

What's on... in Winter 2018

The Winter programme starts on 29th October 2018 and runs until 14th December 2018.
All sessions in Sure Start Children's Centres unless 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 (<i>Term Time</i>) | For parents /carers and their non-mobile babies to share new experiences through sensory play | 1.30pm - 2.30pm | Bowthorpe, NR5 9BN |
| Tuesday | 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 (<i>Term Time</i>) | Join your child in exploring new play experiences and meet other families | 1.30pm - 2.45pm | West Earlham, Cunningham Road, NR5 8HH |
| Wednesday | Baby Explorers (<i>Term Time</i>) | 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 | 1.30pm - 2.30pm | Bowthorpe, NR5 9BN |
| | Learning Through Play sessions 31 st October 2018 28 th November 2018 | Join your child/baby in exploring play,sessions may include messy/sensory play, communication and language, simple cooking, music and movement and Bookstart | 10.30am - 11.30am | 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 relationships Booking is essential | 10.30am – 11.30am | Bowthorpe, NR5 9BN |
| | Painting Group | A nurturing and supported environment focused on developing parent-child relationships through painting and creative sessions. Booking is essential | 1.15pm- 2-15pm | Bowthorpe, NR5 9BN |
| | Wellbeing for Parents 15 th & 22 nd November 2018 | A two session course run by the Wellbeing Service, covering the importance of understanding your own wellbeing. Contact the centre to book | 9.30am - 11.30am | Bowthorpe, NR5 9BN |
| Friday | Stay and Play (<i>Term Time</i>) | 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 phone the centre.**

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 phone 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 2018

We offer a wide range of free 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