



Barnardo's Peterborough January - March 2019

You will discover much more than you think at your local Barnardo's Children's Centre!

If you are expecting a baby or have a child/children aged 0-5 years we will support you to ensure that:

- Your child is ready for school.
- You are equipped to give your child the best start in life.
- Your family experiences good health and well-being.

First Steps Children's Centre

20 Scafford Drive, PE1 4TR
Tel: 01733 295860

East Children's Centre

21 Durham Road, PE1 5JU
Tel: 01733 894028

Fulbridge Children's Centre

Keeton Road, PE1 3JQ
Tel: 01733 891251

Gladstone Children's Centre

Gladstone Street, PE1 2BZ
Tel: 01733 343366

We also offer special events and occasional courses and/or events at:

Olive Branch Community Garden

Olive Road, Dogsthorpe, PE1 4PT

Iqbal Centre / Gladstone Connect

157 Cromwell Road, PE1 2EL



What is a Children's Centre?

A friendly and welcoming meeting place where you can access services such as:

- * **Health Visitors** *
- * **Midwifery** *
- * **Early Years Education** *
- * **Family Support** *

A safe environment for you and your children to play and learn together.

Please look through this programme to see all of the services on offer.



CONTENTS

Children's Centre Rules & Behaviour	Page 3
Universal Services – Everyone Welcome	Pages 4-5
East Children's Centre	Page 6
First Steps Children's Centre	Page 7
Fulbridge Children's Centre	Page 6
Gladstone Children's Centre	Page 7
Bookings/Referrals Only	Pages 8-9
Ready to Start School	Page 10
Book Theme	Page 10
Families Information Service	Page 11
2, 3 & 4 Year Old Nursery Education	Page 11
Funding	
Volunteering	Page 12



Our Children's Centres offer a safe and fun environment for children to learn through play and to socialise.

Please remember to supervise your child at all times inside and outside the centres.

If you feel that you need support with the issues listed below please speak to a member of staff.

Your child's behaviour



- ⊗ Hitting
- ⊗ Pinching
- ⊗ Pushing
- ⊗ Biting
- ⊗ Kicking
- ⊗ Throwing



- ☺ Taking turns
- ☺ Playing together
- ☺ Asking nicely for things
- ☺ Sharing

Tips for dealing with behaviour issues



- Never ...**
- ⊗ smack
 - ⊗ shout/swear
 - ⊗ humiliate
 - ⊗ isolate



- Always ...**
- ☺ encourage playing together
 - ☺ praise your child for good behaviour
 - ☺ encourage taking turns and sharing
 - ☺ be consistent and keep language simple



If you have any concerns regarding a child please call Children's Social Care:

(9.00am-5.00pm) - 01733 864180
(Out of Hours) - 01733 234724

or for any medical emergencies call City Care Centre (Minor Injuries): 01733 293800

Universal Services – Everyone Welcome:

Baby Time provides a wonderful opportunity for you to help your baby to use their early senses to explore and develop their social skills in a relaxed and calm environment. Sessions provide time for parents/carers to make new friends, share their ideas or concerns and obtain information whilst gaining knowledge of their babies' growth and development. **Suitable from birth to walking.**



Baby Café is an informal drop-in session providing access to information and support for antenatal/postnatal mums. Come along and join us for a drink and a chat, access help, advice and information regarding breastfeeding. For more information ask your Health Visitor, Midwife or a member of staff.



Stay & Play and **Come & Play** are informal drop-in sessions providing a safe and stimulating learning environment in which parents/carers can play with their children and have fun and learn together whilst focusing on developing their child's language, literacy and preparing their child for school.



Messy Play is a fun play session for children aged from birth to 5 years. Be prepared to get messy; please wear old clothes. We have lots of sensory play activities such as water, sand, playdough, foam, gloop and paint. Messy play encourages co-ordination, including hand-eye skills which are essential for developing early writing as children practice these fine, precise movements over and over again without even knowing it during play.



Sensory Learning Group offers support to children with additional needs and their parent's/carers. Portage, Early Years and Family Support staff are available in sessions to offer advice and support to families. The group provides a safe space for children to play and learn by exploring a range of sensory activities.



Rhyme Time is our new one-hour singing session using teddy bears, musical instruments, parachutes and pompoms.



Parents United Drop-in is all about being a parent/carer. If you have a child or children under 19 then come along and join us. You don't have to bring the children with you, but of course they are always welcome – we have activities to keep them amused, but our main priority is YOU.



Child Health Clinics are held at our children's centres and are an excellent place to come and get your baby weighed, pick up health information and get advice from our Health Visiting Team. It is also a great place to meet other mums, dads and their babies. If you need to contact your Health Visitor, telephone 01733 295863.



SALT: Speech & Language Therapy Drop-in (Peterborough)

Do you have any concerns with your child's speech, language and communication skills? This may include difficulties with:

- understanding;
- vocabulary;
- stammer;
- clearness of speech;
- sentences.



Please come along to one of our drop-in sessions to talk about your child's speech, language and communication with a Speech and Language Therapist or Assistant. Our drop-in sessions are held at clinics, health centres and children's centres across the city. To find the next session please visit:

<http://www.cpft.nhs.uk/training/peterborough-paediatric-speech-and-language-therapy-service.htm>

or Google: Peterborough speech and language therapy drop-in sessions.

Baby Massage provides a perfect opportunity to build the bond between parent and baby and helps to reduce pain from colic, wind and constipation whilst also helping to promote a healthy immune system.



Benefits to baby include:	Benefits to parents include:
<ul style="list-style-type: none"> • Promotes bonding and secure attachment; • Improved learning ability; • One to one quality time; • Improves sleep patterns; • Enhances language development; • Reduces stress and hyperactivity; • Health benefits. 	<ul style="list-style-type: none"> • Better understanding of their baby; • Improved parenting skills; • Decreases stress hormones; • Increases anti-stress hormones. • Reduces social isolation. • Decreases the effects of postnatal depression.

East Children's Centre

Mon	<ul style="list-style-type: none"> - 9.00am-5.00pm - 10.00am-11.00am - 12.30pm-3.30pm 	<ul style="list-style-type: none"> - Midwife - Baby Time - Paediatric Speech & Language Therapy 	<ul style="list-style-type: none"> - Appointments only - Drop-in, Page 4 - Referrals only
Tues	<ul style="list-style-type: none"> - 9.00am-5.00pm - 9.30am-12.30pm - 1.00pm-2.30pm - 1.00pm-2.15pm 	<ul style="list-style-type: none"> - Midwife - Webster Stratton - Baby Café - Toddler PEEP 	<ul style="list-style-type: none"> - Appointments only - Bookings only, Page 8 - Drop-in, Page 4 - Bookings only, Page 8
Wed	<ul style="list-style-type: none"> - 9.00am-5.00pm - 9.45am-11.15am - 12.30pm-3.30pm - 12.30pm-2.30pm 	<ul style="list-style-type: none"> - Midwife - Stay & Play - Early Words & Signs - Webster Stratton 	<ul style="list-style-type: none"> - Appointments only - Drop-in, Page 2 - Referrals only - Bookings only, Page 8
Thurs	<ul style="list-style-type: none"> - 9.00am-5.00pm - 10.00am-11.15am - 10.45am-12.00pm - 12.30pm-2.30pm 	<ul style="list-style-type: none"> - Midwife - Baby PEEP - Child Health Clinic - Freedom Programme 	<ul style="list-style-type: none"> - Appointments only - Bookings only, Page 8 - Drop In, Page 4 - Bookings only, Page 8
Fri	<ul style="list-style-type: none"> - 9.00am-4.00pm - 10.00am-11.15am - 1.00pm-3.00pm 	<ul style="list-style-type: none"> - Midwife - Messy Play - Antenatal Classes 	<ul style="list-style-type: none"> - Appointments only - Drop in, Page 2 - Bookings only, Page 8

Fulbridge Children's Centre

Mon	<ul style="list-style-type: none"> - 9.30am-11.30am - 12.30pm-2.45pm 	<ul style="list-style-type: none"> - Speech & Language Therapy - Health Exercise Nutrition for the Really Young (HENRY) 	<ul style="list-style-type: none"> - Drop-in <u>only on certain days</u>, Please see our Receptionist for information - Bookings only, Page 9
Tues	<ul style="list-style-type: none"> - 10.00am-11.45am - 1.45pm-2.45pm 	<ul style="list-style-type: none"> - Come & Play - Rhyme Time 	<ul style="list-style-type: none"> - Drop-in, Page 4 - Drop-in, Page 4
Wed	<ul style="list-style-type: none"> - 10.00am-11.15am - 1.30pm-2.30pm 	<ul style="list-style-type: none"> - Messy Play - Let's Get Physical 	<ul style="list-style-type: none"> - Drop-in, Page 4 - Bookings only, Page 9
Thurs	<ul style="list-style-type: none"> - 9.00am-10.45am - 11.00am-12.00pm - 1.30pm-2.30pm 	<ul style="list-style-type: none"> - Child Health Clinic - Development Checks - Sensory Learning 	<ul style="list-style-type: none"> - Drop-in, Page 4 - Appointments only - Drop In, Page 4
Fri	<ul style="list-style-type: none"> - 10.00am-11.00am 	<ul style="list-style-type: none"> - Baby Time 	<ul style="list-style-type: none"> - Drop in, Page 4

First Steps Children's Centre

Mon	<ul style="list-style-type: none"> - 9.00am-5.00pm - 9.00am-12.30pm - 10.00am-11.15am - 1.00pm-2.45pm - 1.30pm-2.30pm 	<ul style="list-style-type: none"> - Midwife - Mums Matter - Toddler PEEP - Child Health Clinic - Baby Time 	<ul style="list-style-type: none"> - Appointments only - Bookings only, Page 9 - Bookings only, Page 8 - Drop In, Page 4 - Drop In, Page 4
Tues	<ul style="list-style-type: none"> - 9.00am-5.00pm - 9.00am-3.00pm - 12.00pm-2.30pm 	<ul style="list-style-type: none"> - Midwife - CHUMS - Parents United 	<ul style="list-style-type: none"> - Appointments only - Bookings only, Page 9 - Drop-in, Page 2
Wed	<ul style="list-style-type: none"> - 9.00am-5.00pm - 9.00am-1.00pm - 10.00am-11.00am - 1.00pm-5.00pm 	<ul style="list-style-type: none"> - Midwife - MASG - 0 to Walking PEEP - CHUMS 	<ul style="list-style-type: none"> - Appointments only - Referrals only - Bookings only, Page 8 - Bookings only, Page 9
Thurs	<ul style="list-style-type: none"> - 9.00am-5.00pm - 9.45am-11.15am - 12.00pm-3.00pm 	<ul style="list-style-type: none"> - Midwife - Stay & Play - Connecting Mums 	<ul style="list-style-type: none"> - Appointments only - Drop In, Page 4 - Bookings only, Page 9
Fri	<ul style="list-style-type: none"> - 9.00am-4.00pm - 10.00am-11.15am - 1.00pm-3.00pm 	<ul style="list-style-type: none"> - Midwife - Messy Play - SALT: Parent/Child Interaction 	<ul style="list-style-type: none"> - Appointments only - Drop in, Page 2 - Referrals only

Gladstone Children's Centre

Mon	<ul style="list-style-type: none"> - 9.00am-4.30pm - 9.45am-11.15am 	<ul style="list-style-type: none"> - Midwife - Stay & Play 	<ul style="list-style-type: none"> - Appointments only - Drop-in, Page 4
Tues	<ul style="list-style-type: none"> - 9.00am-4.30pm - 3.30pm-5.00pm 	<ul style="list-style-type: none"> - Midwife - CGL Young Parents Group 	<ul style="list-style-type: none"> - Appointments only - Referrals only
Wed	<ul style="list-style-type: none"> - 9.00am-4.30pm - 10.00am-11.00am - 11.00am-11.55am - 12.30pm-2.30pm 	<ul style="list-style-type: none"> - Midwife (Bloods Clinic) - Baby Time - Child Health Clinic - Webster Stratton Course 	<ul style="list-style-type: none"> - Appointments only - Drop-in, Page 4 - Drop-in, Page 4 - Bookings only, Page 8
Thurs	<ul style="list-style-type: none"> - 9.00am-4.30pm - 10.00am-12.00pm - 10.00am-11.15pm 	<ul style="list-style-type: none"> - Midwife - Hidden Harm - Messy Play 	<ul style="list-style-type: none"> - Appointments only - Referrals only - Drop-in, Page 4
Fri	<ul style="list-style-type: none"> - 9.00am-3.00pm - 9.30am-12.00pm - 9.30am-12.00pm 	<ul style="list-style-type: none"> - Midwife - Speech & Language Therapy - Roma Parents Group 	<ul style="list-style-type: none"> - Appointments only - Drop-in <u>only on certain days</u>, Please see our Receptionist for information - Drop-in

Iqbal Centre / Gladstone Connect

Tues	<ul style="list-style-type: none"> - 9.45am-11.00am - 9.45am-11.00am 	<ul style="list-style-type: none"> - Stay & Play - Development Checks 	<ul style="list-style-type: none"> - Drop-in, Page 4 - Appointments only
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Bookings/Referrals Only:

Webster Stratton is a 12 week accredited parenting course designed for parents/carers to help with challenging behavior. This course aims to increase confidence in parenting and provides a toolkit which will work for the whole family and helps improve relationships within the family. The course provides an opportunity to share ideas and techniques in a friendly, relaxed group. PLEASE NOTE: Crèche places are limited and will need to be booked in advance. For further details contact: Jo Lawrence/Cathy Bates on 01733 894028 or email jo.lawrence@barnardos.org.uk or cathy.bates@barnardos.org.uk



The Freedom Programme is a 10 week course examining the attitudes and beliefs around the actions of abusive males and the responses of victims and survivors. The programme describes in detail how children are affected by being exposed to this kind of abuse and, very importantly, how their lives are improved when the abuse is removed. For further details contact: Jo Lawrence/Cathy Bates on 01733 894028 or email jo.lawrence@barnardos.org.uk or cathy.bates@barnardos.org.uk



ECAT (Every Child a Talker) provides one to one sessions for a parent/carer with a child aged 2 years or more who may have speech delay or unclear speech. We help to support and promote your child's social skills; their listening and attention; and their understanding of speech and sounds. Please ask for further details at Reception if you would like to attend ECAT with your child.



Midwifery and Antenatal Classes – All available dates, times and venues are on the North West Anglia NHS website:

Go to www.nwangliaft.nhs.uk

Click on: Maternity > I'm pregnant > Peterborough City Hospital > Antenatal Classes

Scroll down and click on either:

- Session 1: Preparation for Birth
- Session 2: Care of the Newborn and New Patients

Decide on your day, venue and time and book by emailing:

nwangliaft.pregnancyreferrals@nhs.net

Midwifery also runs a homebirth and breastfeeding workshop from the hospital.



PEEP offers an effective way of helping parents and carers improve their children's life chances by making the most of everyday learning opportunities by listening, talking, playing, singing and sharing books and stories together. We have a number of PEEP courses available, including Antenatal PEEP - especially for expectant mums and dads.

If you would like more information or if you want to put your name down for a PEEP course just talk to a member of staff in any of our centres.



CHUMS is a Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways. CHUMS has developed a unique service delivery model to ensure that children and young people are able to access a service that supports their individual needs. CHUMS employ a multi-disciplinary team of professionals with backgrounds in psychology, social work and counselling, as well as other qualified and experienced practitioners who:



- Understand the issues facing children and young people;
- Have the skills to effectively support them;
- Can deliver evidence based interventions to improve the mental health and emotional wellbeing of children and young people.

CHUMS programmes of support build resilience and promote good mental health within the framework of prevention and early intervention support for mental health difficulties.

Referrals can be made on CHUMS website either by a professional, parent/carer, or the young person themselves. It is very quick and easy. Simply click on: <http://chums.uk.com/refer/>

Mums Matter deliver 8 sessions over 8 weeks for women who are experiencing Perinatal Mental Health. The sessions are aimed at women who are experiencing worrying thoughts, anxiety and postnatal depression and will provide them with a collection of tools and reminders to nurture themselves to keep well.

Mums Matter:

- dispel the myths;
- help you manage the everyday;
- help you nurture yourself because being a mum is hard enough.

There is no way to be a perfect mother, but a million ways to be a good one.

Mums Matter

To book a place on **Mums Matter** or **Connecting Mums** please contact the perinatal team on (01733) 362990 or email: connectingmums@cpslmind.org.uk

HENRY (Health Exercise Nutrition for the Really Young) is free to join and is for parents/carers of children aged 0 to 5 years and helps you give your child the best possible start in life. HENRY is a nine-week course. For information on dates or to book onto a course please keep an eye out in the centres or ask any member of staff for more information.



Let's Get Physical is a four week course highlighting the many ways children can be active and helps parents to create exciting physical activities to help support their child's gross and fine motor skills, whilst encouraging them to engage and love being on the move. This course also focuses on manipulative skills needed to be able to read and write. This course will start on Wednesday 16th January 2019 at Fulbridge Children's Centre for 4 weeks, 1.30 – 2.30pm. To book a place just talk to a member of staff in any of our centres.





START is an easy guide to help your child to be ready for school, ready to learn and ready to succeed. By helping your child to be prepared for school, it will build their confidence so that they start school confident, curious and ready to learn. Using positive encouragement can enable your child to feel good about themselves.

Our **START** courses last for 5 weeks and if you would like to book a place on one of these courses please contact the Children's Centre that you wish to attend. Contact details can be found on the front cover of this booklet.

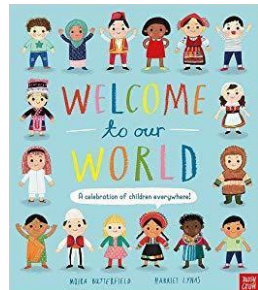
Keeping to the **START** theme, there will be guides to take away including tips and activities around the key areas research shows are important to primary school starters:

- **S**hoes, socks and putting on clothes (being more independent);
- **T**alking, listening, sharing and following instructions (concentration skills);
- **A**sking for help (building confidence);
- **R**eady to try different foods and utensils (being more intrepid);
- Using the **T**oilet on their own.

You are your child's first teacher and by using these tips your child will be ready to learn, feel good about themselves and be happy to start school.

Our new book theme will be "Welcome to our World" – a celebration of children everywhere.

Children may have different home languages but so much more in common with each other.



Families Information Service

Peterborough's Families Information Service (FIS) provides free information, advice and assistance to parents, carers and professionals on a wide range of topics including details about local childcare facilities:
Pre-schools - Day Nurseries - Childminders

They can also offer advice about free entitlement for childcare, how to pay for childcare and financial benefits for families.

You can contact the FIS Monday to Friday between 9.00am-5.00pm on 01733 864446



Further information is available from Families Information Service
Tel: 01733 864446 or email: FIS@peterborough.gov.uk
Websites: www.peterborough.gov.uk/FIS or
www.peterborough.gov.uk/30hoursfree

You may also access this information via Facebook at
www.facebook.com/peterboroughearlyyearsandchildcare

30 hours of free childcare - will my child get it and how to apply?

Will my child get it?

Not necessarily as not everyone is eligible. But everyone **will** still receive the 15 hours free childcare that is currently available.

Eligibility rules for 30 hours free childcare:

- Your child will be aged 3 or 4 when the scheme starts in your area;
- Both parents must be working - or the sole parent is working in a lone parent family;
- Each parent earns, on average, a weekly minimum equivalent to 16 hours at National Minimum Wage;
- Each parent must have an annual income of less than £100,000;
- You live in England.



A leaflet with more information about 30 hours free childcare funding and how to apply is now available at all of our Children's Centres.

Does your child qualify?

For more details and a full list of criteria visit:
www.peterborough.gov.uk/freefortwos

Almost 1000 two year olds in Peterborough are entitled to access a free childcare place for up to 15 hours per week.

It is really easy to check if you qualify!!

Peterborough Families Information Service can check online for an instant result or call your local Children's Centre for help and advice. Working families with an income of less than £16,190 can now apply.

Free childcare for



Posters about any special events will be found at your local centre

Volunteering for Barnardo's

Our volunteers play a vital role and make a big difference by performing essential and supportive tasks to complement our paid staff. Volunteering benefits our staff, our services users, donors and volunteers themselves.



We are currently looking for volunteers to support our Early Years and Admin/Reception staff.

For more information and to request a Volunteer Application Pack just contact our Volunteer Co-ordinator, Haroon Bhabha on 01733 894028/07763 579688 or send an email to haroon.bhabha@barnardos.org.uk

Children's Services Manager - Lynn McNish
Tel: 01733 295860 lynn.mcnish@barnardos.org.uk

Team Manager - Sherrie Courten
Tel: 01733 894026 sherrie.courten@barnardos.org.uk

For general enquiries:
peterboroughadminteam@barnardos.org.uk