

Blenheim Children's Centre

(Weekly Timetable w/c 13.01.20 term time only)

Monday

9.00 Running Club – meet in the café prior to the run, this will be local with Natalie from Wellbeing Warriors, for more information please contact Natalie on 07856 766221.

9.00-4.00 Antenatal Midwife Booking Clinic (by appointment only)

10.00-4.00 Counsellor
(by appointment only)

To be added to the waiting list, please ring the children's centres.

11.00-12.00 Active Mum & Baby Pilates

6 sessions' 06.01.20-10.02.20, 24.02.20-30.03.20. Ring 01702 567 327 to book your space with Active Life.

1.30-2.30 Messy Play

Build your child's confident with different types of texture and fun. £2 donation, no need to book just turn up.



Tuesday

9.30-10.30 Wellbeing Warriors

Starting 14.01.20-11.02.20 looking at healthy lifestyles and putting a plan in place. Booking is essential contact Natalie 07856 766 221.

11.00-12.00 Wellbeing Warriors Beginners Class
Starting 14.01.20-11.02.20 ring Natalie 07856 766 221 for more details and to book your space.

4.45-6.15 Young Carers Group for more information ring 01702 393933.

9.00-12.30 Asthma & Allergy Clinic (by appointment only)
14.01.20, 11.02.20, 10.30.20

12.00-4.00 Asthma & Allergy Clinic (by appointment only)
28.01.20, 25.02.20, 24.03.20



Wednesday

9.00-4.00 Antenatal Midwife Clinic (by appointment only)

10.00-11.30 HICCUPS
Stay & play group for pre-school hearing impaired children and their parents/carers, inc play, craft, singing and listening games/activities and a snack (2nd & 4th Wednesday of each month term time only)
Contact Sue Payne 07826 875912 starting 08.01.20.

1.30-3.00 Child Health Clinic
Please arrive no later than 30 minutes before the end of the clinic to avoid disappointment.

1.30-3.00 1:1 Breastfeeding Support (booking required via your health visitor)

10.00-11.00 Baby Massage
4 week course booking required ring the children's centre 22.01.20-12.02.20 £8 payable first session.



Thursday

9.00-4.00 Antenatal Midwife Clinic (by appointment only)

9.00-4.00 Postnatal Clinic
(by appointment only)

9.30-10.15 Happy House
(walkers to 4 yrs) run by Hartbeeps.

10.30-11.15 Baby Beeps
(sitting to walking babies) run by Hartbeeps.

11.30-12.15 Baby Bells
(newborn to sitting babies) run by Hartbeeps. For more information on Hartbeeps groups and to book please email emma@hartbeeps.com.

3.30-5.30 EPUNFT
Immunisations (by appointment only) 13.02.20.



Friday

9.00 Running Club – meet in the café prior to the run, this will be local with Natalie from Wellbeing Warriors, for more information please contact Natalie on 07856 766 221.

9.30-11.00 Stay & Play
Explore and learn with your child through fun and interactive activities. There is a section for non-walkers/babies. £1 donation, no need to book just turn up.

9.00-4.00 Asthma & Allergy Clinic (by appointment only)
10.01.20, 14.02.20, 13.03.20

9.00-12.30 Asthma & Allergy Clinic (by appointment only)
24.01.20, 28.02.20, 27.03.20

9.00-12.15 EPUT Speech & Language Triage (by appointment only)
17.01.20, 31.01.20, 07.02.20, 21.02.20, 06.03.20, 20.03.20





Southend Children's Centres
01702 220810

Blenheim Children's Centre

Stay & Play – A weekly themed activity session for children aged between 0 – 5 years. 1 hour of play followed by a healthy snack and drink. The session is finished with a 10-minute song time. £1 donation per child no need to book

Messy Play – A messier weekly themed activity session for children aged between 0 – 5 years. These sessions last for an hour and encourages children to explore. (We recommend bringing wipes/towel to these sessions). £2 donation per child no need to book.

Wellbeing Warriors –
Running Club - meet in Blenheim Children's Centre prior to run. Local run with Natalie from Wellbeing Warriors for more info please call 07856 766 221.
Wellbeing Warriors indoor classes (beginners classes available please call Natalie for more info).

Counsellor – By appointment only – please call the centre to be added to the waiting list.

Active Life Sessions – Variety of parent & baby exercise sessions. Please call 01702 567 327 for more information or to book your space.

HICCUPS – Stay & Play group for hearing impaired children and their carers for more information please contact Sue Payne 07826 875 912.

Child Health Clinic – drop-in health clinic to weigh your baby and meet professionals for support/advice. (These clinics are very busy – please arrive at least 30 minutes before the end of clinic time to ensure you are seen).

1:1 Breastfeeding Support – One to one breastfeeding support appointment with a health professional. Appointment only – speak to your health visitor to book.

Information about this centre –

Address –

Blenheim Children's Centre
Blenheim Chase
Leigh on Sea
SS9 4HX

Contact info –

01702 220 810 opt 3

Blenheim Children's Centre has a free to use car park that is open between 9.15am and 2.30pm.

There is a community café on site serving hot food, snacks and drinks between 11am and 3pm.

Computers provided for internet use. (No printing facilities within the centre)



@familyaction-southendchildrenscentres