



A Sure Start Children's Centre
Beverley and surrounding villages



WINTER / SPRING PROGRAMME 2018

Beverley Children's Centres
Tel: 01482 880066

Monday 8 January – Friday 23 March

Coping with Crying

Helping you to keep calm and soothe your baby

Coping with Crying is a short film being shown to new parents at your post natal midwife appointment. Whether you're new parents or already have children, it's full of helpful tips from health professionals, and other mums and dads on how to soothe your baby and how to stay calm if it all gets too much. Crying is the main way your baby tells you what she needs. She could be hungry, thirsty, too hot or too cold. She might just want to be cuddled close.

Or she might be very tired or not very well. She's not doing it to get at you. She's crying because she needs your help.

For more information or advice visit copingwithcrying.org.uk

Keeping your baby happy

Every baby is unique and, getting to know your baby takes time. You've never met your baby before, so you won't know what they want straight away.

You need to get to know your baby over time so you can understand how to keep him or her happy.

Tips for staying relaxed

- Get some rest whenever you can.
- Try to sleep when your baby sleeps.
- Share the load: Ask your partner or a trusted friend or family member for help looking after your baby.
- Ring your partner or a friend for a bit of grown-up chat.
- Go out for a walk with your baby to get some fresh air.
- Baby and toddler groups are a great way of introducing your son or daughter to other babies, and to meet other mums and dads. This What's On shows the days and times of sessions here at Beverley Children's Centre, there other sessions in the area too.
- Treat yourself to something that makes you feel good, like a quiet cup of tea or a visit to the shops.
- Go for a run or a swim if you've got a bit of free time – exercise releases feel-good chemicals in your brain.

You will be given the opportunity to watch the film as part of your post natal midwifery appointment, if you would like to watch the film, please speak to a member of staff or call the centre.



EAST RIDING
OF YORKSHIRE COUNCIL

SureStart

| Time | Activity | Description | Where? | Book ? | Dates |
|-----------------|-------------------------------|--|--------------------------------------|---------|--|
| MONDAYS | | | | | |
| 10 – 11.30am | Let's Get | <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 8 Jan – 19 March (term-time) |
| 10.00 – 11.30am | Soft Play ◆ | Range of soft play to promote physical development at the weekly Oranges and Lemons community toddler group. | Molescroft Pavillion | ✗ | 15 Jan, 19 Feb, 13 March |
| 1 – 4pm | New Arrivals | <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 |
| 6.30 - 8pm | Bumps to Babies | <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 | Growing a healthy baby | <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 | ✗ | 29 Jan, 26 Feb, 26 March |
| TUESDAYS | | | | | |
| 9 – 10.45am | Healthy Child Clinic | Speak to a health visitor or children's centre team about your child's health and development. | Children's Centre | ✗ | Weekly starting 9 Jan |
| 9 – 10.45am | Soft Play ◆ | Range of soft play to promote physical development at the weekly Cherry Tots community toddler group. | Cherry Burton Church Hall | ✗ | 9 Jan, 6 Feb, 6 March |
| 9.30 – 11am | Soft Play ◆ | 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 | ✗ | 16 Jan, 20 Feb, 13 March |
| 10 – 11am | Soft Play ◆ | Range of soft play to promote physical development at the weekly Minster Rooms toddler group. | Minster Parish Hall | ✗ | 23 Jan, 27 Feb, 20 March |
| 9.30 – 11.30am | Family Links | 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 | 9 Jan – 20 March (term-time) |
| 9.30 – 11.30am | Our 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 | 20 Feb – 20 March |
| 1.30 – 3pm | Let's Get | <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 6 Feb |
| 1.30 – 3pm | Superstars | <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 | ✗ | Fortnightly from 16 January |
| 1.30 – 2.30pm | Infant Massage | 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. | Children's Centre | To book | 9 Jan – 30 Jan 20 Feb – 13 March |
| 2 – 3pm | Once Upon a Story | Bringing stories to life at Middleton Parent Toddler group | Middleton Primary School | ✗ | 30 Jan, 27 Feb, 20 March |

| WEDNESDAYS | | | | | |
|--|-----------------------------------|---|----------------------------|-----------|---|
| 9am – 12.30 pm | New Arrivals | <i>For babies under 8 weeks: Postnatal drop-in for advice and support in you and your baby's first few weeks together</i> | Children's Centre | ✘ | Weekly |
| 10am – 12 noon | Cooking with Kids | <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 | 28 March |
| 9.30 – 10.30am | Creepy Crawlies | <i>Babies: crawling to confident toddling: With soft, sensory and messy play to encourage your child's development</i> | Children's Centre | ✘ | 10 Jan – 21 March (Term- time) |
| 11 – 12 noon | Babies Playing | <i>Babies: birth to crawling. An opportunity to meet other new parents over activities to stimulate your baby's development.</i> | Children's Centre | ✘ | 10 Jan – 21 March (Term- time) |
| 1.30 – 3pm | Infant Massage Walk | 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 | ✘ | 7 Feb 21 March |
| THURSDAYS | | | | | |
| 9.30 – 11am | Soft Play ♦ | Range of soft play to promote physical development at the weekly Kings Church community toddler group. | Kings Church | ✘ | 18 Jan, 22 Feb, 15 March |
| 9.30 – 11am | Talk Time | Support for children with language and early communication difficulties. | Children's Centre | By invite | 25 Jan – 8 March (term-time) |
| 9.30 – 11.30am | Portage Group | Developmental play session for families accessing the Portage service | Children's Centre | By invite | Weekly starting 11 Jan (term-time) |
| 1.30 – 3pm | Home Learning activities ♦ | Focused 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 | ✘ | 18 Jan 22 Feb, 22 March |
| 1.30 – 2.45pm | Healthy Child Clinic | Speak to a health visitor or children's centre team about your child's health and development. | Children's Centre | ✘ | Weekly starting 4 Jan |
| 1.30 – 3pm | Feeding Friends | An opportunity for expectant and breastfeeding parents to meet new people and gain support. Non breastfeeding families welcome. | Children's Centre | ✘ | Weekly starting 4 Jan |
| 1.30 – 2.30pm | Infant Massage | <i>A four week course for babies age 6 weeks to crawling to promote bonding and relaxation. Support on early days as a new parent, keeping healthy, safe and early learning.</i> | Children's Centre | To book | 11 Jan – 1 Feb 22 Feb – 15 March |
| FRIDAYS | | | | | |
| 9 – 12.30 | New Arrivals | <i>For babies under 8 weeks: Postnatal drop-in for advice and support in you and your baby's first few weeks together</i> | Children's Centre | ✘ | Weekly |
| 10 – 11am | Infant Massage | <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> | Molescroft Pavillion | To book | 12 Jan – 2 Feb 23 Feb – 16 March |
| 10am – 1pm | Let's Cook | <i>A five week course for parents exploring healthy cooking from scratch on a budget, using fresh seasonal produce and store cupboard ingredients. Crèche available.</i> | Children's centre | To book | 23 Feb – 23 March |
| 1.30 – 3pm | Let's Get | <i>For parents and carers of confident toddlers upwards: imaginative and messy play, stories and singing.</i> | Children's Centre | ✘ | Weekly from 12 Jan – 23 March (term-time) |
| SATURDAYS | | | | | |
| 10 – 11.30am | Dad's Group | <i>Stay and Play sessions for male carers and their children up to 9 years</i> | Children's Centre | ✘ | 6 Jan, 3 Feb, 3 March, 7 April |
| ♦ 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

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

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

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BABIES PLAYING AND CREEPY CRAWLIES – BACK AT THE CENTRE:

We have noticed that over the years our Babies Playing and Creepy Crawlies sessions at the library have become busier and busier, sometimes with over 40 babies and their parents or carers attending. While this clearly shows that those who attend love the sessions, we are very mindful that for some families this may feel overwhelming. So in the New Year Babies Playing and Creepy Crawlies will be moving into the Children's Centre, where there is the space, facilities and staffing available to offer a comfortable and quality experience for you and your little ones.



We would like to take this opportunity to thank the library for all their support over the years, and look forward to continuing our work together in the future.

LET'S GET AT LECONFIELD:

The Community Centre on Leconfield Army Camp is undergoing a welcome revamp in the New Year. This means that our Let's Get sessions there will start on **Tuesday 6 February from 1.30 – 3pm.**

SUPERSTARS!:

At Beverley Children's Centre we are pleased to announce the arrival of our **Superstars** group for carers with children with additional needs, challenging behaviour and SEND. This will be a drop in session for parents and carers to discuss thoughts and share ideas to support you with your child's needs. The session will be an opportunity to make new friends and will be parent-led with opportunities to invite outside agencies and professionals to share their knowledge and information of what's on in the community to support families. Children do not need to have any diagnosis. Children are welcome at the sessions. We hope you are able to join us and look forward to seeing you **every other Tuesday commencing 16 January from 1.30pm -3pm.**

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 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 tł umacza, prosimy zadzwonić na ten numer **0121 377 2880.**