

“What’s On” in North West Leicestershire Sure Start Children’s Centres

“Friendly group. We have really looked forward to coming and enjoyed everything we have done. Thank you”




“Good”
February 2014

Issue 3 (2017/18)

This booklet is for term-time only activities. Please contact your local centre for information on holiday activities.

To provide the best start in life for all children in NW Leics.
We want to see happy children supported by confident parents.

What does your local Children's Centre offer?

Help, advice and support on child and family health, parenting and a range of other issues to help you provide the best start in life for your under 5's.

Katie Herbert
Children's Centre Coordinator



Feedback from our families

"I have really enjoyed the group and learned lots"

"The sessions helped me to interact more with my child. We did things I would never dreamed of doing with a baby e.g. sensory and messy play."

"These pathway sessions are invaluable. They provide assurance on parenting and that the issues we are experiencing are normal"

Your Family Outreach Workers



Sue Holt
Senior Family Outreach
Worker



Angela Slater
Warren Hills Children's
Centre



Carolyn Clarke
Castle Donington and Moira
Children's Centres



Benita Handley
Coalville Children's Centre



Kim Absalom
Ashby Children's
Centre



Lesley Renton
Measham Children's Centre



Michelle Wingrove
Thringstone Children's Centre



Krysha Catterall
Coalville Children's Centre



Amy Maguire
Ibstock Children's Centre

What we do...

we work closely with families in the community and support families by running fun sessions for parents and children aged 0-5 years. We visit families at home for more direct support and also work closely with other professionals to signpost families to other available services. We can support any family with children aged 0-5 years with issues including finances, housing needs, behaviour management/parenting skills, emotional support and help accessing childcare provision.

Your Pathway Support Workers



Lynette Towse

Most of our work is with families attending groups run by Sure Start. We run some of our Pathway groups for families with Under 2's. We work closely with the rest of the team and other professionals to signpost families when other services are needed.



Rebecca Mason

An A-Z of the services, activities and support we offer:

Universal Support:

These groups can be attended by any families with under 5's. Some are so popular that a booking system is in operation so please call or check our Facebook page before coming along.

Baby Giggles

A group for parents with babies aged 0-8 months, encouraging positive parent & child attachment, understanding babies cues while developing physical and social skills. Bookable by calling Home Start on 01530 411121.

Breastfeeding Support Group

Informal and relaxed session for mums and mums-to-be offering help, support and advice on breastfeeding. Drop-in.

Bumps to Babies

Groups for expectant parents covering labour, pain relief, infant feeding and parenting skills, bookable through midwife.

Childminders Group

Drop-in groups for Childminders and children they care for.

Development Checks / Weaning Groups

Advice about your baby's development / information and advice around weaning your baby. By invitation from your Health Visitor.

FOW drop-in

Families can drop-in to see a Family Outreach Worker (FOW) in a safe and confidential environment for support and advice on various family matters.

Here We Grow

Community volunteer-led group to encourage healthy eating by growing your own vegetables, with related activities.

International Group

Stay & play for parents for whom English is a second language with children under 5. Fortnightly drop in.

Parent and Baby Yoga

If you want to get active and not worry about childcare come and join us, all fitness levels welcome. The sessions are suitable after the 6 week check up until 1 years old.

SIBS Group

For children aged 8-14 with a brother /sister with ASD or Asperger's. We provide the siblings with a safe place where they have the freedom to be themselves and share experiences with other children in similar situations. For more information call 01530 245922.

Sensory Rooms (Ashby and Warren Hills)

Offer a stimulating environment for babies and children with additional needs but are also open to all families with children under 5 to book.

Stay & Plays

Drop-in stay & play groups for parents/carers and their under 5's. Run by parents/volunteers.

Weigh-in Clinics

To have your baby weighed and for advice on health and development. These appointments are booked through your Health Visitor.

Referral Only Support:

REFERRAL ONLY

These groups are designed to support and guide parents who may find themselves in need of a helping hand. You can be referred by any professional who is working with you (e.g. your Health Visitor) or you can self-refer if you feel you would benefit from any of these groups. To self-refer just ring and speak to a member of the team who will be happy to discuss the most appropriate group for your needs.

Baby Beginnings

An 8 week course including 6 weeks antenatal and 2 weeks after birth. The course will cover a number of issues including; labour and pain relief, feeding, bonding and safety with a new born. This leads onto a pathway group.

0-2 Pathway

A group for families with 0-2 year olds which leads on from baby Beginnings. The pathway covers a varied programme of activities to support parenting and child development.

Baby Daze

An 8 week group for new Mums and their babies. Activities including infant massage to increase your confidence as a parent and opportunities to make new friends.

Early Start

A 10 week programme designed to give parents practical ideas on how to support the Early Years curriculum in a lively and interesting way.

HEY

Sessions for parents who are interested in all aspects of healthy lifestyles for themselves and their family.

HYPA - Helping Young Parents Achieve

A group supporting young and expectant parents under 21 with their parenting skills in a fun and relaxed centre. We have different activities each week which are often chosen by the parents in the group. Drop-in.

I'm Having a Baby

Antenatal sessions for expectant young parents under 21.

Referral Only Support (cont):

REFERRAL ONLY

Learning Through Play

A group for parents and their children aged over one. This group supports your child's early learning through hands-on activities, informal discussion, information and ideas to try at home.

Let's Get Talking

Sessions aimed at children aged around 2 with delayed speech and language development.

Moving on with Confidence

For parents who want support to move forward as a result of difficult relationships and who are struggling with confidence. People come to the group to build confidence, gain mutual support of people in a similar situation and to also increase their awareness, skills and confidence in relating to others.

My Wellbeing Toolkit

Groups aiming to improve the confidence and self-esteem of parents.

PICL Groups - Parents Involved in Children's Learning

Learn to understand how your children learn so you can help them develop and progress at home.

Solihull Groups

'Understanding your Child' - groups run by Family Outreach Workers for parents with children aged 18mths+.

Stress Control Group

Good thinking therapy sessions to teach you new skills that can fight stress.



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

Sensory Room available to book out, various days/times available, call 0116 305 5251

MONDAY

BABY DAZE

Starting 22nd January 2018
10.30—12.00

BREASTFEEDING SUPPORT GROUP

1.00 - 2.30

TUESDAY

TWINS GROUP

Stay & play
10.00-11.30
Bookable—call 0116 305 5251

BUMPS TO BABIES

3.00—5.00
Please book by calling: 01530 468525
or 01530 468507

WEDNESDAY

REFERRAL ONLY

LETS GET TALKING

10.00—12.00
By referral from Health Visitor

WEIGH-IN CLINIC & DEVELOPMENT CHECKS

1.00 - 3.00

THURSDAY

LITTLE STARS

Stay & play
10.00 - 11.30

REFERRAL ONLY

0-2 PATHWAY

For babies born Sept—Oct 2017
1.00—3.00

FRIDAY

BABY GIGGLES

Starting 26th January 2018
10.00 - 11.00

Castle Donington

Sure Start Children's Centres



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

MINIHOPPERS

(Led by Grasshoppers Nursery)

9.30 - 11.30

Drop-in—term time only

0-5yrs & primary school children welcome

50p per child

BABY DAZE

Starting 22nd January 2018

1.45—3.15

REFERRAL ONLY

TUESDAY

0-2 PATHWAY

For babies born Sept—Nov 16

1.30—3.00

REFERRAL ONLY

WEDNESDAY

WIGGLE, SHAKE AND MAKE

0-5 years, drop in

10.00 - 11.00

£3 per child, £1 per sibling

THURSDAY

FRIDAY

Coalville (Hub)

Sure Start Children's Centres

AM

MONDAY

REFERRAL ONLY

I'M HAVING A BABY

10.00—12.00

Starts after half term

HEALTH VISITOR ADVICE CLINIC

First Monday of the
month

9.00—12.30

INTERNATIONAL GROUP

Stay & Play

10.00 –11.30

(fortnightly)

TUESDAY

REFERRAL ONLY

DEVELOPMENT CHECKS

Second Tuesday of the month

9.00—12.30

LET'S GET TALKING

10.00 - 11.30

WEDNESDAY

REFERRAL ONLY

LITTLE BUTTERCUPS

Stay & play

10.00 - 11.30

DEVELOPMENT CHECKS

First and fourth Wednes-
day of the month

9.00—12.30

0—2 PATHWAY

10.00-12.00

For babies due December
2017

THURSDAY

CHILDMINDING GROUP

10.00-12.00

(Term time only)

FRIDAY

REFERRAL ONLY

MY WELLBEING TOOLKIT

10.00 - 12.00

Starting 16th January 2018

DEVELOPMENT CHECKS

1st, 2nd and last Friday of the month

9.00—1.00



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

PM

MONDAY

SOLIHULL

Starting 15th January 2018
12.45 – 2.45

REFERRAL ONLY

DEVELOPMENT CHECKS

12.00—4.00

TUESDAY

DEVELOPMENT CHECKS

12.30—3.00
First and second Tuesday of the month

BREASTFEEDING SUPPORT GROUP

1.00 - 2.30

WEDNESDAY

HEALTH VISITOR ADVICE CLINIC

12.30—4.30

REFERRAL ONLY

0—2 PATHWAY

For babies born
May/June 2017
1.00—3.00

REFERRAL ONLY

MOVING ON WITH CONFIDENCE

Starts 31st January
1.00—3.00

REFERRAL ONLY

SOLIHULL

Starts 10th January
2018
6.30—8.30

THURSDAY

SPECIALIST MIDWIFE

12.00—4.30
By appointment

HYP A - HELPING YOUNG PARENTS ACHIEVE

12.30 - 2.30

SIBS GROUP

4.30—6.15

FRIDAY

BUMPS TO BABIES

2.00—4.00
Please book by calling: 01530 467462



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

DEVELOPMENT CHECKS

9.00 - 1.00

TUESDAY

REFERRAL ONLY

LEARNING THROUGH PLAY

Starting 16th January 2018

10.00-11.30

WEDNESDAY

HEALTH VISITOR ADVICE / WEIGH-IN CLINIC

9.00 - 11.00

REFERRAL ONLY

LEARNING THROUGH PLAY

Starting 17th January 2018

1.15—2.45

THURSDAY

DEVELOPMENT CHECKS

9.00 - 1.00

INVITATION ONLY GROUP

Starting 11th January
2018

REFERRAL ONLY

BUTTERCUPS PATHWAY

1.15—2.45

For babies born in Oct/Nov
2017

FRIDAY

DEVELOPMENT CHECKS

9.00 - 1.00

LITTLE TWINKLES

Stay & play
10.00 - 11.30



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

PARENT AND BABY YOGA

10.00—11.00

Bookable by calling 0116 305 5275

TUESDAY

DEVELOPMENT CHECKS

9.30 - 12.30

PICL

1.15pm—2.45

Starts 16th January 2018

REFERRAL ONLY

WEDNESDAY

LITTLE STARS

Stay & Play

9.30 - 11.00

BREASTFEEDING SUPPORT GROUP

11.15 - 12.15

(Health Visitor available 12.00- 12.30)

THURSDAY

BABY GIGGLES

Starting 25th January 2018

10.00—11.00

MINI SUPER-STARS

Stay & play

1.15—2.45

FRIDAY



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

LITTLE STARS

Stay & play
9.45 - 11.15

TUESDAY

0—2 PATHWAY

REFERRAL ONLY

For babies born Mar/Apr 2017
10.30—12.30

WEDNESDAY

DEVELOPMENT CHECKS

4th Wednesday of the month
9.00—12.00

REFERRAL ONLY

LETS GET TALKING

10.00—12.00

THURSDAY

WEIGH-IN CLINIC

(3rd Thurs of Month)
10.00 - 11.00

CHILDMINDERS GROUP

10.00—11.30
Drop-in

BABY GIGGLES

Starting 25th January 2018
1.45—2.45

FRIDAY

REFERRAL ONLY

STRESS CONTROL GROUP

10.00—12.00
Starts 2nd February 2018

Thringstone

Sure Start Children's Centres



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

LITTLE OLAFS

Stay & play
10.00 - 11.30

PICL

Starting 15th January 2018
1.15—2.45

REFERRAL ONLY

TUESDAY

REFERRAL ONLY

BY INVITATION GROUP

Starts 9th January 2018
9.45—11.45

WEDNESDAY

THURSDAY

SOLIHULL

Starts 18th January 2018
1.00—3.00

REFERRAL ONLY

FRIDAY

Warren Hills

Sure Start Children's Centres

AM

MONDAY

FOW/SCHOOL DROP IN

8.30—9.30

TUESDAY

SPEECH AND LANGUAGE APPOINTMENTS

First Tuesday of the month

9.00—1.00

By appointment

REFERRAL ONLY

0-2 PATHWAY

10.30—12.00

For babies born Jan/Feb 2017

REFERRAL ONLY

BABY DAZE

10.00—12.00

Starting 20th February 2018

WEDNESDAY

JELLY BEANS

Stay & play

10.00 - 11.30

Crawling to age 2

WEIGH-IN CLINIC

9.30 - 11.00

1st Weds of month

THURSDAY

DEVELOPMENT REVIEWS

9.00 - 12.30

Last Thursday of the month

DIETITIAN APPOINTMENTS

Third Thursday of the month

9.00—1.00

By appointment

FRIDAY

JELLY BABIES

Stay & play

10.00 - 11.30

Up to crawling



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

Sensory Room available to book out, various days/times available, call 0116 305 6948

PM

MONDAY

TUESDAY

REFERRAL ONLY

EARLY START (ADULT LEARNING)

Starting 30th January 2018

1.00—3.00

WEDNESDAY

BUMPS TO BABIES

2.00—4.00

Please book by calling: 01530 467462

THURSDAY

STORY SACKS

18th & 25th January 2018

1.00—3.00

Book by calling 0016 305 6948

REFERRAL ONLY

HEY

Starting 22nd February 2018

12.30—2.30

FRIDAY

0-2 PATHWAY

1 - 2.30pm

For babies born Jul/Aug 2017

REFERRAL ONLY

Free childcare for 2 year olds

A scheme to offer eligible two year old children up to 570 hours of free childcare per year is running in Leicestershire.

To see if you can access free childcare for your two year old, please visit www.leicestershire.gov.uk/apply-for-2s

If you have any issues using the online checker please either visit your local Children's Centre or call us on 0116 305 6208.



Volunteering with us..

Why volunteer?

Are you interested in working with children aged 5 and under and their families? Do you want to gain valuable skills and knowledge that you can carry forward into employment? This could be the volunteering experience for you!



What opportunities are available?

- Planning and running our volunteer led Stay and play groups.
- Assisting staff in professional led groups.
- Community engagement events, mystery shop and parent voice activities.
- And much more!

For an informal chat about volunteering, how you could help us and how we could help you, contact **Heather Wood**, Parent and Community Involvement Worker on:

0116 305 5328 or
heather.wood@leics.gov.uk

What are the benefits for me?

- You will receive relevant and useful training to enable you to carry out your volunteering role.
- You will gain valuable skills and confidence.

Useful Contact Numbers:

First Contact Plus Your contact for information, advice and support in Leicestershire including money, your home and feeling safe.	0116 305 4286
First Response (Social Care)	0116 305 0005
Jobcentre Plus	0800 169 0190
- New Benefit Claims	0800 055 6688
Marlene Reid Centre	01530 510 515
Trussell Trust (food bank) Coalville Ashby	01530 838355 07542 118878
NHS Non-emergency Number	111
QuitReady Leicestershire (smoking cessation)	0345 646 66 66
NWL District Council Offices	01530 454 545
NWLDC Housing advice/homelessness	0800 952 0079
REACT Furniture Project	01530 512 454
Turning Point (drug & alcohol support)	0330 303 6000
Let's Talk Wellbeing Talking therapies for people experiencing depression, anxiety, panic, phobias, obsessive compulsive disorder, trauma and stress.	0115 876 0157
Mental Health Matters Leicestershire and Rutland mental health and wellbeing recovery service.	0300 323 0189

Stop Press!..

Daddy Daze

A group for Dads and their children

Last Saturday of the month

(27/1, 24/2, 24/3 ...)

10.00–12.00

At Coalville Children's Centre

New!!!



North West Leicestershire Sure Start Children's Centres

Ashby Children's Centre

(Based at Woodcote Primary School)
Willowbrook Close
Ashby de la Zouch
LE65 1JZ
0116 305 5251

Castle Donington Children's Centre

(Based at Castle Donington
Community College)
Mount Pleasant
Castle Donington
DE74 2LN
0116 305 523

Coalville Children's Centre

(The Hub - Next to the library)
3 High Street
Coalville
LE67 3EA
0116 305 5993

Ibstock Children's Centre

(Based at Ibstock Community College)
Central Avenue
Ibstock
LE67 6NE
0116 305 6421

Measham Children's Centre

(Based at Measham C of E Primary
School)
Bosworth Road
Measham
DE12 7LG
0116 305 5275

Moira Children's Centre

(Based at Moira Primary School)
Blackfordby Lane
Moira
DE12 6EX
0116 305 5279

Thringstone Children's Centre

(Based at Thringstone Primary School)
Hensons Lane
Thringstone
LE67 8LJ
0116 305 5271

Warren Hills Children's Centre

(Based at Warren Hills Primary School)
Stamford Drive
Coalville
LE67 4TA
0116 305 6948



Find us on Facebook, search:

North West Leics Sure Start Childrens Centres

General Enquiries: 0116 305 5993

coalvillecc@leics.gov.uk