

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

Winter/Spring 2018 programme starts on 8th January 2018 and runs until 28th March 2018
All sessions in Sure Start Children's Centres unless otherwise specified.

Day	Activity	Details	Time	Where
Monday	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
	Child Health Clinic (1 st Monday every month)	Health visitor sessions, for health and development advice on your preschool children	9.30am - 10.30am	Queen's Hills West Costessey Hall, Poethlyn Drive
Tuesday	Childminders Meet and Play (Term Time)	For Childminders and children to share new ideas in a play environment	9.30am - 11.20am	Costessey * subject to change
	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
	Stay and Play (Term Time)	For parents and children 0-5years old	1.30pm - 2.45pm	Bowthorpe
	Family Learning	Courses available for parents/carers	Contact Centre to book	Bowthorpe
Friday	Stay and Play (Term Time)	For parents and children 0-5years old	10.00am - 11.15am	Costessey * subject to change

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:

- 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 2018

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