Children and Families aims to make life better for children, families and communities by bringing together all these services under one roof:

- Seashells Sure Start Children’s Centre
- Seashells Nursery
- Crechecare
- Midwifery, Ante-natal, Post Natal and Health Visiting
- Children & Young People’s Mental Health Service
- The Family Foodbank

This newsletter is issued every two months for the carers and parents of children and professionals who work with us to improve outcomes for the children and families in the local community.

If you have a child or are pregnant and have not registered with Kent Children’s Centres please ask at reception or call 01795 889233 to find out more about the services we offer.

**Easter Half Term FUN!**

**Spring into Action**  
**Wednesday 10th April**  
**At The Healthy Living Centre**  
**11am - 1pm**  
Leap in to our free family Spring event. An action packed and fun-filled event full of activities, games and information for all the family.

**Easter Messy Play**  
**Wednesday 17th April**  
**At Seashells**  
**9.30-11.30**

Come and join us at Seashells for half term family fun at Seashells. Get stuck in with lots of messy play activities such as Ice, Shaving Foam, Spaghetti, Painting, Gloop and lots more activities for all the family.

For both events no need to book, just come along!
Welcome to the April & May Newsletter

Spring is a lovely time of year and makes us look forward to growth and renewal. It is the perfect time to try something new and make positive changes. Join us for our Easter events. We have Spring into Action on 10th April packed with fun activities all about staying healthy and getting active for the whole family and Messy Play on 17th April with ice, shaving foam, spaghetti, painting, gloop and lots more activities for all the family to enjoy. See the front page for more details about both of these events.

We are very excited that we will soon have a full time sensory room which is being built in the grounds of Seashells. The concrete base has been laid ready for the log cabin which will be delivered in the next few weeks. Keep an eye on Facebook for pictures and updates on the progress of the build and news of the grand opening.

There is also a new programme coming to the Island for new and expectant fathers to reflect on the changes they will be going through and the impact that a baby will have on their lives and how they can play a crucial part in enhancing their children’s growth and development. See page 4 for further details on the programme and how to book.

There will be lots more coming up in the summer, with fun activities, courses to help parents support their children starting school. Look out for news of these and see dates given below for your diary.

Pat Bacon  Children’s Centre Manager

<table>
<thead>
<tr>
<th>Dates for your Diary</th>
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<tbody>
<tr>
<td>10th April—Spring Into Action family event (Healthy Living Centre)</td>
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<td>17th April—Easter Messy Play</td>
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<td>18th May—Expectant Dads Course</td>
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<td>20th May—Stepping up to Primary Course</td>
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<td>30th May - Teddy Bears Picnic</td>
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<td>6th June—Flying Start Course</td>
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<td>22nd June—Family Fun Day</td>
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Lego Club is coming to Seashells...

Lego® Therapy was originally developed by US psychologist Daniel LeCoff (2004) (best name for the job!!) after observing two of his ASD clients, who had shown poor motivation to interact, were playing with Lego® in his waiting area and displaying positive interactions.

There is now a growing interest in the use of Lego Clubs as the benefits they bring are not exclusive to children with ASD. The groups are highly motivating and focus on encouraging social skills and children working together towards a common goal. They have been shown to improve attention, listening, problem solving and communication skills, increase language and vocabulary and have been a positive experience for those feeling vulnerable or anxious and boosted self-esteem.

Watch this space...

Term Dates

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| Government Funded   | Term 5 - 15th April - 24th May  
|                     | Term 6 - 3rd June - 22nd July  
| Stretched Funded    | Term 5/6 - 23rd April - 23rd August  

30 Hours FREE Childcare

Many 3 and 4 year olds will benefit from free early education and childcare being extended from 15 to 30 hours per week. For 3 and 4 year olds to be eligible both parents (or the sole parent in a single parent family) will need to be working to be eligible. All 3 and 4 year olds will continue to receive 15 hours free. You can check your eligibility now following the link provided: https://www.gov.uk/childcare-calculator

Dolphin After School club & Holiday Play Scheme

Seashells Nursery offer childcare for primary aged children from school finish until 6pm. We can collect from Rose Street Primary and St. Edwards Primary School or meet taxis from other schools. Tea is provided and the children will be occupied with a variety of fun learning activities. All sessions booked need to be paid for in case of absence or illness. For further details please contact the Nursery.

Seashells Nursery offer care for school age children aged 4 -12 years during half term school holidays. Children will be occupied with a fun day full of activities and outings. Places need to be booked as soon as possible.

Prices are Half day £12.80 or full day £23.40 (£1 per day for lunch or bring a packed lunch). All sessions booked need to be paid for in the case of absence or illness.

For more information see our website
Seashells book review

This much-loved classic has won millions of readers with its vivid and colourful illustrations and its simple, hopeful story. With its die-cut pages and finger-sized holes to explore, this is a richly satisfying book for children and a must-have for every one.

£3

by Eric Carle

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Stepping up to Primary

Crèche included

Would you like to:
- Support your child’s transition to Primary school
- Understand the teaching and learning that will be planned for your child and how to support them
- Share ideas to support learning at home

Course Date:
20th May 2019
(1 week only)

Time:
12:30pm — 2:30pm

Seashells Children’s Centre,
Rose Street,
Sheerness, ME12 1AW

We’re going to School

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Teddy Bears Picnic at The Beach (near K’S Casino)
this May Half Term

Wednesday 30th May

11.00-1.00

Bring along your favourite teddy Bear and join us for a picnic, bring along a healthy lunch and join in the fun at the Beach

Please remember to ‘Be Sun Safe’!
Bring sun cream, hats and drinks!

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Aqua Tots

To get your membership pack all you need to do is Pop into Seashells with your £2 joining fee, sign up and your card will be ready the following Tuesday at the Aquatots Session

Applies to NEW Aquatots members only From the 1st of April

If you have any questions / queries please contact Gaynor on 01795 667070

Every Tuesday term time only

9.30am – 10.30am
10.30am – 11.30am
At Sheerness Swimming Pool

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Sheerness Library

Learning and play for babies and pre-school children and families!

Join us on Wednesdays (starting 13th March 2019)
10.30am — 11.30am

Discover a playground of songs & rhymes, dance & more - specially for you & your pre-school child

Everyone’s welcome and the sessions are FREE!

Children must be accompanied by a responsible adult at all times.

Kent Libraries and the University of Kent are pleased to announce PLAYGROUND - an exciting new series of events and activities for pre-school children in Spring and Summer 2019.

Please speak to member of staff for more details, call 03000 41 31 31 or email sheernesslibrary@kent.gov.uk

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The Very Hungry Caterpillar

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Beyond the Bump
Dates at Seashells
4th April
9th May
9am - 12pm

See left for booking details and more information

Baby Massage

* It helps to boost baby’s immune system
* Massage enhances the bond between parents and baby
* Helps you and your baby learn how to relax
* Promotes longer, deeper sleep for your baby!

To join a course in your local area contact:

Lilypad Children’s Centre
New Road
Community Centre Minster
25th April-16th May
11.15-12.15

Ladybird Children’s Centre
Queenborough
3rd May - 24th May 9.30-10.30

Beaches Children’s Centre
Leysdown
3rd June - 24th June 2.00-3.00

To book any of the above call 03000 411313 or 03000 421277

Seashells Children Centre
Sheerness
6th June to 27th June
To book call 01795 667070
Understanding You
Understanding Your Child
Kent Parenting Programme

Friendly discussions, activities, support and information about family life and the challenges of being a parent.

Wednesday 15th May 2019 to Wednesday 17th July 2019
(No session on 29th May 2019) - 9 week course
Seashells Children and Families Centre
9 - 11.30am, Crèche provided
Booking essential on 01795 667070

Why is it important to have healthier snacks?

- Eating too much sugar can make fat build up in the body. Too much sugar can also cause tooth decay.
- Around half of our sugar comes from unhealthy snacks and sugary drinks!
- That’s why it’s important to choose healthier snacks.

For 1:1 Support to quit smoking during this pregnancy please contact Natalie on:
07483 417541
You can choose appts at Home or Clinics at times that work around you!

Smoking 1 cigarette during pregnancy...

- Is like putting your baby in a smoke-filled room for 15 minutes
- Makes your baby breathe 4,000 chemicals
- Contributes to the increased risk of cot death by 25%
- Causes your baby’s heart to beat harder
- Remember, it is never too late to stop smoking

You’re up to 4x more likely to quit successfully with NHS support. For support and advice on how to quit smoking, please follow this link: link goes here.
## A Sure Start Children's Centre

### TUESDAY
- **Bubba Club**
  - 9am - 11.00am
  - Play sessions for under 1's. Baby Sing & Sign at 10.30
  - April 2nd, 9th, 16th, 23rd & 30th
  - May 7th, 14th, 21st & 28th

- **Aquatots**
  - At Sheerness Swimming Pool
  - 9.30 –10.30am & 10.30 - 11.30am
  - Get your swimming discount card by contacting Gaynor on 889233
  - April 2nd, 23rd & 30th
  - May 7th, 14th & 21st

- **Wiggles & Giggles**
  - At Community Church Sheppey
  - 1pm - 2.30pm
  - Cooking, Parachute fun & Crafts
  - April 2nd, 23rd & 30th
  - May 7th, 14th, & 21st

- **Bookstall**
  - 9am - 3pm
  - Come and visit our stall for new books at discounted prices.
  - Prices range from only £1 - £3
  - April 2nd, 9th, 16th, 23rd & 30th
  - May 7th, 14th, 21st & 28th

- **Baby Hub**
  - 9.00am - 11.00am
  - Speak with a member of the health visiting team for advice and support
  - April 2nd, 9th, 16th, 23rd & 30th
  - *Health Visitor Workshops in April see page 5*
  - May 7th, 14th, 21st & 28th

- **Breastfeeding Support Group**
  - 9.00-11.00am
  - Support from a trained health professional. Meet other breastfeeding mums and our peer supporters
  - April 2nd, 9th, 16th, 23rd & 30th
  - May 7th, 14th, 21st & 28th

- **Tuesday Pilates**
  - 5.15pm - 6.15pm
  - Pilates is a safe and effective form of exercise for the mind and body that will enable you to look and feel your very best.
  - £4 per person
  - April 2nd, 9th, 16th & 23rd
  - May 7th, 14th, 21st & 28th

### WEDNESDAY
- **Wacky Wednesdays**
  - At Community Church Sheppey
  - 1pm-2.30pm
  - Learning through play
  - April 3rd & 24th
  - May 1st, 8th, 15th & 22nd

- **Play and Giggles**
  - 1pm-2.30pm
  - Learning & exploring through play for babies and toddlers up to 24 months
  - April 4th & 25th
  - May 2nd*, 9th, 16th & 23rd
  - *2nd May will be an outing out. Please ask at reception for details or check Facebook for updates

### THURSDAY
- **Health Clinics based at your Health Visitors Workshops in April**
  - **Midwives & Antenatal**
    - Every day by appointment only.
  - **Newborn Hearing Clinic**
    - Fortnightly by appointment only.
  - **Duty Health Visitor**
    - Telephone 0300 1234 014 to speak to a duty health visitor Monday to Friday, 9am-5pm.

### FRIDAY
- **Fun Time Friday**
  - 9.30am - 11am
  - A fun and social group run by parents for parents and their preschool children
  - April 5th & 26th
  - May 3rd, 10th, 17th & 24th

- **Baby Massage Course**
  - 10.30am - 11.30am
  - A completely relaxing and pleasurable experience, it helps boost baby’s immune system, enhances your bond and helps promote longer deeper sleep.
  - SEE PAGE 9 for more information and course dates

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**Group Themes**

- **April Groups**
  - Easter and Spring Activities
- **May Groups**
  - Health Lifestyles and Healthy Eating.
  - To get a taster pop along to our Spring Into Action event on 10th April at the Healthy Living Centre

**Reminder**

Groups, activities and events at Seashells are

**NO PHONE ZONES**

For more information on any of the above ask at Reception or call 01795 667070 or LIKE us on FACEBOOK to find out everything that is going on!