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 wellbeing.

East Children’s Centre Tel: 01733 894028

Our main base is at:
First Steps Children’s Centre
Scalford Drive
Peterborough
PE1 4TR
Tel: 01733 295860

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.

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 by gaining new skills, knowledge, experience, build your confidence and meet new people.
To request a Volunteer Application Pack contact our Volunteer Co-ordinator, Haroon Bhabha on 01733 894028/07763 579688 or send an email to haroon.bhabha@barnardos.org.uk

START is an easy guide to help your child to be ready for school.

- Shoes, socks and putting on clothes (being more independent);
- Talking, listening, sharing and following instructions (concentration skills);
- Asking for help (building confidence);
- Ready to try different foods and utensils (being more intrepid);
- Using the Toilet on their own.

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

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
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

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**Monday**

**Midwife**  
(appointments only)  
9.00am-5.00pm

**Baby Time** (Drop-in)  
10.00am-11.00am

**Baby Massage**  
(bookings only)  
Starts 20 January-24 February  
1.00pm-2.00pm

Providing a perfect opportunity to build the bond between parent and baby; helping to reduce the pain from colic, wind and constipation whilst also helping to promote a healthy immune system. Lots of benefits for mother and baby.

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**Tuesday**

**Midwife**  
(appointments only)  
9.00am-5.00pm

**Baby Café**  
(Drop-In)  
1.00pm-2.30pm

**Stay and Play**  
(bookings only)  
9.45am-11.15am

**Let’s Get Physical**  
(bookings only)  
1.30pm-2.30pm

Starts 15th January-4th February

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**Wednesday**

**Midwife**  
(appointments only)  
9.00am-5.00pm

**Baby PEEP**  
(bookings only)  
10.00am-11.00am

**Child Health Clinic**  
(Drop-in)  
10.45am-12.00pm

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**Thursday**

**Midwife**  
(appointments only)  
9.00am-5.00pm

**Baby PEEP**  
(bookings only)  
10.00am-11.00am

**ECAT**  
(Drop-in)  
Second Friday of every month  
Starting 10th January  
1.30pm-2.30pm

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**Friday**

**Midwife**  
(appointments only)  
9.00am-5.00pm

**Messy Play**  
(Drop-in)  
10.00am-11.15am

**Antenatal Classes**  
(bookings only)  
1.00pm-3.00pm

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**Venue addresses**

- **First Steps Children’s Centre**  
  20 Scaford Drive, PE1 4TR  
  Tel: 01733 295860

- **Fulbridge Children’s Centre**  
  Keeton Road, PE1 3JQ  
  Tel:01733 891251

- **Gladstone Children’s Centre**  
  Gladstone Street, PE1 2BZ  
  Tel:01733 343366

- **100A Central Avenue, PE1 4LJ**  
  Tel: 01733 893276

- **Olive Branch Community Garden**  
  Olive Road, Dogsthorpe, PE1 4PT

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**Look out for Half Term events in your local children’s centre.**

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**Midwifery and Antenatal Classes**  
All available dates, times and venues are on the North West Anglia NHS website: Go to [www.nwangliaft.nhs.uk](http://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](mailto:nwangliaft.pregnancyreferrals@nhs.net)

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

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**Child Health Clinics** are held at our Children’s Centre’s on Mondays at First Steps Children’s Centre 1.00pm-2.45pm, Wednesdays at Gladstone Children’s Centre 11.00am-12.00pm, and Thursdays at East Children’s Centre 10.45am-12.00pm.  
These are excellent places 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 777937.  
There will be no clinics on **Wednesday 8th January or 22nd April** due to Health Visitor training.  
**Gladstone Children’s Centre will be closed February Half term.**

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**We also offer parenting courses.**  
For more information contact Jo Lawrence at East Children’s Centre on 01733 894028. or email: jo.lawrence@barnardos.org.uk