Whatever children bring...
...you’re not alone

Bringing up a child can be a rewarding experience but it can be tough too. So whether you are learning to care for a new baby, juggling work and family life or dealing with the teenage years, there is help available. Across the city, Coventry families can get confidential, practical advice and receive support from friendly and knowledgeable staff. So whatever your children bring, at whatever age, you are not alone.

Visit the Coventry Parent's Website @ http://www.coventryparent.co.uk/
Hillfields Children’s Centre and Nursery School offers a wide range of services for children and families…

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

- Get the right sort of support and advice from other organisations if you have got problems with your housing, debts, benefits etc.
- Getting ready to have a baby.
- If you are concerned about your child’s development.
- If your child has developmental delay or additional needs.

**Nursery: this is a service for children aged 2 –4**

- **Meadow and Willow**: We offer high quality education and care to children aged 2-3 years. The staff team is comprised of qualified Nursery Officers and Early Years Assistants led by a very experienced Teacher. For more information please contact the Centre.

- **Orchard**: We offer very high quality learning opportunities for all children aged 3-4 years old. OFSTED describes us as an Outstanding Nursery. We have a beautiful environment indoors and outdoors where children can play and learn with the support of our experienced staff of qualified Teachers and Early Years practitioners. For more information please contact the Centre.

**Employment, Education and Training**
Drop into a Children’s Centre if you would like some help getting on to a training course, into college or finding a job. The Children’s Centre works in partnership with many organisations to ensure you receive the right level of support.

**Volunteering**
Do you have a few hours to spare each week? If so you may be interested in becoming a volunteer at the centre, please speak to Sarah for more information.

**Health**
The Children’s Centres in the city are dedicated to improving the health outcomes for children and their families. Alongside the clinics held on site the centre can offer advice and support on a range of health topics from breastfeeding, immunisation, stop smoking and healthy eating. Ask a member of the family support team for more information.
Children’s Centre Sessions

Welcome to Hillfields (Monday mornings)
An opportunity for new families to the area to visit the centre to find out what is on offer.
If you have moved or had a new baby – please come in and let us know.

Stay & Play Sessions (Monday afternoons and Thursday mornings)
Come along and play with your child in a fun learning environment. The session is open to all families with children aged 0-5, providing activities and information promoting your child’s development and well-being.

Antenatal Nurturing
Learn how to nurture yourself and your baby throughout your pregnancy.

SFSC
Strengthening Families, Strengthening Communities is a 13 week parenting programme.

Together Like Me (Tuesday afternoons)
Inclusive play experiences for children with additional needs and their families from the local community.

Women's Group (Thursday afternoons)
This group offers a variety of activities for Women, including Conversational English, Arts and Crafts and First Aid. Children welcome. Run by Coventry Refugee Centre.

Young Parents Group (Friday mornings)
A group for parents aged 25 and under. We offer a space to play with your child as well as opportunities to chat about any issues e.g. childhood illness, home safety. And so on.

Child C
A 10 week child development course. Creche available!

Living On A Budget
A course designed to support you in understanding how to make the most of your money

Children’s Centre Sessions

Baby Group (Tuesday mornings)
All families with babies from birth to pre walkers are welcome to play in our specially adapted space. This is an opportunity to meet other parents, as well as seek support and advice from trained professionals including a Health Visitor and a member of the Breast Feeding Support team. Siblings are also welcome.

Baby Massage (Monday afternoons)
Learn the correct techniques and spend special bonding time with your baby.
A 5 week programme for babies aged between 2 and 4 months led by an accredited instructor.

Computer Course (Wednesday mornings)
Offering a wide range of computer skills, with or without qualifications.

Every Day Conversation – ESOL (Tuesdays and Thursdays)
For people who have very little or no English skills and want to improve their confidence using everyday English. There will be an opportunity to practise some basic reading and writing. Run by WEA.

Just 4 Me (Friday mornings)
A group for women offering opportunities to learn new skills and gain knowledge whilst making friends and gaining confidence. Supported by Coventry Haven.

Lifestyle Clinic (Monday afternoons and Wednesday mornings)
Run by Coventry Health and Wellbeing Service.
Free community based 1-1 lifestyle service for people who want expert advice and support with lifestyle interventions including; Weight Loss, Smoke Less, Drink Less, Move More.

Meridian Clinic (Wednesday mornings)
A specialised baby clinic for Dr Callaway’s Meridian practice.

New Links Project (Friday mornings)
A group for those with no recourse to public funds. ESOL focus with IT support. Run by WEA.

Postnatal Clinic (Tuesday mornings by appointment)
A chance for new families to see the Community Midwife and to learn more about services in your area.
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<thead>
<tr>
<th>Day</th>
<th>Event 1</th>
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<td>Monday</td>
<td>Welcome to Hillfields</td>
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<td>Stay &amp; Play</td>
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**Children’s Centre Services**

**Services offered by Partners on site**

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