

Southend Children's Centres – 01702 220810

West Locality

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

Prince Avenue Children's Centre, Hornby Avenue, Westcliff on Sea, Essex SS0 0LG

Eastwood Children's Centre, Eastwood Primary School, Rayleigh Road, Leigh on Sea, Essex SS9 5UT

Central Locality

Cambridge Road Children's Centre, 40-42 Cambridge Road, Southend on Sea, Essex SS1 1ES

Centre Place Children's Centre, Prospect Close, Southend on Sea, Essex, SS1 2JD

Summercourt Children's Centre, Milton Hall Primary School, Summercourt Road, Westcliff on Sea, Essex, SS0 7AT

East Locality

Friars Children's Centre, Friars Primary School, Constable Way, Shoeburyness, Essex SS3 9XX

Hamstel Children's Centre, Hamstel Infant School, Hamstel Road, Southend on Sea, Essex SS2 4PQ

Temple Sutton Children's Centre, Eastern Avenue, Southend on Sea, Essex SS2 4BA



Building
stronger
families

Southend Children's Centres

01702 220810

JANUARY – MARCH 2018

What's on in your local

Children's Centre!

w/c 8th January 2018



West Locality

Blenheim Children's Centre

| Monday | Tuesday | Wednesday |
|---|---|---|
| <p>9.30 – 11.30 Stay & Play at Westleigh Baptist Church £1. Donation</p> <p>9.30 – 10.30 Messy Play Build your child's confidence with different types of play, texture and craft £1 donation</p> <p>10.00-4.00pm Counsellor By appointment only, ring to be put on waiting list.</p> <p>1.30– 3.00pm Baby Time & Breastfeeding Support For new parents to socialise, learn and have fun with their babies, breastfeeding support will be available from trained staff. £1 donation</p> <p>Asthma & Allergy Clinics (AM) 08/01, 22/01, 12/02, 26/02, 12/03, 26/03</p> | <p>Asthma & Allergy Clinics (am) 09/01, 13/02, 13/03</p> | <p>9.00 – 4.30 Antenatal Midwife Clinic 10.00-11.30 -HICCUPS Stay & play group for pre-school hearing impaired children and their parents/carers, includes play, craft, singing and listening games/activities and snack (2nd & 4th Wednesday of each month term time only starting 10.01.18.) Contact Sue Payne for further information 07826 875912</p> <p>1.30 – 3.00 Child Health Clinic Come along to meet Health Visitors, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment.</p> |
| Thursday | Friday | |
| <p>9.30 – 10.15 Happy House (walkers to 4yrs) Hartbeeps</p> <p>10.30-11.15 Baby Beeps (sitting to walking babies) Hartbeeps</p> <p>11.30-12.15 Baby Bells (newborn to sitting babies) Hartbeeps emma@hartbeeps.com to book</p> <p>Antenatal Midwife Clinic 9.00 – 4.30</p> | <p>9.30 – 11.00 Stay and Play Build your child's confidence with different types of play, texture and craft. £1 contribution.</p> <p>Asthma & Allergy Clinics (AM) 12/01, 26/01, 09/02, 23/02, 09/03, 23/03</p> <p>8.45-12.30 Speech & Language 19/01, 02/02, 16/02, 02/03, 16/03</p> | |

BABY TIME & BREASTFEEDING SUPPORT

Monday

Hamstel Children's Centre – 9.30am-11.00am

Blenheim Children's Centre – 1.30pm-3.00pm

Tuesday

Friars Children's Centre 1.00pm -2.30pm

Wednesday

Eastwood Children's Centre 9.30am-11.00am

Cambridge Road Children's Centre 9.30am-11.00am

Thursday

Temple Sutton Children's Centre 9.30am-11.00am

Centre Place Children's Centre 1.00pm-2.30pm

Baby Time is for new parents to socialise, learn and have fun with their babies. £1 suggested donation.





Adult Learning

Maths

Refresh your Maths skills and obtain a nationally recognised qualification on this free course.

| | | |
|----------|----------------------|-------------------------------|
| Friars | - Monday 9.15-11.15 | free crèche 02.10.17-23.04.18 |
| Hamstel | - Monday 12.30-2.30 | free crèche 02.10.17-23.04.18 |
| Eastwood | - Tuesday 12.30-2.30 | free crèche 12.09.17-13.03.18 |

English

Refresh your English skills and obtain a nationally recognised qualification on this free course.

| | | |
|-------------|--------------------------|-------------------------------|
| Summercourt | - Monday 9.30 – 11.30 | free crèche 02.10.17-23.04.18 |
| Blenheim | - Wednesday 9.15 – 11.15 | free crèche 04.10.17-28.03.18 |
| Friars | - Thursday 9.15 - 11.15 | free crèche 02.10.17-29.03.18 |

ESOL

This course supports parents/carers from different countries to develop their English Language skills and become a confident speaker of the English language on this free course.

| | | |
|--------------|--------------------------|-------------------------------|
| Centre Place | - Monday 9.15 – 11.15 | free crèche 02.10.17-23.04.17 |
| Summercourt | - Wednesday 12.45 - 2.45 | free crèche 04.10.17-28.03.18 |

Prince Avenue Children's Centre

| Monday | Tuesday | Wednesday |
|--|---|-----------|
| <p>12.30 – 3.00 Parent Craft 3 informative sessions with a midwife for ante-natal parents preparing for the birth of their child. First 3 Mondays of each month. 08/01-22/01 05/02-19/02 05/03-19/03</p> | <p>9.30 – 11.00 Child Health Clinic Come along to meet Health Visitors, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment.</p> <p>1.00-3.00 Family Opportunities Parenting Programme 23/01-06/03 (term time only) A 6 week positive parenting programme to strengthen family relationships 0-5 year olds Free crèche available</p> <p>9.00-3.00 Developmental Checks (Health) 09/01 (9.00-12.00), 16/01, 23/01, 30/01, 06/02, 13/02 (9.00-12.00), 20/02, 27/02, 06/03, 13/03 (9.00-12.00), 20/03, 27/03</p> <p>PM Asthma & Allergy Clinic 09/01, 13/02, 13/03,</p> | |
| Thursday | Friday | |
| <p>9.00 – 5.00 Antenatal Clinic By appointment only</p> | <p>1.00 – 2.30 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation</p> | |

Eastwood Children's Centre

| Monday | Tuesday | Wednesday |
|---|---|---|
| | <p>12.30 – 2.30 Maths 12.09.17-13.03.18 Develop your maths skills, crèche available.</p> | <p>9.30-11.00 Baby Time & Breastfeeding Support For new parents to socialise, learn and have fun with their babies, breastfeeding support will be available from trained staff. £1 donation</p> <p>1.00-2.30 Portage Messy Play Messy Play run by Portage for children with disabilities, behaviour/SEN speech and language advice available during the session. (1st and 3rd Wednesdays starting 6th September 2017)</p> |
| Thursday | Friday | |
| <p>9.30 – 11.00 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation</p> <p>1.00-2.30 Child Health Clinic Come and get your aby weighed and stay for a play. Please arrive no later than 30 minutes before the end of clinic to avoid disappointment.</p> | | |



To book on ABSS Groups please ring 01702 534549

Learning for Mum & Dad

Centre Place Children's Centre 12.30-2.30 25/01

Cambridge Road Children's Centre 12.30-2.30 22/02, 22/03

60 Minute Mentor

Friars Children's Centre 10.00-11.30 08/02, 15/03

Henry – ring 07858 294972 to book your place

The Henry Healthy Families programme can help everyone with a baby or young child. Every parent who joins learns something new and useful. For parents or carers of children aged 0 to 5 years.

Centre Place Children's Centre 12.30-3.00 15/01-18/03

Cambridge Road Children's Centre 12.30-3.00 16/01-19/03

Ring 07858 294972 or email carole.keep@henry.org.uk to book your place for Henry.





To book on ABSS Groups please ring 01702 534549

23 Month Checks (speech & language)

Cambridge Road Children's Centre 10.00-12.00 15/01, 12/02, 12/03
 Centre Place Children's Centre 10.00-12.00 31/01
 Summercourt Children's Centre 10.00-12.00 16/01, 13/02, 13/03
 Friars Children's Centre 1.00-3.00 18/01
 Friars Children's Centre 12.30-2.30 16/02, 16/03

Lets Talk with your Baby

Summercourt Children's Centre 1.30-2.30 09/01 – 13/02, 20/02-27/03
 Friars Children's Centre 1.30-2.30 11/01-15/02, 22/02-29/03

Supersounds

Cambridge Road Children's Centre 10.00-11.00 22/01-05/02
 Friars Children's Centre 10.00-11.00 22/02-08/03

Chatting Children

Centre Place Children's Centre 1.30-2.30 09/01-06/02, 20/02-20/03
 Friars Children's Centre 10.00-11.00 12/01-09/02, 23/02-23/03

Talking Tiddlers

Summercourt Children's Centre 9.30-10.30 10/02-07/02, 21/02-21/03
 Friars Children's Centre 9.30-10.30 11/01-08/02, 22/02-22/03

Talking Toddlers

Summercourt Children's Centre 11.00-12.00 10/02-07/02, 21/02-21/03
 Friars Children's Centre 11.15-12.15 11/01-08/02, 22/02-22/03

Attention Group (Speech & Language)

Cambridge Road Children's Centre 10.00-11.00 12/01-09/02

All of the above groups are by referral only ring 01702 534549 for more information.

Central Locality

Cambridge Road Children's Centre

| Monday | Tuesday | Wednesday |
|---|---|--|
| <p>9.00 – 4.00 Antenatal Appointments Please book with your midwife.</p> <p>10.00-11.30 Welcome to the UK A support & friendship group for mothers and expectant mothers new to the UK. Babies and young children are welcome, play opportunities will be available for them.</p> <p>10.00-12.00 23 Month Checks (ABS) 15/01, 12/02, 12/03</p> <p>10.00-11.00 Supersounds (ABS) 22/01-05/02</p> <p>1.00-2.30 Child Health Clinic Come along to meet Health Visitors, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before end of clinic to avoid disappointment.</p> | <p>9.30 – 11.30 Freedom09/01-27/03 11 week course please call to book a place Delivered by Family Action Family Support Practitioner. Creche available.</p> <p>10.00 – 4.00 Antenatal Appointments Please book with your midwife.</p> <p>12.30-3.00 Henry (ABS)(8 weeks) 16/0119/03</p> <p>1.00-3.00 Henry (ABS) Reunion Autumn Term 27/03</p> | <p>9.30-11.00 Baby Time & Breast Feeding Support For new parents to socialise, learn and have fun with their babies, breastfeeding support will be available from trained staff. £1 donation</p> <p>11.00 – 1.00 MOTO (Mothers on their own) For lone parents, free session including lunch delivered by Family Action Family Practitioner. Creche available. Please ring to book your place starts 8th January 2018</p> <p>9.00 – 1.00 Midwife Clinic Mental Health Please book with your midwife.</p> <p>1.30 – 5.00 Teenage Pregnancy Midwife 1.30 – 2.30 Teen Bumps Plus (postnatal session) Creche available – ring to book place</p> |
| Thursday | Friday | |
| <p>9.30 – 11.00 Stay & Play Build your child's confidence with different types of play, texture and craft £1 suggested contribution.</p> <p>10.00 – 1.00 Antenatal DAA Please book with your midwife.</p> <p>12.30-2.30 Learning for Mum & Dad (ABS) 22/02, 22/03</p> | <p>10.00 – 4.30 Antenatal Appointments Please book with your midwife.</p> <p>10.00-11.00 Attention Group (ABS) Speech & Language 5 weeks 12/01-09/02</p> | |

Centre Place Children's Centre

| Monday | Tuesday | Wednesday |
|--|--|--|
| <p>11.30-3.30 HENRY (ABS) 8 weeks 15/01-19/03</p> | <p>9.30-11.00 Stay & Play Build your child's confidence with different types of play, texture and craft £1 suggested contribution. 1.30-2.30 Chatting Children (ABS) 09/01-06/02 20/02-20/03 1.00-3.00 Family Opportunities Parenting Programme 17/04-22/05 (term time only) A 6 week positive parenting programme to strengthen family relationships 0-5 year olds Free crèche available</p> | <p>9.00 – 4.00 Antenatal Clinic By appointment only</p> <p>23 Month Check (AM) ABS 31/01</p> |
| Thursday | Friday | |
| <p>8.45-12.30 Speech & Language EPUT 18/01, 19/01, 01/02, 02/02, 15/02, 16/02, 01/03, 02/03, 15/03, 16/03, 29/03</p> <p>9.30-11.30 Learning with Mum & Dad (ABS) 25/01/18 1.00-3.00 Child Health Clinic Come along to meet Health Visitors, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment. 1.00-3.00 Baby Time & Breast Feeding Support For new parents to socialise, learn and have fun with their babies, breastfeeding support will be available from trained staff.£1 donation</p> | <p>9.00 – 4.00 Welfare Benefit Advice Drop-In Estuary residents only</p> <p>9.30-11.00 Stay& Play/Fluoride Varnish Explore and learn with your child through fun and interactive activities. There will be a dental nurse available to talk about your child's teeth and apply fluoride to their teeth if needed. £1 donation</p> | |



Baby Massage

A combination of baby massage and stretches, with relaxation for baby and carer, songs and games all designed to develop babies' senses and improve interaction and bonding for babies aged 8weeks – 6months.
 Suggested donation of £2 per week to cover the oil.

For details of the next group and to be added to the waiting list please ring 01702 220810 option 3.

| | | |
|---------------------------------|-----------|----------------|
| Temple Sutton Children's Centre | 1.30-2.30 | 30/01-20/02/18 |
| Friars Children's Centre | 1.30-2.30 | 27/02-20/03/18 |

Family Opportunities Parenting Programme (6 weeks)

A 6 week (term time only) positive parenting programme to strengthen family relationships.
 To be booked onto this parenting programme you must have a child aged 0-5 years, please ring 01702 220810 option 3 to be added to our list.

| | | |
|---------------------------------|--------------|----------------|
| Prince Avenue Children's Centre | 1.00-3.00pm | 23/01-06/03/18 |
| Friars Children's Centre | 9.30-11.30am | 21/02-28/03/18 |



MESSY PLAY

Come and get messy with us!

Monday

Blenheim Children's Centre

Family Action Messy Play

9.30am-10.30am

£1 suggested donation per child

Wednesday

Eastwood Children's Centre

Portage Messy Play 1.00pm-2.30pm

1st & 3rd Wednesday of each month run by portage for children with disabilities, behavioural/SEN speech and language advice available.

Summertime Children's Centre

| Monday | Tuesday | Wednesday |
|--|---|--|
| <p>9.30 – 11.30 English 02.10.17-23.04.18 Creche available</p> <p>1.00-2.30 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation</p> | <p>9.30-11.30 Welcome to the UK A support and friendship group for mothers and expectant mothers new to the UK. Babies and young children are welcome, play opportunities will be available for them. 23/01-06/02, 20/02-06/03, 20/03-27/03</p> <p>10.00-12.00 23 Month Checks (ABS) 16/01, 13/02, 13/03</p> <p>1.30-2.30 Lets Talk with Your Baby (ABS) 09/01-13/02, 20/02-27/03</p> | <p>9.30-10.30 Talking Tiddlers (ABS) 10/02-07/02 21/02-21/03</p> <p>11.00-12.00 Talking Toddlers (ABS) 10/02-07/02 21/02-21/03</p> <p>12.45 – 2.45 ESOL crèche available</p> |
| Thursday | Friday | |
| <p>9.30 – 12.00 Communication for Life This is a group run by a volunteer who is a teacher and is for parents who speak very little English, you are welcome to bring your child with you. Booking is required.</p> | <p>9.30 – 11.15 Child Health Clinic (every 2nd and 4th Friday in the month) Come along to meet Health Visitors, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before end of clinic to avoid disappointment.</p> <p>10.00 – 2.00 Little Heroes (ASD Support Group) Every other Friday see dates below. Drop in for parents of children with ASD or currently awaiting diagnosis. Bring your children and meet other parents to share experiences, chat and help each other. Every 1st and 3rd Friday starting 5th January 2018</p> | |

East Locality

Friars Children's Centre

| Monday | Tuesday | Wednesday |
|--|--|---|
| <p>1.00-3.00 HENRY Reunion for Autumn Term ABS 26/03</p> | <p>1.30 – 3.30 Child Health Clinic - Come along to meet Health Visitors, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before end of clinic to avoid disappointment.</p> <p>1.00-2.30Baby Time & Breastfeeding Support For new parents to socialise, learn and have fun with their babies, breastfeeding support will be available from trained staff.£1 donation</p> <p>1.30-2.30 Baby Massage (4weeks) 27/02-20/03</p> | <p>9.30-11.30 Family Opportunities Parenting Programme 21/02-28/03 (term time only) A 6 week positive parenting programme to strengthen family relationships 0-5 year olds Free crèche available</p> <p>12.30 – 2.30 Cooking/Gardening Cooking for 8 weeks Gardening for 4 weeks Ring to book your place</p> |
| Thursday | Friday | |
| <p>9.00 – 5.00 Midwife Clinic By appointment only</p> <p>9.00-12.00 Counsellor (by appointment only)</p> <p>9.30-10.30 Talking Tiddlers (ABS) 11/01-08/02, 22/02-22/03</p> <p>11.15-12.15 Talking Toddlers (ABS) 11/01-08/02, 22/02-22/03</p> <p>10.00-11.30 60 Minute Mentor (ABS) 08/02, 15/03</p> <p>1.30-2.30 Lets Talk with Your Baby (ABS) 11/01-15/02 22/02-29/03</p> <p>1.00-2.30 Stay & Play Explore and learn with your child through fun and interactive activities. £1 donation</p> <p>1.00-3.00 23 Month Checks (ABS) 18/01</p> | <p>10.00-2.00 Little Heroes (ASD Support Group) Every other Friday see dates below. Drop in for parents of children with ASD or currently awaiting diagnosis. Bring your children and meet other parents to share experiences, chat and help each other. 2nd & 4th Fridays starting 12th January 2018.</p> <p>10.00-11.00 Supersounds (ABS) 22/02-08/03</p> <p>12.30-2.30 23 Month Check (ABS) 16/02, 16/03</p> <p>10.00-11.00 Chatting Children (ABS) 12/01-09/02, 23/02-23/03</p> | |

Stay and Play

Monday

Westleigh Baptist Church 9.30am-11.00am

Summercourt Children's Centre 1.00pm-2.30pm

Tuesday

Centre Place Children's Centre 9.30am-11.00

Wednesday

Hamstel Children's Centre 1.00pm-2.30pm

Thursday

Eastwood Children's Centre 9.30am-11.00am

Cambridge Road Children's Centre 9.30am-11.00am

Friars Children's Centre 1.00pm-2.30pm

Friday

Blenheim Children's Centre 9.30am-11.00am

Centre Place Children's Centre 9.30am-11.00am

Temple Sutton Children's Centre 1.00pm-2.30pm

Prince Avenue Children's Centre 1.00pm-2.30pm

£1 suggested donation per child

Child Health Clinics

Monday

Cambridge Road Children's Centre
1pm – 2.30pm

Tuesday

Prince Avenue Children's Centre
9.30am – 11am

Friar's Children's Centre

1.30pm – 3.30pm

Hamstel Children's Centre

1pm – 3pm

Little Treasures Children's Centre

1pm – 3pm

Wednesday

Blenheim Children's centre

1.30pm – 3pm

Thursday

Temple Sutton Children's Centre

9am – 10.30am

Eastwood Children's Centre

1pm – 2.30pm

Centre Place Children's Centre

1pm – 3pm

Friday

Summertime Children's Centre
(Every 2nd & 4th Friday in the month)

9.30am – 11.15am

Come along to get your **baby weighed** and meet Health Visitors who can provide **Support and Advice**.

(There will be a small play area for the little ones whilst you wait)

Please arrive at least 30 minutes before the end of the session to avoid disappointment as these sessions are very popular.

Hamstel Children's Centre

| Monday | Tuesday | Wednesday |
|--|---|---|
| <p>8.30 – 5.00 Midwife Clinic By appointment only.</p> <p>9.30-11.00 Baby Time & Breastfeeding Support For new parents to socialise, learn and have fun with their babies, breastfeeding support will be available from trained staff. £1 donation</p> | <p>9.00-5.00 Midwife Clinic By appointment only.</p> <p>1.00-3.00 Child Health Clinic Come along to meet health Visitors, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment.</p> | <p>9.30-11.30 Empowerment Course (Early Help) 24/01-07/03</p> <p>1.00-2.30 Stay and Play Explore and learn with your child through fun and interactive activities. £1 donation</p> |
| Thursday | Friday | |
| <p>1.00-2.30 Multiple Birth Support Group £1 donation</p> | <p>10.00 – 12.00 Mini Marvels 1st and 3rd Friday of every month Support group run by health and BLISS for parents caring for a baby who is either in neonatal care or has gone home following a period in a neonatal unit.</p> <p>9.00-12.00 Asthma & Allergy Clinic 19/01, 16/02, 16/03</p> <p>12.30-2.30 Parentcraft First 3 Fridays of each month</p> | |

Temple Sutton Children's Centre

| Monday | Tuesday | Wednesday |
|--|---|-----------|
| <p>9.00-1.00 Antenatal Clinic at St Lukes Church Hall By appointment only</p> | <p>1.30-2.30 Baby Massage (4 weeks) 30/01-20/02</p> | |
| Thursday | Friday | |
| <p>9.00 – 10.30 Child Health Clinic Come along to meet health Visitors, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment.</p> <p>9.30-11.00 Baby Time & Breastfeeding Support For new parents to socialise, learn and have fun with their babies, breastfeeding support will be available from trained staff. £1 donation</p> | <p>1.00-2.30 Stay & Play Explore and learn with your child through fun and interactive activities. £1 donation</p> | |



Freedom Course

The aims of the programme are:

- to think about the effects of Abusive relationships on children
- to help you restore your confidence so you are better able to move on
- to recognise 'patterns' of abusive in relationships so you can feel more confident to develop caring, respectful relationships in the future.

The course is free and runs for 11 weeks, excluding school holidays.

We supply a free crèche, staffed by fully qualified crèche workers.

Cambridge Road Children's Centre 9.30-11.30 – 09/01-27/03/18

Cambridge Road Children's Centre 9.30-11.30 – 24/04-10/07/18

To be put on the waiting list for our next course please ring 01702 220810 option 1.