

What's on... in Spring/Summer 2018

Spring/Summer programme starts on 16th April 2018 and runs until 24th July 2018.
All sessions in Sure Start Children's Centres unless specified.

Day	Activity	Details	Time	Where
Monday	Self-Weigh	For parents to bring babies for Self-Weigh	9.30am – 10.30am	Bowthorpe
	Baby Group (Term Time)	For non-mobile babies	1.30pm - 2.30pm	Bowthorpe
	Child Health Clinic (3 rd Monday of every month)	Health visitor sessions, for health and development advice on your preschool children	2.30pm - 3.30pm	West Earlham
Tuesday	Circle of Security	Parenting class – 8 week programme for parents Crèche spaces available	Contact Centre to book	Bowthorpe
	Stay and Play (Term Time)	For parents and children 0-5years old	1.30pm - 2.45pm	West Earlham
Wednesday	Baby Explorers (Term Time)	For babies starting to move and explore	10.00am - 11.00am	Bowthorpe
	Early Days	Parents and their new babies	1.30pm - 2.30pm	Bowthorpe
Thursday	Child Health Clinic	Health visitor sessions, for health and development advice on your preschool children	9.30am - 10.30am	Bowthorpe
	Child Health Clinic (4 th Thursday of every month)	Self-weigh and Health Visitor present for any health concerns/advice	1.30pm-2.30pm	Queen's Hills (West Costessey Hall, Poethlyn Drive)
	Stay and Play (Term Time)	For parents and children 0-5years old	1.30pm - 2.45pm	Bowthorpe
Friday	Stay and Play (Term Time)	For parents and children 0-5years old	10.00am - 11.15am	Bowthorpe
	Self-Weigh	For parents to bring babies for Self-Weigh	1.00pm – 2.00pm	Bowthorpe

Free Baby Massage

For babies under six months we offer a programme of Baby massage, for more information or to book a place, please call 01603 594030 or email surestart.bowthorpe@nchc.nhs.uk

Breastfeeding, nutrition and development support available in the Centre or please phone for advice.

All sessions are held weekly, unless dates listed. On occasions groups or clinics may close for staff training. Notice will be given in advance. For information on these, or any other activities, please call Bowthorpe Sure Start Children's Centre on **01603 594030**.

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.

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:

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.

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 Spring/Summer 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