

What's on ... in January to February 2019

Winter programme *January 7th to February 15th 2019*
All sessions in Sure Start Children's Centres unless specified.

Day	Activity	For who	Time	Where
Monday	Self-Weigh for Babies	For parents to weigh their babies without a Health Professional.	2.00pm – 3.00pm	Mundesley
	Baby Swap Shop <i>Jan 21st</i>	A chance to swap out-grown clothes for other donated items. Sizes currently New born - 4 years.	10.30am – 11.30am	North Walsham
Tuesday	Stay and Play (TT)	For Mums, Dads, Carers and their 0-5 year olds.	11.00am – 12.00pm *New Time*	North Walsham
	Weaning Session <i>March 19th</i>	A relaxed, informal session for tips and advice on weaning with our local Nursery Nurse.	10.30am – 11.30am	Cromer *
	Child Health Clinic <i>Jan 8th, Feb 12th</i>	Health Visitor sessions for preschool child health and development advice. Self-weigh also available.	1.30pm – 2.45pm	Cromer *
	Pathway to Parenting	4 week ante-natal course for first time parents. Booking essential 01263 721746	4.00pm – 6.00pm	Cromer *
	Weaning Session <i>Feb 12th</i>	A relaxed, informal session for tips and advice on weaning with our local Healthy Child Practitioner	2.00pm – 3.00pm	North Walsham
Wednesday	Self-Weigh for Babies (TT)	For parents to weigh their babies without a Health Professional.	12.30pm – 1.30pm	North Walsham
	Nurture Group (TT)	A group for parents with babies up to 6 months old who have spent time in NICU. The classes are supported by a Health Visitor and include 45 minutes of baby massage.	10.30am-12.00pm	North Walsham
	Baby Group (TT)	Mums, Dads, Carers and their non-mobile babies.	1.30pm – 2.30pm	North Walsham
	Child Health Clinic <i>Jan 2nd, Feb 6th</i>	Health Visitor sessions for preschool child health and development advice. Self-weigh also available.	1.30pm – 2.45pm	Mundesley
	Save A Baby's Life <i>March 13th</i>	First Aid for infants and children. Booking essential T. 01263 721746	10.30am – 12.30pm	Cromer *
Thursday	Childminding Drop-in (TT) <i>2nd and 4th Thursdays of every month</i>	Play and support session for Childminders and their minded Children.	9.00am – 11.45am	North Walsham
	Self-Weigh for Babies (TT)	For parents to weigh their babies without a Health Professional.	9.30am – 10.30am	Cromer *
	Baby Group (TT)	Mums, Dads, Carers and their non-mobile babies.	10.30am – 11.30am	Cromer *
	Baby Explorers (TT)	A stepping stone between Baby Group and Stay and Play for babies who are starting to become mobile.	2.00pm - 3.00pm	Cromer *
	Child Health Clinic <i>Jan 17th, Feb 21st</i>	Health Visitor sessions for preschool child health and development advice. Self-weigh also available.	10.00am – 11.45am	North Walsham
Friday	Self-Weigh for Babies (TT)	For parents to weigh their babies without a Health Professional.	10.00am – 11.00am	Mundesley

We also provide a programme of baby massage, advice and support on weaning, children's dental health and offer individual support to families.

For more information, please call the Sure Start Children's Centre on 01263 721746. * Cromer - Benjamin Court

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

TT – Term Time Only



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 8 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.

Cromer Sure Start
Children's Centre,
Room 100,
Benjamin Court,
Cromer, NR27 0EU
Tel: **01263 721746**

Mundesley Sure Start
Children's Centre,
Trunch Road,
Mundesley, NR11 8LE

North Walsham Sure Start
Children's Centre,
Manor Road,
North Walsham, NR28 9HG

Email: CMNWChildrensCentre@nchc.nhs.uk
www.surestartnorfolk.co.uk

What's on at...

Cromer, Mundesley and North Walsham Sure Start Children's Centres

Free activities in January to February 2019

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 to discuss this.

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

Mums, dads, carers, child-minders, grandparents and, of course, little ones are all welcome!

Find us on Facebook



For lots more information log onto our website at
www.surestartnorfolk.co.uk