Where to find us...

**Barley Lea Children’s Centre**
51 The Barley Lea  
Stoke Aldermoor  
CV3 1DX  
Tel: 024 7678 8448  
*Bus Route 16A, 16 and 26*

**Gosford Park Children’s Centre**
Humber Avenue,  
Stoke  
CV1 2SF  
(sat. nav. CV1 2AT)  
Tel: 024 7678 8489  
*Bus Route 16A and 16*

**Middle Ride Children’s Centre** (next to The Hut)  
Upper Ride  
Willenhall Wood  
CV3 3GL  
Tel: 024 7678 8430  
*Bus Route 13 & 21*

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**Free Childcare Funding?**

Did you know that all children aged 3 and 4 years old are entitled to claim funding for up to 15 hours of **free** childcare at a Nursery, Pre-School Group or Child-minder? If you would like more information about how to access this funding, please contact your local Children’s Centre.

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**South East Children’s Centres Activity Timetable**

Barley Lea Children's Centre  
Gosford Park Children's Centre  
Middle Ride Children's Centre  

**September 12th 2016 - 16th December 2016**
Barley Lea, Gosford Park and Middle Ride Children’s Centres offer a wide range of services for children and families including:

Family Support
We work in partnership with families, supporting them to get the most out of family life and help them to:

- Access support and advice from other organisations to help with housing problems, debts, benefits, work, training and much more
- Get ready to have a baby and to be the best parent they can
- Ensure their children are safe, healthy, happy and ready for school
- Support their child’s speech and language development and school readiness through the Families Talk Now team

If you would like to have a chat with someone please call Middle Ride on 024 7678 8430, Barley Lea on 024 7678 8448, Gosford Park on 024 7678 8489 or speak to the member of staff running the group you attend.

Children’s Centre Sessions

Baby First (0-12 months) is a group for parents/carers and their babies and provides advice and guidance on early parenting, breastfeeding, safe sleep, weaning and many more topics.

Baby & Me (0-18 months) follows on from Baby First, is ideal when your baby is on the move and will support his or her continued learning and development.

Learning with your Toddler (18-30 months) is a group for parents with children who are mobile and supports parents to prepare their child for Nursery and/or School.

Family First Sessions: Learning Together (0-5 years) are family sessions for parents with children under 5. The sessions provide activities and information on children’s development and wellbeing and supports parents to prepare their child for Nursery and/or School.

Time for Twos, Time for You (2-3 years) is an invitation only group for children who are entitled to 2 year old funding, but are not currently attending a local Preschool, Nursery or Child Minder.

SANDS (Stillbirth and Neonatal Death charity) group meets regularly at Gosford Park Children’s Centre. Please call 024 76 788489 for more information.

Go Messy! Is a 6 week course for parents and pre-school children delivered by Coventry Museums and offers opportunities to play, create and learn. Come along for transport inspired messy play time and keep little hands and feet busy with a host of sensory play activities. Please visit Gosford Park Children’s Centre to book a place or call 024 7678 8489.

Stop Smoking Clinic is a drop in service provided by for anyone wanting help and one to one support to quit smoking for good.

The Coventry Information Directory provides information relating to all aspects of childcare, including activities and education, as well as the range of other care and support services available in Coventry. Please call 024 7683 4373 or visit https://cid.coventry.gov.uk/ for further details.

Register Online at www.coventry.gov.uk/childrenscentreregistration and we will keep you updated with events and activities for you and your children.
Services offered by Partners in Children’s Centres:

**ESOL** is a course to help parents learn to speak and read English and achieve a qualification. Adults must enrol with Adult Education by attending an enrolment session and a crèche is also available on site. For more information please visit www.coventry.gov.uk/adulted

**Living with Confidence** is a 9 week programme delivered by Positive Parenting to improve the confidence of women through group discussion, role play and the sharing of individual experiences. Limited crèche places are available. To book a place please call 024 7678 6949 or Freephone 0800 434 6127.

**Cook & Eat Well** is a 9 week healthy cooking course held at Aldermoor Life Centre, Round House Road that looks at healthy snacks for children, the reasons for 5-a-day, portion size, salt and fat, food labels, water and how to eat healthily on a budget. Please call 0845 388 2369 to book a place.

**Autumn Fun** is a 4 week course for parents and pre-school children delivered by the Family Learning Team and offers a range of fun activities, stories, songs and rhymes. Please visit Middle Ride Children’s Centre to book a place or call 024 7678 8430.

**Family Links Nurturing** is a structured 10 week course for parents and carers that focuses on self-awareness and self-esteem, appropriate expectations, positive discipline and empathy. To book a place please call 024 7678 6949 or Freephone 0800 434 6127.

**Stoke Aldermoor Young Parent’s Programme** is a 7 week course held at Aldermoor Life Centre, Round House Road which covers cooking, budgeting, safety, DIY, fitness, volunteering and employment. Please Elaine or Joanne on 0300 7906 533 for more information or to book a place.

**Coventry Health & Wellbeing Services** provide community based drop in sessions for anyone who would like to change their lifestyle. Each session provides 1:1 support suited to individual needs.

**Stay and Play Groups** are organised by other local agencies. Please contact your local Children’s Centre for an up to date list.

Speakers attend the Time for Twos, Time for You Group to help parents access a range of services including money advice, healthy eating, keeping warm in winter and oral health. Children’s Centre staff are also on hand to provide support with applying for a Nursery or School place.

**Integrated ‘Acting Early’ Teams**

Acting Early teams operate within Children’s Centres and are made up of staff from Social Care, Health Visiting, Midwifery and Children and Family First colleagues. Children’s Centres are dedicated to improving the health outcomes for children and their families.

Families can also meet members of the Health Visiting team at the following **Well Baby Clinics**:

- Mallings Health, Aldermoor Lane, Thursday 1 pm - 3 pm
- Middle Ride Children's Centre, Upper Ride, Monday 1 pm - 3 pm

Alongside the clinics held on site, Children’s Centres offer advice and support on a range of health topics including breastfeeding, immunisation, stop smoking and healthy eating.

**The Infant Feeding Team** are at:

- Gosford Park Children’s Centre, Wednesday 1pm - 4 pm
- Barley Lea Children’s Centre, Friday afternoon between 1 pm - 4 pm

Staff offer support and guidance to prospective or new parents on feeding their babies. Please call 07904 984 620 for more information or to book an appointment with a member of the team.

**Postnatal Clinics** provide appointments with midwives and the opportunity to learn more about services available from the Children’s Centre. Appointments are booked by midwives.

**Boobie Buddies** is an informal ‘coffee and chat’ group for breastfeeding mums held at Middle Ride Children’s Centre. For more information contact Annemarie on 07847 616878 or via Facebook at:

https://www.facebook.comBoobieBuddiesBreastfeedingsupportgroup
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<thead>
<tr>
<th>Day</th>
<th>Barley Lea AM</th>
<th>Barley Lea PM</th>
<th>Middle Ride AM</th>
<th>Middle Ride PM</th>
<th>Gosford Park AM</th>
<th>Gosford Park PM</th>
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<tr>
<td>Monday</td>
<td></td>
<td>Time for Twos, Time for You&lt;br&gt;Aldermoor Life Centre&lt;br&gt;12:30 - 3&lt;br&gt;Invite Only</td>
<td>Coventry Health &amp; Wellbeing Service&lt;br&gt;9 - 1&lt;br&gt;and&lt;br&gt;1:30 - 3:30</td>
<td>Well Baby Clinic&lt;br&gt;1 - 3</td>
<td>Go Messy!&lt;br&gt;10 - 11:30</td>
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<td>Tuesday</td>
<td>Young Parent’s Programme&lt;br&gt;Aldermoor Life Centre&lt;br&gt;9:30 - 11:15</td>
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<td>Stay &amp; Play&lt;br&gt;Hagard Community Centre&lt;br&gt;1:30 - 3&lt;br&gt;Family Links Nurturing&lt;br&gt;1– 3</td>
<td>Coventry Health &amp; Wellbeing Service&lt;br&gt;9 - 1</td>
<td>Living with Confidence&lt;br&gt;12:45 - 2:45&lt;br&gt;Referral Required&lt;br&gt;Starts 4 October</td>
<td>Stop Smoking Clinic&lt;br&gt;1 - 3</td>
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<td>Wednesday</td>
<td>Jigsaws Stay &amp; Play&lt;br&gt;St Catherine’s Church&lt;br&gt;9 - 10:30</td>
<td>Cook &amp; Eat Well Course&lt;br&gt;1 - 3&lt;br&gt;14 Sept - 9 Nov</td>
<td>Baby First&lt;br&gt;10 - 11:30</td>
<td>Autumn Fun&lt;br&gt;1 - 3&lt;br&gt;Starts 28 September</td>
<td>Baby First&lt;br&gt;10 - 11</td>
<td>Postnatal Clinic and Infant Feeding Team&lt;br&gt;1 - 4&lt;br&gt;ESOL&lt;br&gt;12:30 - 3</td>
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<td>Thursday</td>
<td>Family First Learning Together&lt;br&gt;Aldermoor Life Centre&lt;br&gt;9:30 - 11</td>
<td>Well Baby Clinic&lt;br&gt;Mallings Health Centre&lt;br&gt;1 - 3</td>
<td>Boobie Buddies&lt;br&gt;1 - 2:30</td>
<td>Time for Twos, Time for You&lt;br&gt;9:30 - 12&lt;br&gt;Invite Only</td>
<td>Postnatal Clinic&lt;br&gt;1 - 4</td>
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<td>Friday</td>
<td>Baby First&lt;br&gt;10 - 11</td>
<td>Postnatal Clinic and Infant Feeding Team&lt;br&gt;1 - 4</td>
<td>Learn with your Toddler&lt;br&gt;1 - 2:45</td>
<td>Learn with your Toddler&lt;br&gt;10 - 11:30</td>
<td>ESOL&lt;br&gt;12:30 - 3</td>
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