

What's on... in Winter 2019

Winter programme starts January 07, 2019 and runs until April 05, 2019.
All sessions in Sure Start Children's Centres unless specified.

Day	Activity	Details	Time	Where
Monday	Child Health Clinic – Weekly	Health visitor sessions, for health and development advice on your preschool children.	09.30am – 11.30am	Kingsway
	Baby Massage	For new babies and their parents. Invitation only. Contact the Children's Centre to add yourself to the waiting list.	10.30am – 11.30am	Canterbury
	Bookstart Corner	For children under 2yrs. Invitation only. Referral from Sure Start. Team.	1.00pm – 4.00pm	Canterbury
	Breastfeeding Workshop Mar 11, Apr 08, May 13, Jun 10, Jul 08	Expectant parents and parents with babies. Book with midwives.	1.30pm – 3.00pm	Kingsway
	Breastfeeding Mum Meets Mar 11, Apr 08, May 13, Jun 10, Jul 08	A new group for parents to make friends and get support, why not come along? All feeding methods welcome.	1.00pm – 3.00pm	Kingsway
Tuesday	Baby Group TT	Non mobile babies.	10.00am – 11.00am	Canterbury
	Introducing Solids Workshop Feb 05, Mar 05, Apr 02, May 07 & Jun 04	When they're ready to move on from breast or bottle.	10.00am – 11.00am	Kingsway
	Baby Massage	For new babies and their parents. Invitation only. Contact the Children's Centre to add yourself to the waiting list.	1.00pm – 2.00pm	Canterbury
	Baby Explorers TT	For babies starting to move and explore.	1.30pm – 2.30pm	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
Thursday	Stay & Play TT Jan 24 Feb, 28 Mar 14 & 28	Confident explorers up to school age.	9.30am – 10.45am	Canterbury
	Messy Play TT Jan 17, 31 Feb 14 & Mar 21	Confident explorers up to school age	9.30am – 10.15am	Canterbury
	Norfolk Wildlife Trust TT Jan 10, Feb 07, Mar 07 & Apr 04	A range of indoor & outdoor nature focussed activities led by Norfolk Wildlife Trust	9.30am – 10.45am	Canterbury
	Preparation for Birth and Beyond	Expectant mothers and their partners. Invitation only. Referral from Sure Start team or Midwife.	4.00pm - 6.00pm	Kingsway
Friday	Breastfeeding Workshop Jan 04, Feb 01	Expectant parents and parents with babies. Book with midwives.	9.30am – 11.00am	Canterbury / Kingsway
	Baby Meet Up Jan 04, Feb 01	For new babies and their parents. Receive information & share experiences on feeding, sleep, baby's cues and meet other new parents.	10.30am - 11.30am	Kingsway

Citizens Advice Bureau
Abbey Neighbourhood Centre, Exeter Way, Thetford, IP24 1EE
Drop in sessions on Mondays, Wednesdays and Fridays,
all between 09:30am -2:30pm,
Call 0344 411 1444 for details or telephone advice

TT – Term Time Only

Addresses for our Sure Start
Children's Centres overleaf.

Thetford Healthy
Living Centre,
Croxtan 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 Winter 2019

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