South West Children’s Centres

Timetable

Canley Children’s Centre
Tile Hill Children’s Centre

Tuesday 29th March - Wednesday 20th July

Breast Feeding Group:
Are you pregnant or breastfeeding and looking for support, information or advice about breastfeeding? Any queries please call the Infant Feeding Team on Tel 07904 984620.

Lifestyle Advisor (Coventry Health and Wellbeing service):
Book an appointment with the Health Trainer who can support you in making healthier life choices, including weight loss and stop smoking advice. To book call 02476 785627.

Post Natal Clinics:
A chance for new families to see the Community Midwife (Booked by your midwife).

Open Baby Weighing Clinics:
An opportunity to have your baby weighed and to ask for advice and support from your Health Visiting team.

Booked Clinics Development Checks:
Development checks delivered by the Health Visiting Team. Booked by Health Visitors Tel 76472672.

Hands On:
Practical advice and tips for first time pregnant mums and partners. The course runs over 2 weeks, to book your place please contact Canley or Tile Hill Children’s Centre.

Childminder’s Group:
A group aimed at and run by local Childminders, contact your local centre for more information.

Home Safety Checks:
Advice on safety in the home. For more information please contact the Centre.

Welfare Advice:
Do you need support? Our Welfare Advice Service can support with a wide range of issues including debt, benefits and housing.

Living with confidence Course
An 8 week course that aims to increase women’s confidence so that they feel more confident in making choices and decisions.

Children’s Centre Group Activities

Breast Feeding Group
Lifestyle Advisor
Post Natal Clinics
Open Baby Weighing Clinics
Booked Clinics Development Checks
Hands On
Childminder’s Group
Home Safety Checks
Welfare Advice
Living with confidence Course

Services offered by Partners in Children’s Centres and Partners

Family Support
We work in partnership with families in the home environment to support them to get the most out of family life, for example:

- Helping families to access information and advice from other organisations for example – housing, debts, benefits etc.
- Helping you to prepare for the arrival of your baby
- Providing knowledge, information and support to help you enhance your child’s development
- Portage delivery for families where there is a child who has a developmental delay or additional needs

For more information please ask to speak to Darlene 76787800 or 76787801

Volunteering:
The centre has a volunteering programme, parents who use the centre can apply to become a volunteer. Please contact Faye for more information.

Being a Parent:
Triple P parenting programmes are full of practical advice and tips helping parents and carers get the best out of family life.

Fire Safety Check:
Free safety checks within the home carried out by West Midlands Fire Service Tel 08003895525

Hate Crime Reporting Centre:
Both Centres are Hate Crime Reporting Centres. If you witness or experience a hate crime please report it to your local Police or Children’s Centre.

Food Bank:
Food parcel vouchers can be provided by the Centres in times of crisis.

Portage:
1:1 Support within the home for children with additional needs.

BookStart:
A four week programme delivered in the home for children aged 12-24 months, helping parents to grow in confidence by sharing books with their child to support language development.

Adult Education Courses:
If you’re interested in finding out more information on Adult Education classes please ask the children centre for a copy of the Choices Magazine or you can access it online at: http://www.coventry.gov.uk/downloads/download/1957/choice_magazine

Employment and Training Advice:
Book an appointment with a work coach who will be able to support with CV writing, in work benefit calculations, training advice and employment support. Please contact the Children’s Centre to book.

Sensory Room:
A free 30 minute session can be booked in the Sensory Room for 0-5 year old children.

Wellcomm:
If you are worried about your child’s speech and language development a speech and language assessment can be completed through play and activities to support your child’s needs.

Healthy Start:
Vitamins are available at Tile Hill Primary Care Centre, Jardine Crescent.

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Living with confidence Course

Children’s Centre Group Activities

Baby Play and Learn:
A session for Parents/Carers and pre-mobile babies. Visit our stimulating sensory session where you can gain updated information to help you support your baby’s development.

Let’s Get Creative:
A session for Parents/Carers and children aged 12 months to 3 years. A fun and stimulating sensory play session with a focus on promoting children’s imagination and creative development. An opportunity for parents to get ideas for activities to do at home. Messy play activities and arts/crafts will be set up in the group so please dress children in old clothes you don’t mind getting messy or bring a spare set with you.

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<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Location</th>
<th>Other Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>South West Children’s Centres Timetable</td>
<td>Canley CC</td>
<td>Tel: 02476787800</td>
</tr>
<tr>
<td></td>
<td>Sensory Room Tile Hill CC</td>
<td>Canley CC</td>
<td>Tel: 02476787801</td>
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<tr>
<td>Mon</td>
<td>Welfare Advice 9:30-12:00</td>
<td>Drop in Session Tile Hill Library</td>
<td>@ Canley library every Saturday 2:00-3:00</td>
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<tr>
<td>Tue</td>
<td>Drop in Session Canley CC</td>
<td>Tile Hill CC</td>
<td>Tel: 76785627</td>
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<tr>
<td>Wed</td>
<td>Living with Confidence 9:15-11:45</td>
<td>Tile Hill CC</td>
<td>(Starting on 19th April)</td>
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<tr>
<td>Wed</td>
<td>Child Minders Group 9:15-11:30</td>
<td>Tile Hill CC</td>
<td>Please book by contacting the Children Centre</td>
</tr>
<tr>
<td>Wed</td>
<td>Let’s Get Creative 9:45-10:45</td>
<td>Tile Hill CC</td>
<td>Please book by contacting the Children Centre</td>
</tr>
<tr>
<td>Wed</td>
<td>Employment &amp; Training Advice 10:00-11:30</td>
<td>Tile Hill CC</td>
<td>Please book Runs every other week</td>
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<tr>
<td>Wed</td>
<td>Rhyme Time 10:00-10:30</td>
<td>Tile Hill CC</td>
<td>Drop In Session Canley CC</td>
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<tr>
<td>Wed</td>
<td>Post Natal Clinic 1:00-4:00</td>
<td>Canley CC</td>
<td>Appointment Only书中由 Your Midwife</td>
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<tr>
<td>Wed</td>
<td>Pregnancy Support 2:00-4:00</td>
<td>Tile Hill CC</td>
<td>Booked by Your Midwife</td>
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<tr>
<td>Thu</td>
<td>Development Clinic 9:00-4:00</td>
<td>tile Hill CC</td>
<td>Appointment booked by your Health Visitor</td>
</tr>
<tr>
<td>Thu</td>
<td>Development Clinic 9:30-12:00</td>
<td>Tile Hill CC</td>
<td>1st Wed of each Month</td>
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<tr>
<td>Thu</td>
<td>Post Natal Clinic 1:00-4:00</td>
<td>Canley CC</td>
<td>Booked by Your Midwife</td>
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<tr>
<td>Thu</td>
<td>Hands On Pregnancy Support 2:00-4:00</td>
<td>Tile Hill CC</td>
<td>Booked by Canley CC</td>
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<tr>
<td>Fri</td>
<td>Stay and Play 9:30-11:00</td>
<td>Tile Hill Library</td>
<td>Appointment Only书中由 Your Midwife</td>
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<tr>
<td>Fri</td>
<td>Early Hurly Burly (Term Time only)</td>
<td>Tile Hill Library</td>
<td>Booked by Your Midwife</td>
</tr>
<tr>
<td>Fri</td>
<td>Let’s Get Creative 2:00-3:00</td>
<td>Limbrick Wood Primary School</td>
<td>(Starting on Friday 15th April)</td>
</tr>
<tr>
<td>Fri</td>
<td>Baby Play and Learn 1.30-2.30</td>
<td>Tile Hill CC</td>
<td>Aimed at pre-mobile babies (starts 14th April)</td>
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<tr>
<td>Fri</td>
<td>Post Natal Clinic 1:00-4:00</td>
<td>Tile Hill CC</td>
<td>(Term Time Only)</td>
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<tr>
<td>Fri</td>
<td>Open Clinic 2:00-4:00</td>
<td>Tile Hill CC</td>
<td>(Alternate Weeks Appointment Only)</td>
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<tr>
<td>Fri</td>
<td>Weekend fun!</td>
<td>Canley Children’s Centre</td>
<td>Tel: 02476787801</td>
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<tr>
<td>Fri</td>
<td>Sensory Room Tile Hill CC</td>
<td>Canley Children’s Centre</td>
<td>Tel: 02476787800</td>
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<tr>
<td>Fri</td>
<td>Explore our sensory room through 30 minute booked</td>
<td></td>
<td>30 minute booked sessions for 0-5 year olds</td>
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<tr>
<td>Fri</td>
<td>weekday fun!</td>
<td>Tile Hill CC</td>
<td>Available: 1:00-4:00pm</td>
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<tr>
<td>Fri</td>
<td>Craft activity session</td>
<td>Canley CC</td>
<td>Tel: 02476787800</td>
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<tr>
<td>Fri</td>
<td>@ Canley library every Saturday 2:00-3:00</td>
<td></td>
<td>@ Tile Hill library every Sunday 2:30-3:30</td>
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<td>Fri</td>
<td>@ Tile Hill library every Sunday 2:30-3:30</td>
<td></td>
<td>Phone: 02476787800</td>
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<td>Fri</td>
<td>Sensory Room Tile Hill CC</td>
<td>Canley CC</td>
<td>Tel: 02476787800</td>
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<tr>
<td>Fri</td>
<td>If attending Canley Children’s Centre, please note</td>
<td></td>
<td>the car park gates close during the following times:</td>
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<td>Fri</td>
<td>the car park gates close during the following times:</td>
<td></td>
<td>8:30-9:00am and 3:00-3:30pm</td>
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<tr>
<td>Fri</td>
<td>Want to find out about Adult Education Courses in Coventry.</td>
<td></td>
<td>Please ask for a copy &quot;Choice&quot; or look online at <a href="http://www.coventry.gov.uk/adulted">www.coventry.gov.uk/adulted</a></td>
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<tr>
<td>Fri</td>
<td>We have a pre-loved clothing rail in both centres, if you have a</td>
<td></td>
<td>child 0-5 why not drop in and have a look</td>
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