

What's on... in Winter 2019

Winter programme starts on 7th January til 15th February .
All sessions in Sure Start Children's Centres unless specified.

Day	Activity	Details	Time	Where
Monday	Stay and Play (TT) Starting back 7 th Jan	For Mums, Dads, Carers and their 0-5 year olds	10.30am – 11.45am	Children's Centre
	Child Health Clinic 21 st Jan and 18 th Feb	Health Visitor sessions for preschool child health and development advice. Self-weigh also available.	11.30am – 12.45pm	Reffley Community Hall
Tuesday	Self-weigh for Babies	For parents to weigh their babies without a Health Professional	9.30am – 10.30am	Children's Centre
	Pathway to Parenting 8 th , 15 th , 22 nd , 29 th Jan	4 week antenatal course for first time parents – Booking essential	5pm – 7pm	Children's Centre
Wednesday	Baby Group Starting back 9 th Jan	Mums, Dads, Carers and their non-mobile babies.	11.00am -12.00pm	Children's Centre
	Self-Weigh for Babies (TT) Starting back 9 th Jan	For parents to weigh their babies without a Health Professional	12.00pm – 1.00pm	Children's Centre
Thursday	Baby Explorers (TT) Starting back 10 th Jan	A stepping stone between Baby Group and Stay and Play for babies who are starting to become mobile.	12.45pm – 1.45pm	Children's Centre
	Mobile Library Jan 25 th and Feb 22 nd	The mobile library will be at St Edmundsbury Road	1.45pm -2.15pm	St Edmundsbury Rd
Friday	Child Health Clinic 4 th Jan and 1 st Feb	Health Visitor sessions for preschool child health and development advice. Self-weigh also available.	9.30am-10.30am	Children's Centre

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

We also provide a programme of baby massage, advice and support on weaning, children's dental health and offer individual support to families.

For more information, please call the Sure Start Children's Centre on 01553 668505.

TT – Term Time Only



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.

The Children's Centre
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Kings Lynn
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01553 668505

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St James
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Funded by
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Managed by
Norfolk Community Health and Care 
NHS Trust

What's on at...

North Lynn, Gaywood North Bank and the Woottons (Signpost)

Sure Start Children's Centres

Free activities 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!

Find us on Facebook

For lots more information
log onto our website at

www.surestartnorfolk.co.uk

