

**Market Weighton Children's Centre
(& HoSM Hub)
Spring Programme 2017**

Tel: 01430 874090
or email mwccadmin@eastriding.gov.uk



A Sure Start Children's Centre
Market Weighton
Incorporating 'The Hub' at Holme upon Spalding Moor

When and Where	Age	Session
Monday 9.15 – 11.45 am weekly DROP IN Market Weighton Children's Centre	0 - 5 years	Child Health Clinic including Feeding Support & Parenting Drop In Speak to a Health Visitor or Children's Centre member of staff about all aspects of child health and development. One to one support on any aspect of parenting including infant feeding (breast or formula)
Monday 1.30 - 2.30 pm BY INVITATION OR PHONE FOR INFO Sessions held at Market Weighton and Pocklington Children's Centres	6 weeks - 6 months	Ready, Steady Grow inc Infant Massage A five week baby massage and postnatal programme to discover more about your child's health and development
Tuesday 1.00 – 3.00 pm Holme on Spalding Moor Hub (Term time)	0 - 5 years	Childminders' Drop in
Wednesday 9.30 – 11.00 am BY INVITATION Market Weighton Children's Centre	2 – 5 years	Talk Time A 6 week programme for children aged 2 and over, supporting communication and language skills
Wednesday 1.30 – 2.45 pm BY INVITATION Market Weighton Children's Centre		Portage A group for children with additional needs
Wednesday 6.30 - 8.30 pm BY INVITATION Sessions held at Market Weighton and Pocklington Children's Centres	Expectant parents	Bumps to Babies A rolling programme of antenatal sessions for expectant parents
Thursday 10.00 – 11.00 am weekly BOOK ON Market Weighton Children's Centre (Term time)	Birth until mobile	Babies Playing Start your baby's learning in a relaxed baby play session with stimulating toys, messy play and rhymes
Thursday 10.00 - 11.15 am DROP IN Holme on Spalding Moor Hub (Term time)	0 - 5 years	Stay and Play For children to develop their imaginative, communication and physical skills through play, with the opportunity to buy craft materials to continue their learning at home. Messy play clothes advisable
Friday 10.00 - 11.15 am DROP IN Market Weighton Community Hall (Term time)	0 - 5 years	Stay and Play For children to develop their imaginative, communication and physical skills through play, with the opportunity to buy craft materials to continue their learning at home. Messy play clothes advisable

Market Weighton Children's Centre
Princess Road
Market Weighton
YO43 3BY



HoSM Hub is located to the rear of the Primary School
High Street
Holme on Spalding Moor
YO43 4HL

Breast Feeding Support

Our staff are trained to give support and guidance on breastfeeding. To request support please ring the centre or call in. No appointment necessary.

Family Links

A 10 week programme run by the Children's Centre, to support parents/carers to get the best out of family life. For further information please contact the Children's Centre.

Bags of Support

Contain fun books, games and useful information to help your child through new challenges. We have bags on a variety of themes including toilet training, fussy eating, sleep and behaviour available for registered families to borrow.

Take and Make

A selection of craft items for you to purchase and get creative at home. Available in Market Weighton Children's Centre reception during opening hours or at Holme upon Spalding Moor Hub during session times only.

Sensory Area

The sensory area is equipped with a range of equipment and toys to stimulate a child's senses. It is available to be booked out for young babies and also older children with additional needs. To book or for more information please contact the centre on 01430 874090.

Toy Library

You can also request toys from our catalogue using the 'Wish List' *- the catalogue is available to view during most of our sessions and on line at www.fish.eastriding.gov.uk under Children's Centres or at reception.

***please note: You will be notified by phone or email when the toys you have requested are ready to collect from the Centres**

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