children they care for:</i> With a focus on craft activities and messy play.	Children's Centre	✘	Weekly starting 8 Sept (term-time)
9.30 – 11am	<b>Soft Play</b> ◆	Range of soft play to promote physical development at the weekly Kings Church community toddler group.	Kings Church	✘	21 Sept, 19 Oct, 23 Nov, 14 Dec
9.30 – 11am	<b>Talk Time</b>	Support for children with language and early communication difficulties.	Children's Centre	By invite	21 Sept – 26 Oct 9 Nov – 14 Dec
9.30 – 11.30am	<b>Beverley Children's Centres SEND Group</b>	<i>For all parents of children with additional needs of all ages:</i> Opportunity to meet up with other parents for support and to share ideas. Children welcome.	Children's Centre	✘	21 Sept, 26 Oct, 23 Nov, 21 Dec
1.30 – 3pm	<b>Home Learning activities</b> ◆	Focussed activities and ideas to encourage your child's learning at home at the weekly Woodmansey Woodlets community toddler group. With Take and Make.	Woodmans ey Primary School	✘	28 Sept, 26 Oct, 30 Nov
1.30 – 2.45pm	<b>Healthy Child Clinic</b>	Speak to a health visitor or children's centre team about your child's health and development.	Children's Centre	✘	Weekly
1.30 – 3pm	<b>Feeding Friends</b>	An opportunity for expectant and breastfeeding parents to meet new people and gain support. Non breastfeeding families welcome.	Children's Centre	✘	Weekly
2 – 3pm	<b>Infant Massage</b>	<i>A four week course for babies age 6 weeks to crawling</i> to promote bonding and relaxation. Support on early days as a new parent, keeping healthy, safe and early learning.	Children's Centre	To book	14 Sept – 5 Oct 9 Nov – 30 Nov

FRIDAYS					
9 – 12.30	<b>New Arrivals</b>	<i>For babies under 8 weeks:</i> Postnatal drop-in for advice and support in you and your baby's first few weeks together	Children's Centre	✘	Weekly
10 – 11am	<b>Infant Massage</b>	<i>A four week course for babies age 6 weeks to crawling</i> to promote bonding and relaxation. Support in early days as a new parent, keeping healthy, safe and early learning.	Molescroft Pavillion	To book	15 Sept – 6 Oct 10 Nov – 1 Dec
10am – 1pm	<b>Let's Cook</b>	<i>A five week course for parents</i> exploring healthy cooking from scratch on a budget, using fresh seasonal produce and store cupboard ingredients. Crèche available.	Children's centre	To book	17 Nov – 15 Dec
10am – 12 noon	<b>Cooking with Kids</b>	<i>Introduce your child to a healthy diet and basic cooking skills. Each child needs to be accompanied by an adult to help with some of the trickier tasks. The session is aimed at 3-5 year olds but please call Lindsay to discuss.</i>	Children's Centre	To book	3 Nov
1.30 – 3pm	<b>Let's Get</b>	<i>For parents and carers of confident toddlers upwards:</i> imaginative and messy play, stories and singing.	Children's Centre	✘	Weekly from 15 Sept – 15 Dec (term-time)

SATURDAYS					
10 – 11.30am	<b>Dad's Group</b>	<i>Stay and Play sessions for male carers and their children up to 9 years</i>	Children's Centre	✘	2 Sept, 7 Oct, 4 Nov, 2 Dec

◆ **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 / group at the centre.**

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

## OTHER SERVICES AVAILABLE THROUGH BEVERLEY CHILDREN'S CENTRES

<b>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</b>	Toy Library, bags of support, play advice, story sacks and Bookstart to support your child's learning and development at home.

## SUMMER FAMILY FUN AT BEVERLEY CHILDREN'S CENTRE:

Lots of fun was had at our family fun session in the summer holidays. The weather stayed fine for the many families that attended. Almost 100 children, parents and carers joined in all the activities from decorating sunshines, icing biscuits and playing in jelly, to pretending to be pirates on our pirate ship! Many took part in our pirate treasure hunt and received a medal and sticker for their efforts, shiver me timbers! Our face painting was extremely popular, the children arrived as children and left as their favourite character from superheroes to princesses! We ended the session with a jolly sing song and parachute games. One mum commented "we had a lovely day, the children loved the treasure hunt and face painting".



## COOKING WITH KIDS:

*Cooking with Kids went really well over the summer, we made courgette pizza boats, chocolate and avocado pudding, and courgette and lemon cupcakes. Children were able to practice new skills, try different foods and have fun. Families commented:*

- "Fantastic ideas to use more fruit and veg in new ways."
- "Great way to make cooking a fun activity to do with all the family."
- "I think it was good because the children were involved and had jobs to do, great to try different recipes."

*Our next Cooking with Kids is on Friday 3 November – please contact Lindsay for further information.*



## Remember our one-to-one support!

You can drop in to Beverley Children's Centre and ask to speak to a member of the team for information and advice on a range of issues such as introducing babies to solid food, 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:*

**Beverley Children's Centres**  
Coltman Avenue, Beverley HU17 9LP  
Tel: (01482) 880066

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

**PLEASE NOTE: ALL INFORMATION IS CORRECT AT TIME OF GOING TO PRINT**