

What's on... in Spring 2018

Spring programme starts on January 15, 2018 and runs until March 28, 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. Referral from Sure Start team.	10.30am – 11.30am	Canterbury
	The Freedom Programme Jan 08,15 22, 29, Feb 05,19, 26, Mar 05, 12 & 19	A 10 week programme for female survivors of Domestic Abuse who are living with or who have left an abusive relationship.	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 TT	Non mobile babies.	10.00am – 11.00am	Canterbury
	Baby Massage	For new babies and their parents. Invitation only. Referral from Sure Start team.	1.00pm – 2.00pm	Canterbury
	Baby Meet Up Jan 16, Feb 06 & Mar 06	For new babies and their parents. Receive information & share experiences on feeding, sleep, baby's cues and meet other new parents.	1.30pm – 2.30pm	Kingsway
	Wiggle & Jiggle TT Feb 20, 27 Mar 13 & 20	For confident explorers. Come dance and sing to familiar songs.	1.30pm – 2.15pm	Kingsway
Wednesday	Story Time TT	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
	Baby Explorers TT	For babies starting to move and explore.	1.00pm – 2.00pm	Kingsway
Thursday	Stay and Play TT Jan 25, Feb 08, Mar 01 & 15	Confident explorers up to school age	9.30am - 10.45am	Canterbury
	Messy Play TT Jan 18, Feb 01, 22, Mar 08 & 22	Confident explorers up to school age	9.30am – 10.15am	Canterbury
	Solihull Parenting	Understanding your child. Referral from Sure Start Team	9.30am – 11.30am	Kingsway
	Birth and Beyond	Expectant mothers and their partners. Invitation only. Referral from Sure Start team.	4.00pm - 6.00pm	Kingsway
Friday	Breastfeeding Workshop Jan 05, Feb 02 & Mar 02	Expectant parents and parents with babies. Book with midwives.	9.30am - 11.00am	Canterbury / Kingsway
	Housing Support (please call to confirm dates available)	Housing advice for expectant families and parents with preschool children.	09.30am – 11.30am	Kingsway
	Baby Massage	For new babies and their parents. Invitation only. Referral from Sure Start team.	10.00am – 11.00am	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

Addresses for our Sure Start
Children's Centres overleaf.

TT – Term Time Only



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

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

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.

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

Funded by
 **Norfolk** County Council

Managed by
Norfolk Community Health and Care

NHS Trust

What's on at...

Thetford

Sure Start Children's Centres

Free activities in Spring 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!



For lots more information
log onto our website at

www.surestartnorfolk.co.uk