



"What's On" in North West Leicestershire Sure Start Children's Centres



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.

Please call 0116 305 5993 to check that groups are on before attending

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



Your Family Outreach Workers



Sue Holt Senior Family Outreach Worker



Angela Slater Warren Hills Children's Centre



Lesley Renton Measham Children's Centre



Carolyn Clarke Castle Donington and Moira Children's Centres



Michelle Wingrove Thringstone Children's Centre



Benita Handley Coalville Children's Centre



Krysha Catterall Coalville Children's Centre



Kim Absalom Ashby 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



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

We work closely with the rest of the team and other professionals to signpost families when other services are needed.



Rebecca Mason

Lynette Towse

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):

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.

Ashby

Sure Start Children's Centres



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	BREASTFEEDING SUPPORT GROUP 1.00 - 2.30	
Starting 22nd January 2018 10.30—12.00		
TUESDAY	BUMPS TO BABIES	
TWINS GROUP Stay & play 10.00-11.30 Bookable—call 0116 305 5251	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

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Services showing this symbol are available via REFERRAL ONLY 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

REFERRAL ONLY

Starting 22nd January 2018 1.45-3.15

TUESDAY

0-2 PATHWAY

REFERRAL ONLY For babies born Sept-Nov 16

WEDNESDAY

1.30-3.00

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 INTERNATIONAL GROUP **HEALTH VISITOR** I'M HAVING A BABY Stay & Play **ADVICE CLINIC** 10.00-12.00 10.00 - 11.30First Monday of the Starts after half term month (fortnightly) 9.00-12.30 TUESDAY REFERRAL ONLY LET'S GET TALKING **DEVELOPMENT CHECKS** 10.00 - 11.30 Second Tuesday of the month 9.00-12.30 WEDNESDAY **REFERRAL ONLY DEVELOPMENT CHECKS** 0-2 PATHWAY LITTLE BUTTERCUPS First and fourth Wednes-Stay & play 10.00-12.00 day of the month 10.00 - 11.30 For babies due December 9.00-12.30 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

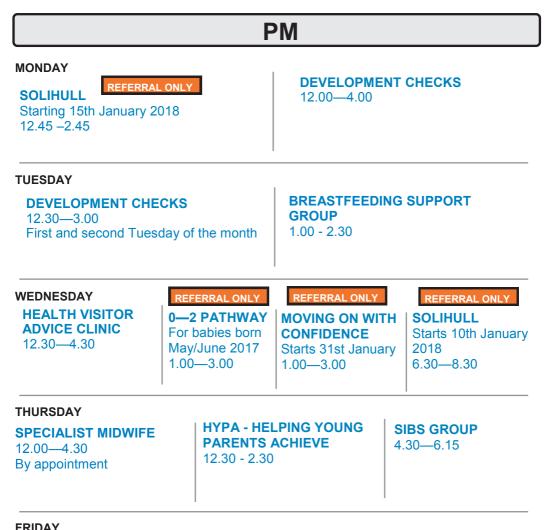
DEVELOPMENT CHECKS

1st, 2nd and last Friday of the month 9.00—1.00





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



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BUMPS TO BABIES 2.00—4.00 Please book by calling: 01530 467462



FRIDAY

DEVELOPMENT CHECKS 9.00 - 1.00

LITTLE TWINKLES Stay & play 10.00 - 11.30

12

Measham Sure Start Children's Centres



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—2.4 Starts 16th J	

WEDNESDAY

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





Sure Start Children's Centres

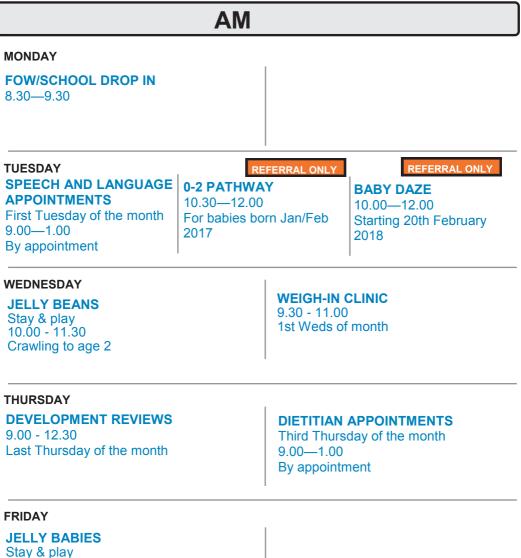
REFERRAL ONLY Services showing this symbol are available via referral. See page 6 for details.

MONDAY LITTLE STARS Stay & play 9.45 - 11.15 TUESDAY REFERRAL ONLY 0-2 PATHWAY For babies born Mar/Apr 2017 10.30-12.30 WEDNESDAY REFERRAL ONLY **DEVELOPMENT CHECKS** LETS GET TALKING 4th Wednesday of the month 10.00-12.00 9.00-12.00 THURSDAY **WEIGH-IN CLINIC CHILDMINDERS BABY GIGGLES** (3rd Thurs of Month) GROUP Starting 25th January 2018 10.00 - 11.00 10.00-11.30 1.45-2.45 Drop-in FRIDAY REFERRAL ONLY STRESS CONTROL GROUP 10.00-12.00 Starts 2nd February 2018

Thringstone			
Sure Start Children's REFERRAL ONLY Services showing this	s symbol are available via referral. See page 6 for details		
MONDAY LITTLE OLAFS Stay & play 10.00 - 11.30	PICL REFERRAL ONLY Starting 15th January 2018 1.15—2.45		
TUESDAY REFERRAL ON BY INVITATION GROUP Starts 9th January 2018 9.45—11.45			
WEDNESDAY			
THURSDAY	SOLIHULL Starts 18th January 2018 1.00—3.00		
FRIDAY			

Warren Hills

Sure Start Children's Centres



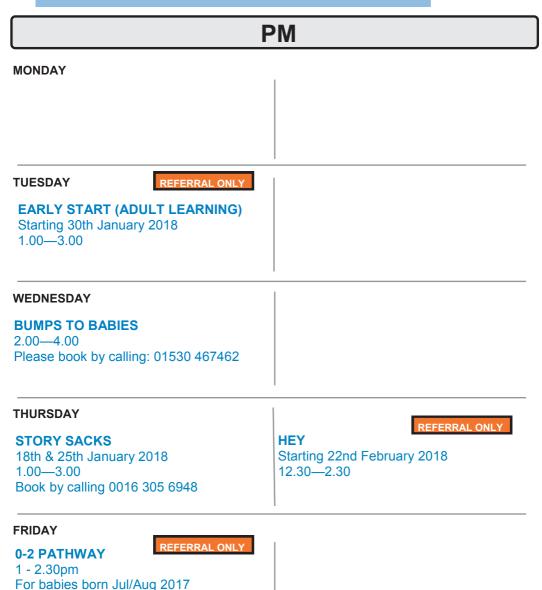
Stay & play 10.00 - 11.30 Up to crawling



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





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!

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.

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

Useful Contact Numbers:

First Contact Plus

0116 305 4286

Your contact for information, advice and support in Leicestershire including money, your home and feeling safe.

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 NHS Non-emergency Number	01530 838355 07542 118878 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, p obsessive compulsive disorder, trauma and stress.	0115 876 0157 panic, phobias,

Mental Health Matters

Leicestershire and Rutland mental health and wellbeing recovery service.

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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



0300 323 0189

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