

What's on... in Winter/Spring 2019

Winter/Spring 2019 programme starts on 7th January 2019 and runs until 5th April 2019
All sessions in Sure Start Children's Centres unless otherwise specified.

Day	Activity	Details	Time	Where
Monday	Self-Weigh	For parents/carers to weigh their babies without a Health Professional	9.30am - 10.30am	Bowthorpe, NR5 9BN
	Baby Group (Term Time)	For parents /carers and their non-mobile babies to share new experiences through sensory play	1.30pm - 2.30pm	Bowthorpe, NR5 9BN
Tuesday	The Joy of Food 8 th , 15 th , 22 nd & 29 th January 2019	A free 4 week programme for parents. Preparing, creating and tasting a range of quick and easy meals, thinking about healthy lifestyle and diet for the whole family. Sharing food & meal ideas. Booking is essential.	9.00am-12.00pm	Bowthorpe, NR5 9BN
	Circle of Security (Parenting programme)	7 week parent and child parenting programme for parents to attend with their children. Booking is essential.	9.30am-11.00am	Bowthorpe, NR5 9BN
	Stay and Play (Term Time)	Join your child in exploring new play experiences and meet other families	1.30pm - 2.45pm	West Earham, Cunningham Road, NR5 8HH
Wednesday	Baby Explorers (Term Time)	Parents /carers bring your babies who are beginning to move. We provide a stimulating environment to aid their social and physical development.	10.00am - 11.00am	Bowthorpe, NR5 9BN
	Early Days	For parents/carers and their new babies in those first few weeks and months, Health Visitor and centre staff available for weighing and advice, a safe environment to share experiences with other new parents.	Group starts 1.30pm - 2.30pm	Bowthorpe, NR5 9BN
	Learning Through Play sessions 30 th January 2019 27 th February 2019	Join your child/baby in exploring play, sessions may include messy/sensory play, communication and language, simple cooking, music and movement and Bookstart	10.15am -11.15am	Costessey Children's Centre, Crown Road, NR5 0ER
Thursday	Child Health Clinic	Health visitor and centre staff present, for weighing, health and development advice on your preschool children	9.30am - 10.30am	Bowthorpe, NR5 9BN
	Stepping Stones	A nurturing and supported group focused on developing positive parent-child attachment. Booking is essential.	10.30am – 11.30am	Bowthorpe, NR5 9BN
	Painting Group	A nurturing and supported environment focused on developing parent-child attachment through painting and creative sessions. Booking is essential	1.15pm- 2-15pm	Bowthorpe, NR5 9BN
Friday	Stay and Play (Term Time)	Join your child in exploring new play experiences and meet other families	10.00am - 11.15am	Bowthorpe, NR5 9BN
	Self-Weigh	For parents/carers to weigh their babies without a Health Professional	1.00pm - 2.00pm	Bowthorpe, NR5 9BN

Free Baby Massage

For babies under six months we offer a programme of Baby massage, **for more information and to book your place please call the centre on 01603 594030.**

Outreach/tailored support

The Children Centre's outreach team offer support to parents and carers in understanding their child's development and work together to promote positive attachment.

This can be tailored to suit your family's individual needs and can include home visits, 1-1 sessions at the Children's Centre and group support. **Please call the centre for more details.**

Breastfeeding, nutrition support available at the Centre. **For all enquiries and bookings please call the centre on 01603 594030.**

All Children Centre services are free of charge. We aim to make our activities inclusive for all children regardless of ability. If you or your child has any specific needs or require additional support to access our services, please do not hesitate to contact us.

What is a Sure Start Children's Centre?

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:

- Child and family health services – including health visiting and midwifery
- Support for parents – including advice on parenting, local childcare options and access to specialist services for families
- Integrated early education and childcare
- 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.

Bowthorpe Sure Start Children's Centre,
Humbleyard,
Clover Hill,
Norwich, NR5 9BN

West Earlham Sure Start Children's Centre,
Cunningham Road,
Norwich, NR5 8HH

Costessey Sure Start Children's Centre,
Costessey Infants School
Crown Road,
Costessey, NR5 0ER

Tel: **01603 594030**
www.surestartnorfolk.co.uk



<https://www.facebook.com/Bowthorpe-West-Earlham-and-Costessey-Childrens-Centre>

What's on at...

Bowthorpe, West Earlham and Costessey Sure Start Children's Centres

Free activities in Winter/Spring 2019

We offer a wide range of activities for families with preschool children.

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



For lots more information about the Children's Centres we manage, log on to:

www.surestartnorfolk.co.uk