Where to find us...

Barley Lea Children’s Centre  
51 The Barley Lea  
Stoke Aldermoor,  
CV3 1DX  
Tel: 024 7678 8448

Bus Route 16 & 16A

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

Bus Route 16A

Middle Ride Children’s Centre  
(next to The Hut)  
Upper Ride  
Willenhall Wood,  
CV3 3GL  
Tel: 024 7678 8430

Bus Route 13 & 21

South East Children’s Centres Activity Timetable

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

Monday 11th January - Thursday 24th March, 2016

http://www.coventry.gov.uk/2yearoldfunding or call into a Children's Centre to find out more information and we can check your eligibility
Barley Lea, Gosford Park and Middle Ride Children’s Centres offer a wide range of services for children and families to help with parenting, improve family health and well-being and support learning and development.

If you would like to access support for you or your child (under 5 years of age) please ask to speak to Jane or Beki, or a member of staff running the group you attend in the Centres.

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**Children's Centre Sessions:**

- **Baby First:** A group for parents/carers and their babies providing advice and guidance on early parenting, breastfeeding, safe sleep, weaning and many more topics. Please try to come every week so you can learn how to give your baby the best start in life.

- **Learning with your Toddler:** A group for parents and children who are mobile, to help you with the next stages of child learning and development. Please try to come every week if you can.

- **Family First Sessions, Learning Together:** A family session for parents and children (aged 2-5 years) providing activities and information to support your child's development and well-being and prepare you and your child for Nursery and School.

- **Time for Twos, Time for you:** A special session for children who are entitled to the 2 year old early learning funding, but have not yet been able to start at a local Nursery, Pre-School or Child-minder. This session will enable children to “try out” and discover what it is like to go to Nursery and will help them develop their communication, social and physical skills. Parents will join their children for most of the session, and will also have time to find out how the Children’s Centre can help them with the many aspects of family life.

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**One Body One Life (2-4 ) is coming to the Stay and Play, Hagard Centre.....**

**Is a Free 8 week healthy lifestyle programme designed for parents and children ages 2-4 years, each session includes:**

- 30 minutes Active Play
- A snack time with different fruit and veg each session
- Health checks at the beginning and at the end of the course
- Healthy eating workshop

The course starts Tuesday 12th January, 2016  1.30 - 2.45 p.m at the Hagard Community Centre in collaboration with Middle Ride Children Centre. Please feel free to come along to the Stay and Play session to join, or call Carly at Middle Ride Children’s Centre on 02476 788430 for more information.
Activities delivered by other services

ESOL course: A course to help parents learn English and achieve a qualification. A crèche is also available on site. Adults must enrol with the Adult Education by attending an enrolment session. [www.coventry.gov.uk/adulted](http://www.coventry.gov.uk/adulted)

Positive Parenting: Provide courses and workshops to help all parents in their role as a parent, supporting them to have a more positive family life. This term we will be delivering Living with Confidence for women only and the Antenatal Nurturing Programme for pregnant women and their partners. Please ask in a Children’s Centre or call 024 7678 6949 for a referral to join one of the courses.

Family Education, 1,2, 3, Count with me: Enjoy learning opportunities with all the family. Understand your child’s development while supporting them to learn and have fun together. This term we will be focusing on helping parents to support their children to learn about number, shape, colour and measure in the early years through fun and engaging activities.

Baby Massage, Health Visiting Services: For babies from 8 weeks until 5 months (before they are rolling). A lovely and relaxing course, provided by a Community Nursery Nurse, that promotes bonding, reduces the risk of post natal depression and can help reduce colic. Also a great place to meet other parents in the local area. Call Peter on 024 7678 8430 to book a place.

Coventry Health and Wellbeing Service, One to one lifestyle coaching: Free community based lifestyle service available on a Monday morning at Middle Ride CC for 1:1 support to help adults with their health and well being including how to sleep better, lose weight, eat well and feel good. Call in to meet Bev and she can provide you 6-12 weeks of lifestyle coaching to help you achieve your goals.

Integrated Acting Early Teams
The Children’s Centres are dedicated to improving the health outcomes for children and their families. Alongside the clinics held on site, the Centres can offer advice and support on a range of health topics from breastfeeding, immunisation, stopping smoking and healthy eating.

The Children’s Centre staff members work closely with Midwives, Health Visitors and Children and Family First colleagues to “Act Early” to help children and their families have the best start in life. Please ask a member of the team for more information.

You can also meet members of the Health Visiting team at the following times and locations:

- Oasis Medical Centre, 51 Quinton Park, Cheylesmore, **Wednesday** 1:30 – 3:30 p.m.
- Malling Clinic, Aldermoor Lane, **Thursday** 1:00 – 3:00 p.m.
- Middle Ride Children’s Centre, Upper Ride, **Monday** 1:00—3:00 p.m.

Support with Feeding your baby: The Infant Feeding team are at the Barley Lea Children’s Centre every Friday afternoon for mums to be or new parents to come in for support and guidance on feeding their babies. Just call in between 2:00 pm and 3:15 p.m. or call 07904 984 620 to book an appointment.

Breast feeding mums also come together for coffee, chat and to support one another at the “Boobie Buddies” group at Middle Ride Children’s Centre. For more information please contact Anne-Marie on 07847616878, call the Centre on 024 7678 8430, or via Facebook [https://www.facebook.com/BoobieBuddiesBreastfeedingsupportgroup](https://www.facebook.com/BoobieBuddiesBreastfeedingsupportgroup)

The Children’s Centre also holds information on local stay and play groups organised by other agencies in the local community. Please contact us for an up to date list.
<table>
<thead>
<tr>
<th>Day</th>
<th>Barley Lea (Mornings)</th>
<th>Barley Lea (Afternoons)</th>
<th>Middle Ride (Mornings)</th>
<th>Middle Ride (Afternoons)</th>
<th>Gosford Park (Mornings)</th>
<th>Gosford Park (Afternoons)</th>
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<tbody>
<tr>
<td>Monday</td>
<td>1,2,3 Count with Me</td>
<td>Family First</td>
<td>Coventry Health and</td>
<td>Baby Clinic</td>
<td>Child-minder Group:</td>
<td>ESOL Course</td>
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<td>(2-4 year olds)</td>
<td>Learning Together</td>
<td>Wellbeing Service</td>
<td>1:00 - 3:00</td>
<td>Stay and Play</td>
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<td>Stoke Aldermoor Life Centre</td>
<td>Stoke Aldermoor Life Centre</td>
<td>(One to one lifestyle coaching)</td>
<td>9.00-11.30</td>
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<td>Places must be booked</td>
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<td>Tuesday</td>
<td>“Jigsaws” Stay and</td>
<td>“Boobie Buddies”</td>
<td>Computer Course</td>
<td>Baby First</td>
<td>Living with Confidence</td>
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<td>Play Session</td>
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<td>1:00 - 2:45</td>
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<td>(women only)</td>
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<td>“Boobie Buddies”</td>
<td>Time for Twos, Time</td>
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*Note: Places must be booked for all sessions.*