Ashford District Baby Hubs

Baby Hubs are aimed at supporting families with babies under the age of One

Breastfeeding drop in groups
at The Willow Centre, Ray Allen Centre and Little Explorers Children’s Centre
Our breastfeeding drop-in groups are supportive, social, and welcome all pregnant and breastfeeding women and their families. Our Health Visitors are breastfeeding champions with additional accredited training. We provide information and help if you have a breastfeeding concern or you can simply come along for some social support from other breastfeeding mums and trained peer supporters.

Please see centre page for more information

On offer are weekly workshops on the topics below:

Introducing Solid Foods - 1st Wednesday of every month *Bookable*
Managing Minor Illness and Reducing Accidents - 2nd Wednesday of every month *drop in*
Learning Through Play - 3rd Wednesday of every month *drop in*
Infant Emotional and Social Wellbeing - 4th Wednesday of every month *drop in*

Introducing Solid Foods
*Bookable*
Topics include: understanding when your baby is ready, food safety, healthy choices, developing a healthy relationship with food, vitamins and oral health.
*To book your place, please contact

Managing Minor Illnesses & Reducing Accidents
Topics include: knowing your well baby and signs of illness. Managing fevers, rashes, coughs, colds and ear infections, vomiting, diarrhoea and changes in stools. Raising parental awareness of the cause of minor accidents and how to reduce them.

Learning through Play
Topics include: parental confidence in simple play and understanding how play helps development. Children learn about the world around them using their senses. Supporting the development of speech, language and communication skills.
Social interaction through action rhymes and turn-taking.

Infant Social & Emotional Wellbeing
Topics include: promoting good mental health from an early age, through positive parental interaction. Improving parental understanding of infant brain development. Explore attachment and inter-relationship skill building. Developing resilience in children.

Ashford Children’s Centres and Youth Hub Bulletin
2nd January - 18th April 2019

Early Help & Preventative Services offers opportunities for all children, young people and their families. www.kent.gov/earlyhelp

There are 6 Children’s Centres and a Youth Hub located across the Ashford District.

Contact Details
Bluebells Children’s Centre, School Road, Hothfield, TN26 1HA : 03000 418300
Little Explorers Children’s, Recreation Ground Road, Tenterden, TN30 6RA : 03000 418400
Ray Allen Children’s Centre, Stanhope Road, Stanhope, TN23 5RN : 03000 418500
Sure Steps Children’s Centre, Belmont Road, Kennington, TN24 9LS : 03000 418600
Waterside Children’s Centre, Turner Close, Willesborough, TN24 0PQ : 03000 418700
The Willow Children’s Centre, Halstow Way, Off Brookfield Road, TN23 4EY : 03000 418800
Ashford Youth Hub, Mabledon Avenue, TN24 8BJ : 03000 417567

us on Facebook at Ashford Children’s Centres and Ashford North Youth Centre
Bluebells Children’s Centre

**Monday**

**Name of Group** | **Date** | **Time** | **Information**
--- | --- | --- | ---
Craft Attack | January - March course | 12.30pm - 2.30pm | A series of 10 week courses for women who have developed low mood after childbirth. For more information or a referral, please contact your Health Visitor or Bluebells Children’s Centre on 03000 413300

**Thursday**

**Name of Group** | **Date** | **Time** | **Information**
--- | --- | --- | ---
Parent and Toddler Under 5’s Drop In | January 10th, 17th, 24th, 31st February 7th, 14th, 21st, 28th March 7th, 14th, 21st, 28th April 4th, 21st | 9.30am - 11.00am | Drop in with your under 5’s and enjoy the activities together. This group enables you and your child to socialise with others, engage in experiences such as active movement and singing time. These will help your child’s development in line with the Early Years Foundation stage.

**Child Health Clinic Drop In 2nd Thursday of every month**

**Date** | **Time** | **Information**
--- | --- | ---
January 10th | 9.30am - 11.30am | Access information and advice from the Health Professionals at this Child Health Clinic. Baby weighing is available during the session.

**Friday**

**Name of Group** | **Date** | **Time** | **Information**
--- | --- | --- | ---
Parent & Toddler Under 3’s Drop In | January 11th, 18th, 25th February 1st, 8th, 15th, 22nd, 29th April 5th, 22nd | 1.00pm - 2.30pm | An opportunity for children ages 0 to 3 years old to develop their skills and learn through play in their early stages of independent movement including music and singing. These will help your child’s development in line with the Early Years Foundation stage.

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**Have you seen our new Adult Learning Programme leaflet?**

If not, ask any Children’s Centre for a copy if you are interested in attending. Coming up soon — First Aid training and Chatter Matters.

If you have any suggestions for future courses, please email Lynn.Petherbridge@kent.gov.uk

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**Little Explorers Children’s Centre**

**Monday**

**Name of Group** | **Date** | **Time** | **Information**
--- | --- | --- | ---
Baby Signing | Course 1: January 7th, 14th, 21st, 28th February: 4th | 9.30am - 10.30am | Makaton is a language programme using signs and symbols to help babies, children and adults to communicate. Research has shown that signs and gestures are easier to learn than spoken words. Baby Signing if used regularly will encourage babies and children to let others know what they want, make choices, share information and understand more.

**Under 1’s Messy Play**

**Date** | **Time** | **Information**
--- | --- | ---
February 11th, 18th | 10.00 - 11.00 | A chance to come along with your under 1’s and let them get Messy and explore different textures in a safe friendly environment to help them develop.

**Tuesday**

**Name of Group** | **Date** | **Time** | **Information**
--- | --- | --- | ---
Child Health Clinic Drop In | January 8th, 15th, 22nd, 29th February: 5th, 12th, 19th, 26th March: 5th, 12th, 19th, 26th April: 2nd, 9th, 16th, 23rd, 30th | 10.00am - 12.00pm | Access information and advice from our Health Professionals at this Child Health Clinic. Baby weighing is available.

**Parent & Toddler Under 5’s Drop In**

**Date** | **Time** | **Information**
--- | --- | ---
January 11th, 18th, 25th February 1st, 8th, 15th, 22nd, 29th April 5th, 22nd | 10.00am - 11.30am | Drop in with your under 5’s and enjoy experiences together at our parent and toddler group. This group enables you and your child to socialise with others, engage in experiences such as active movement and singing time. These will help your child’s development in line with the Early Years Foundation stage.

**Wednesday**

**Name of Group** | **Date** | **Time** | **Information**
--- | --- | --- | ---
Girls Club | 6.00pm - 8.00pm | Fun girls focused activities suitable for secondary school age. A great place to build peer support and resilience.

**Thursday**

**Name of Group** | **Date** | **Time** | **Information**
--- | --- | --- | ---
Duke of Edinburgh | 3.30pm - 5.30pm Excluding the 1st Thursday of the month | Join the Duke of Edinburgh team to gain your bronze or silver award. Age 14 years.

**Friday**

**Name of Group** | **Date** | **Time** | **Information**
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Community Café | 3.30pm - 5.00pm | Volunteering or work experience opportunities at the community cafe.

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**Junior Youth**

**Date** | **Time** | **Information**
--- | --- | ---
6.00pm - 8.00pm | Social activities for years 5 to 8, with a range of activities, supporting transition, confidence and health. Activities include sports, arts, cooking and team building.
The draft strategy is available at: https://consultations.kent.gov.uk/consult.ti/LRAStrategy/consultationHome

KCC Library draft 3 year strategy and proposal to review opening hours.

KCC want to know what you think of the draft three-year strategy and the proposal to tier libraries and review of opening hours.

This may affect the libraries in the Ashford area.

To tell KCC your views complete the questionnaire via www.kent.gov.uk before the 29 January.

The draft strategy is available at:
https://consultations.kent.gov.uk/consult.ti/LRAStrategy/consultationHome

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### Waterside Children’s Centre

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<thead>
<tr>
<th>Day</th>
<th>Name of Group</th>
<th>Date</th>
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<th>Information</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>Baby Signing</td>
<td>Course 1: January: 16th, 22nd, 29th</td>
<td>9.30am - 10.30am or 11.00am - 12.00pm</td>
<td>Makaton is a language programme using signs and symbols to help babies, children and adults to communicate. Research has shown that signs and gestures are easier to learn than spoken words. Baby signing if used regularly will encourage babies and children to let others know what they want, make choices, share information and understand more. This is a 5 week course for parents/carers with children aged 4 - 24 months. This is a certified course and all sessions must be attended to receive a certificate. <em>Please book one course only</em> Priority will be given to carers with children awaiting professional support.</td>
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<td>February: 8th, 12th</td>
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<td>March: 5th, 12th, 19th, 26th</td>
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<tr>
<td>Wednesday</td>
<td>Parent &amp; Toddler Under 5’s</td>
<td>January: 9th, 16th, 23rd, 30th</td>
<td>9.30am - 11.00am</td>
<td>Drop in with your under 5’s and enjoy the activities together at our parent &amp; toddler group. This group enables you and your child to socialise with others, engage in experiences such as active movement and singing time. These will help your child’s development in line with the Early Years Foundation Stage. <em>Please book one course only</em> Priority will be given to carers with children awaiting professional support.</td>
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<td>Drop In</td>
<td>February: 6th, 13th, 20th, 27th</td>
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<td>March: 6th, 13th, 20th, 27th</td>
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<td>April: 3rd, 24th</td>
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<td>Thursday</td>
<td>Music &amp; Movement</td>
<td>January: 10th, 17th, 24th, 31st</td>
<td>9.30am - 10.15am</td>
<td>Music and movement improves all areas of your child’s development. It helps their body and mind work together and enables children to learn new sounds and rhymes. Activities will support children in being ready for school and develop their skills further. Walking toddlers and children only. <em>Please note due to room capacity and health and safety reasons, we will have to turn people away once we reach our maximum capacity</em></td>
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<td>Walkers</td>
<td>February: 7th, 14th, 28th</td>
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<td>March: 7th, 14th, 21st, 28th</td>
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<td>Drop In</td>
<td>April: 4th, 25th</td>
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<td>9.30am - 11.00am</td>
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<td></td>
<td>Music &amp; Movement</td>
<td>January: 10th, 17th, 24th, 31st</td>
<td>10.45am - 11.30am</td>
<td>Music and movement improves all areas of your child’s development. It helps their body and mind work together and enables children to learn new sounds and rhymes. Activities will support children in being ready for school and develop their skills further. Babies and crawlers—not walkers, please see above. <em>Please see above for room capacity</em></td>
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<td>Babies</td>
<td>February: 7th, 14th, 28th</td>
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<td>March: 7th, 14th, 21st, 28th</td>
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<td>April: 4th, 26th</td>
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<tr>
<td>Friday</td>
<td>Child Health Clinic</td>
<td>January: 4th, 11th, 18th, 26th</td>
<td>1.00pm - 2.30pm</td>
<td>Access information and advice from our Health Partners at this Child Health Clinic. Baby weighing is available during the session. <em>Please arrive at least 15 minutes before the end of the session to see a health visitor</em></td>
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<td></td>
<td>Drop In</td>
<td>February: 1st, 8th, 15th, 22nd</td>
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<td>March: 1st, 8th, 15th, 22nd</td>
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<td>April: 5th, 12th</td>
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### The Willow Children’s Centre

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<th>Information</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Young Parents Group</td>
<td>January: 7th, 14th, 21st, 28th</td>
<td>1.30pm - 3.00pm</td>
<td>Are you aged 13 -19 years old? Are you or your partner expecting a baby or do you already have a child? Our young parents group offers emotional support, practical parenting advice and an opportunity to meet parents of a similar age. You are able to access formal education leading to BTEC qualification with a free crèche facility available. We also offer a free lunch.</td>
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<td></td>
<td>Drop In</td>
<td>February: 4th, 11th, 25th</td>
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<td>March: 4th, 11th, 18th, 25th</td>
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<td>April 1st, 8th, 15th</td>
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<tr>
<td>Wednesday</td>
<td>Baby Hub</td>
<td>January: 2nd, 9th, 16th, 23rd</td>
<td>1.30pm - 3.30pm</td>
<td>Baby hubs are aimed at supporting families with babies under the age of one. We run regular parent education workshops from our baby hubs which cover topics such as infant wellbeing, managing minor illness and reducing accidents, learning through play and introducing solid foods - please see the back of this leaflet for details.</td>
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<td>Breastfeeding Support</td>
<td>February: 6th, 13th, 20th, 27th</td>
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<td>and Health Visitor</td>
<td>March: 6th, 13th, 20th, 27th</td>
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<td>advice Drop In</td>
<td>April 3rd, 10th, 17th, 17th</td>
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<tr>
<td>Wednesday</td>
<td>Parent Education</td>
<td>January: 11th, 18th, 25th</td>
<td>1.30pm - 3.30pm</td>
<td>Are you aged 13 -19 years old? Are you or your partner expecting a baby or do you already have a child? Our young parents group offers emotional support, practical parenting advice and an opportunity to meet parents of a similar age. You are able to access formal education leading to BTEC qualification with a free crèche facility available. We also offer a free lunch.</td>
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<td>Only introducing</td>
<td>February: 7th, 14th, 21st</td>
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<td>Solids is bookable - all</td>
<td>March: 7th, 14th, 21st, 28th</td>
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<td>other sessions are drop in</td>
<td>April: 3rd, 10th, 17th, 17th</td>
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<td>Friday</td>
<td>Maths Course*</td>
<td>January: 3rd, 10th, 17th, 24th</td>
<td>1.30pm - 3.30pm</td>
<td>Would you like to update your Maths skills and look at ways in which you can support your children with their learning. This 16 week course is open to all but is best for those who have no recent qualifications in Maths. Please call The Willow Centre on 03000 418800 to register your interest in future Maths courses. <em>There is no crèche with this course.</em></td>
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<td>Bookable</td>
<td>February: 7th, 14th, 21st</td>
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<td>Term only</td>
<td>March: 7th, 14th, 21st, 28th</td>
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**PLACES ARE LIMITED, PLEASE CONTACT THE CENTRE TO REGISTER INTEREST**

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Have you received any emails from us in the last three months?

You may have heard about the General Data Protection Regulation (GDPR) that came into effect on May 25th 2018. To comply with GDPR consent requirements, we need to confirm that you would like to continue to receive information from us.

We use your information to send you bulletins and updates on the services we deliver either by email or sometimes by post.

**If you would like to continue receiving our bulletin and other updates please can you let us know, you can do this either by speaking to a member of Children’s Centre reception staff.**

Link to Kent County Council’s new privacy notice.

Ray Allen Children’s Centre

Sure Steps Children’s Centre

**Monday**
- **Child Health Clinic Drop In**
  - January 7th, 14th, 21st, 28th
  - February 4th, 11th, 18th, 25th
  - March 4th, 11th, 18th, 25th
  - April 1st, 8th, 15th
  - Time: 9.30am - 11.30am
  - Access information and advice from the Health Partners at this Child Health Clinic. Baby weighing is available and breast feeding support from our Infant Feeding Champions.
  - **Please arrive at least 15 minutes before the end of the session to see a health visitor.**

**Children’s Drop In**
- January 7th, 21st
  - February: 11th, 25th
  - Time: 9.45am - 11.30am
  - An opportunity for Children’s to get together to share good practice. Come along and join other children and take part in experiences to help child development in line with the Early Years Foundation Stage. For further information group facilitators Carly Browne 07786101474 and Louise Taggart 07979786662.

**Tuesday**
- **Parent & Toddler Under 3s**
  - Drop in Term time only
  - January 8th, 15th, 22nd, 29th
  - February 5th, 12th, 19th, 26th
  - March: 5th, 12th, 19th, 26th
  - April: 2nd, 9th, 16th
  - Time: 9.30am - 11.00am
  - Drop in and enjoy the activities together at our parent & toddler group. This group enables you and your child to socialise with others, engage in experiences such as active movement and singing time. This will help your child’s development in line with the Early Years Foundation Stage.
  - **Term time only**

**Wednesday**
- **English* Bookable**
  - Drop in Term time only
  - January 9th, 16th, 23rd, 30th
  - February 6th, 13th, 27th
  - March 6th, 13th, 20th, 27th
  - April 2nd, 9th, 16th
  - Time: 9.30am - 11.30am
  - Would you like to update your English skills? Register your interest to join a 16 week course which runs in partnership with East Kent College. There is the option to take an exam to achieve an Entry Level / Level 1 or 2 qualification.

**Adult Learning Courses**
- **Bookable**
  - Drop in Term time only
  - January 21st, 28th
  - February 4th, 11th, 18th, 25th
  - March: 4th, 11th, 18th, 25th
  - April: 5th, 12th
  - Time: 2.30pm - 3.30pm
  - Various courses for all abilities. Limited crèche available.
  - Courses include: Happy Families, Stepping up to Primary School, Maths and English courses led by East Kent College also available.

**Chatter Matters**
- Drop in Term time only
  - Time: 12.30pm - 1.30pm
  - Various courses for all abilities. Limited crèche available.

**Thursday**
- **Twin Club Drop in**
  - January 4th, 11th, 18th, 25th
  - February 1st, 8th, 15th, 22nd
  - March 1st, 8th, 15th, 22nd
  - April 5th, 12th
  - Time: 9.30am - 11.30am
  - Drop into a weekly play session run by Ashford Twin Club, for multiples to enjoy craft activities, singing and outdoor play. Parents and carers can share their experiences and gain support from each other.

**Saturday**
- **Family Fun Drop in**
  - January 5th, 22nd
  - Time: 10.00am - 11.00am
  - Come along and have fun playing with your child in an informal atmosphere. This group is for parents and carers with children aged 8 and under. This group runs the 1st Saturday of every month.

**Monday**
- **Parent & Toddler Under 3s**
  - Drop in Term time only
  - January: 7th, 14th, 21st, 28th
  - February: 4th, 11th, 18th, 25th
  - March: 4th, 11th, 18th, 25th
  - April: 1st
  - Time: 9.30am - 11.00am
  - Drop in with your under 3’s and enjoy the activities together at our parent & toddler group. This group enables you and your child to socialise with others, engage in experiences such as active movement and singing time. These will help your child’s development in line with the Early Years Foundation Stage.

**Tuesday**
- **Children’s Drop In**
  - January 8th, 22nd
  - February: 1st, 12th, 26th
  - March: 12th, 26th
  - April: 9th, 23rd
  - Time: 9.30am - 11.30am
  - An opportunity for Children’s to get together to share good practice. Come along and join other children and take part in experiences to help child development in line with the Early Years Foundation Stage. For further information group facilitator Chris Jones 01233 835548.

**Wednesday**
- **Baby Signing**
  - Time: 1.30pm - 2.30pm
  - Makaton is a language programme using signs and symbols to help babies, children and adults to communicate. Research has shown that signs and gestures are easier to learn than spoken words. BabySigning if used regularly will encourage babies and children to let others know what they want, make choices, share information and understand more.

**Friday**
- **Parent & Toddler Under 3s**
  - Drop in Term time only
  - January: 11th, 18th, 25th
  - February: 1st, 8th, 15th
  - March 1st, 8th, 15th, 22nd
  - April: 5th
  - Time: 9.30am - 11.00am
  - Drop in with your under 3’s and enjoy the activities together at our parent & toddler group. This group enables you and your child to socialise with others, engage in experiences such as active movement and singing time. This will help your child’s development in line with the Early Years Foundation Stage.

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**Saturday Family Fun Drop In!**

Come along and enjoy fun experiences with your children

10.00am - 11.30am

(0-8 years)

Saturday 5th January
Saturday 2nd February
Saturday 2nd February
Saturday 6th April

The Ray Allen Children’s Centre, Stanhope Road, Stanhope TN23 5RN

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**Sure Steps Children’s Centre**

**We are here to support your family with parenting children of all ages**

**Cygnet - supporting your child with an ASD diagnosis**

A 6 week course for carers of young people aged 7-18 years with a diagnosed Autistic Spectrum condition. No crèche available.

Eligibility: Carers can self-refer or be referred by a practitioner

**Understanding yourself, Understanding your child course professional referral only**

A 6 week supportive parenting course for carers with children aged 0-19. There is limited crèche available.

Eligibility: open to Early Help / Specialist Children’s Services

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**The Solihull Parenting programme**

A 10 week programme suitable for any carer with children aged 0-18 years run by our Health Visiting team. Parents and carers often say they feel calmer, more confident and feel supported from attending the course.

Any carer who think they would benefit from attending this course can either self-refer or be referred by a practitioner. There are currently no planned courses.

Eligibility: All carers (If open to Specialist Children’s Services or Early Help see course below)

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*We are here to support your family with parenting children of all ages*

**New Parenting Drop-In**

Every week Thursday Evenings 6.00pm - 8.00pm

Ashford North Youth Hub, Mabledon Avenue, TN24 8BJ

Please drop in for advice, guidance and support. All carers caring for children aged 0-25 years including children with an additional need.

Pop in if you have any concerns about your child’s behaviour or have experienced a challenging situation or our call in service is available on 03000 471567.

*No appointment necessary*

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Ask about our parenting leaflet for more information and the referral form