

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

Winter/Spring programme starts on January 15, 2018 and runs until February 09, 2018.  
All sessions in Sure Start Children's Centres unless specified.

Day	Activity	Details	Time	Where
Monday	Child Health Clinic 15 <sup>th</sup> January & 19 <sup>th</sup> February 2018	Health visitor sessions, for health and development advice on your baby	11.30am -12.45pm	Reffley Community Hall
	Stay and Play (TT) Starts 15 <sup>th</sup> January 2018	Confident explorers up to school age	10.15am - 11.30am	Children's Centre
Tuesday	Pathway 2 Parenting Starting 9 <sup>th</sup> January 2018	Parent Education 4 week antenatal programme Booking required	5.00pm – 7.00pm	Children's Centre
	Self-Weighing for Babies	For parents to weigh their babies without a health professional	12.00pm -1.00pm	Children's Centre
Wednesday	Baby Group Starts 17 <sup>th</sup> January 2018	Non- mobile babies	11.00am -12.00pm	Children's Centre
	Self-Weighing for Babies	For parents to weigh their babies without a health professional	12.00pm -1.00pm	Children's Centre
	Stay and Play (TT) Starts 17 <sup>th</sup> January 2018	Confident explorers up to school age	1.30pm – 2.45pm	Reffley Community Hall
Thursday	Baby Explorers(TT) Starts 18 <sup>th</sup> January 2018	For babies who are beginning to move to confident explorers	<b>New Time</b> <b>1.00pm – 2.00pm</b>	Children's Centre
Friday	Child Health Clinic 5 <sup>th</sup> January & 2 <sup>nd</sup> February 2018	Health visitor sessions, for health and development advice on your baby	9.30am - 10.30am	Children's Centre

(TT) – Term Time Only

**Children's Centre**  
4 Walpole Road  
North Lynn  
Kings Lynn PE30  
2DZ

**Reffley Community Hall,**  
Reffley Lane,  
King's Lynn,  
PE30 3SF

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

**We also provide a rolling programme of Baby Massage, weaning and children's' dental health groups.**

**For any information on our activities, including locations and timings, please call the Sure Start Children's Centre on 01553 668505.**



## 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.

North Lynn, Gaywood North Bank and the Woottons Sure Start Children's Centre,

The Children's Centre  
4 Walpole Road  
Kings Lynn  
PE30 2DZ  
Tel: 01553 668505  
Email: northlynncc@nchc.nhs.uk  
[www.surestartnorfolk.co.uk](http://www.surestartnorfolk.co.uk)

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St James  
Extons Road  
Kings Lynn  
PE30 5NU

Funded by  
 **Norfolk** County Council

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 January / February 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](http://www.surestartnorfolk.co.uk)