

# What's on... in Autumn 2018

Autumn programme starts on September 10th, 2018 and runs until December 14<sup>th</sup>, 2018.  
All sessions in Sure Start Children's Centres unless specified.

Day	Activity	Details	Time	Where
Monday	Baby Massage	For new babies and their parents. Invitation only. Contact the Children's Centre to add yourself to the waiting list.	10.00am – 11.00am	Canterbury
	My Confidence	An 8 week personal development programme using an inspirational and practical approach to learning.	11.00am – 1.00pm	Kingsway
	Bookstart Corner	For children under 2yrs. Invitation only. Referral from Sure Start Team.	1.00pm – 4.00pm	Canterbury
Tuesday	Baby Group <b>TT</b>	Non mobile babies.	10.00am – 11.00am	Canterbury
	Introducing Solids Workshop 4 <sup>th</sup> Sept, 2 <sup>nd</sup> Oct, 6 <sup>th</sup> Nov, 4 <sup>th</sup> Dec.	When they're ready to move on from breast or bottle.	10.00am – 11.00am	Kingsway
	Baby Explorers <b>TT</b>	For babies starting to move and explore.	1.30pm – 2.30pm	Kingsway
Wednesday	Story Time <b>TT</b>	Parents and preschool children.	10.00am – 10.45am	Thetford Library
	Teen Parent Antenatal Clinic – Birth & Beyond	Pregnant teens and partners up to 21yrs. Invitation only book with midwives.	10.00am – 11.30am	Canterbury
Thursday	Baby Massage	For new babies and their parents. Invitation only. Contact the Children's Centre to add yourself to the waiting list.	10.00am – 11.00am 1202	Canterbury
	Stay & Play <b>TT</b> 27 <sup>th</sup> Sep, 18 <sup>th</sup> Oct, 15 <sup>th</sup> Nov, 29 <sup>th</sup> Nov	Confident explorers up to school age.	9.30am – 10.45am	Canterbury
	Messy Play <b>TT</b> 20 <sup>th</sup> Sep, 11 <sup>th</sup> Oct, 8 <sup>th</sup> Nov, 22 <sup>nd</sup> Nov, 13 <sup>th</sup> Dec	Confident explorers up to school age	9.30am – 10.15am	Canterbury
	Norfolk Wildlife Trust <b>TT</b> 13 <sup>th</sup> Sep, 4 <sup>th</sup> Oct, 1 <sup>st</sup> Nov, 6 <sup>th</sup> Dec	A range of indoor & outdoor nature focussed activities led by Norfolk Wildlife Trust	9.30am – 10.45am	Canterbury
	Solihull Parenting <b>TT</b>	Understanding your child. An 11 week programme	TBC	TBC
	Birth and Beyond	Expectant mothers and their partners. Invitation only. Referral from Sure Start team or Midwife.	4.00pm - 6.00pm	Kingsway
Friday	Breastfeeding Workshop 7 <sup>th</sup> Sept, 5 <sup>th</sup> Oct, 2 <sup>nd</sup> Nov 7 <sup>th</sup> Dec.	Expectant parents and parents with babies. Book with midwives.	9.30am – 11.00am	Canterbury / Kingsway
	Baby Meet Up 7 <sup>th</sup> Sept, 5 <sup>th</sup> Oct, 2 <sup>nd</sup> Nov, 7 <sup>th</sup> Dec.	For new babies and their parents. Receive information & share experiences on feeding, sleep, baby's cues and meet other new parents.	10.30am 11.30am	Kingsway
	Child Health Clinic – Weekly	Health visitor sessions, for health and development advice on your preschool children.	1.00pm – 3.00pm	Kingsway

Citizens Advice Bureau  
Abbey Neighbourhood Centre, Exeter Way, Thetford, IP24 1EE  
Drop in sessions on Mondays, Wednesdays and Fridays,  
all between 10.00am -3.00pm,  
Call 0344 411 1444 for details or telephone advice

**TT** – Term Time Only

All sessions held weekly unless dates listed. Open access unless booking or invitation specified.

Addresses for our Sure Start  
Children's Centres overleaf.

Thetford Healthy  
Living Centre,  
Croxtan Road,  
Thetford, IP24 1JD  
01842 767600



## What is a Sure Start Children's Centre?

We aim to make our activities inclusive for all children regardless of ability. If you or your child have any specific needs or require additional support to access our services, please do not hesitate to contact us to discuss.

Sure Start Children's Centres support children and babies of all abilities, their parents / families, and parents-to-be.

Our aim is to help babies and young children to develop in the best way they can - physically, socially and in their early learning too - so that they can flourish at home, and when they go to school.

We do this by bringing together health and family support services, childcare and early education, to work with and for families with children under 5 years-old.

Sure Start services include:

1. Child and family health services – including health visiting and midwifery
2. Support for parents – including advice on parenting, local childcare options and access to specialist services for families
3. Integrated early education and childcare
4. Helping parents into work – with links to the local Jobcentre Plus and training

## Are you registered with Sure Start?

We'd like to keep you informed of our activities and the services we can offer you. We also appreciate having some information about the families who use our services to ensure that we are meeting your needs.

You can register with our local Sure Start Children's Centres by calling the centre nearest to you and requesting a registration form.

## Tell us what you think

If you would like to be involved in helping us to develop our children's centres and their services, or in telling us what you think about our services now, please contact the centre you attend and they will be happy to hear from you.

# What's on at...

## Thetford Sure Start Children's Centres

### Free activities in Autumn 2018

We offer a wide range of activities to benefit children aged 0-5 years.

Mums, dads, carers, childminders, grandparents and, of course, little ones are all welcome!



Kingsway Sure Start  
Children's Centre,  
Kingsway,  
Thetford, IP24 3DY

01842 766438

surestart.thetford@nchc.nhs.uk

www.surestartnorfolk.co.uk

Canterbury Sure Start  
Children's Centre,  
Canterbury Way,  
Thetford, IP24 1EB

01842 754390

Drake Sure Start Children's Centre,  
Drake Infant and Nursery School,  
Fairfields,  
Thetford, IP24 1JW

01842 762055

For lots more information  
log onto our website at

[www.surestartnorfolk.co.uk](http://www.surestartnorfolk.co.uk)