




Booking for groups is essential for Learning Together and Baby Massage, these are groups where the *commitment of attending weekly for a set of weeks is required*.

These groups are shown as **booking required** on the timetable.

Other groups where families can attend without prior booking will not have extra information and therefore you are welcome to arrive on time for the start of the session.

Sleaford Children's Centre Timetable (Free Family Activities) 31st October-9th December 2022

Tel: 01529 306888 Email: SleafordCC@lincolnshire.gov.uk

Mondays		Tuesdays		Wednesdays		Thursdays	Fridays
Health Visitor Assessment Clinic *Appointment only call: 01522 843000* Midwife Clinic *Appointment only call 01476 464334*		Health Visitor Assessment Clinic *Appointment only call: 01522 843000* Midwife Clinic *Appointment only call 01476 464334*		Health Visitor Assessment Clinic *Appointment only call: 01522 843000* Midwife Clinic *Appointment only call 01476 464334*		Health Visitor Assessment Clinic *Appointment only call: 01522 843000* Midwife Clinic *Appointment only call 01476 464334*	Health Visitor Assessment Clinic *Appointment only call: 01522 843000* Midwife Clinic *Appointment only call 01476 464334*
9.30am - 10.30am Quiet Time (Invite only) Quiet Time opportunities are available for families to access the Children's Centre on 1:1 basis, with the support of an Early Years Educator		10.00am – 11.00 am Learning Together Toddler (Confident walkers) 6 week programme This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their unique developmental milestones, following their interests and curiosities sleafordcc@lincolnshire.gov.uk to book		10.00am – 11.00 am Learning Through Play – (For children 0-5 years) Through carefully planned, playful opportunities, these sessions will help you and your child to strengthen and develop key skills which will help them in their journey to becoming lifelong learners		9.30am – 12.30pm Kids Crèche Early support & learning provision for disabled children and those with complex medical needs Book On Please contact KIDS for information and bookings Senior Practitioner - Jane Frecklington jane.frecklington@kids.org.uk	10.00am – 10.45am Rhyme Time : Toddlers (Confident Walkers) & 11.30am – 12 noon Rhyme Time : Babies (None Mobile) A music and rhyme themed session where children can develop their language and communication skills by signing along to their favourite songs and nursery rhymes
Thursday's 10am -11am Top Tips for Babies 3-4 months 1 December 2022. A relaxed and informal session delivered by Early Years professionals sharing Top Tips for babies. Covering introducing solids, oral health, accident prevention and age appropriate development and learning		1.30pm – 2.30pm Learning Together Babies (Babies to confident movers) 6 week programme This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their unique developmental milestones, following their interests and curiosities sleafordcc@lincolnshire.gov.uk to book		 12:00 – 1:30pm Breastfeeding Support Group You do not need to book onto a Breastfeeding Session and can just attend on the day/time. Please make sure you are familiar with building safety guidance	1.30pm-2.30pm Keepsakes (0-1yrs Invite only) This group will offer an opportunity for families to make a variety of 'keepsake' items with their children, combined with an opportunity to get to know the Children's Centre team and learn more about what the Children's Centre can offer.	10.00-11.00am Learning Through Play @ RAF Cranwell At the Brunei Centre This session provides a variety of activities for children to explore supporting children's changing needs and interests, the session offers an opportunity for parents, carers and children to discover and explore a wide range of play activities together, encouraging children's independence, confidence and social skills.	 1.30pm-3.00pm Pop in & Play From 18 th November Pop in and Play with your children, explore the resources, let your child lead their play! All we ask is that you tidy away before you go home.
1.30pm – 2.30pm Stay and Play under 1's (Not yet walking) This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their unique developmental milestones, following their interests and curiosities		Thursday's 10.00 -11:00am Opening Doors to Employment This four-week employability course is for parents who are ready to look for a job but could do with a helping hand. By the end of the course, you will have an up-to-date CV, know how and where to effectively job search and feel confident about communicating your skills and experience during interviews To find out more email beststart@eyalliance.org.uk		1.30pm – 2.30pm Virtual 'Preparation for Parenting' Sessions run fortnightly. To start your registration process for our Zoom sessions, please click email: beststart@eyalliance.org.uk  Fun Facts and Trivia A crocodile cannot stick its tongue out. A shrimp's heart is in its head.		1.00pm-2.00pm Baby Massage 5 week programme Starting Thursday 3rd November A 5 week course for you and your baby to spend precious time bonding through Baby Massage. SleafordCC@lincolnshire.gov.uk to book	12.30 – 1.30 Virtual GROW Your Own Confidence 4-week Course Please email beststart@eyalliance.org.uk to find out more or when the next course begins

Additional Services available at Sleaford Children's Centre
If you would like any further information on the Services available at the Children's Centre, please ask a member of staff.

Sleaford Children's Centre is part of North Kesteven South Children's Centres
which also include:
Billinghay: 01526 869248 and Caythorpe: 01400 279285

Skills Development Service: Works with parents who want to make positive changes for themselves and their families. The service offers encouragement and practical support with trying new things and getting more involved, often leading to Learning, Training, Volunteering and Employment.

Quiet Time: Opportunities are available for families to use the Children's Centre resources on a small group or 1:1 basis. Please call the Centre to find out more.

Keepsakes: The opportunity for families to make a variety of 'keepsake' items with their children and to get to know the Children's Centre team and what we can offer. Please speak to a member of staff to find out more.

ESCO Service: A scheme to co-ordinate the care for children and young people from birth to 18 years, who have complex health needs, sensory needs and/or disabilities.

Our Health Services

Health Visitor Clinic: There are many different health professionals within the Centre, delivering services such as midwifery and health visiting clinics. A health visitor clinic includes 6-8 week, 8-12 months and 2-2.5 year's assessments as well as 3-4 month contact.

Breast Start Group: Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group along with a parent volunteer. Pregnant ladies also welcome.

Top Tips for Babies: Join the Early Years Practitioner for discussions on subjects like when to introduce solids, healthy eating, oral health, accident prevention, immunisation, how to access support and more.

No booking required – just turn up on day

Sleaford Children's Centre WHAT'S ON GUIDE



Timetable
From Mon 31 Oct – 9th Dec '22

Sleaford Children's Centre
Money's Mill Complex
Carre Street
Sleaford NG34 7TW

Telephone: 01529 306888
E-mail: SleafordCC@lincolnshire.gov.uk

Opening Times
Mon-Thurs: 8.30-17.00
Friday: 8.30-16.30



Like us on Facebook to stay in touch 

For all up to date information please go to our web pages at:

<https://www.lincolnshire.gov.uk/childcare-and-family-support/find-a-childrens-centre/>

