



Building stronger families
150 years

Southend Children's Centres
01702 220810

Cambridge Road Children's Centre

(Weekly Timetable w/c 13.01.20 term time only)

Monday

10.00-11.30 Welcome To The UK ESOL led by a qualified teacher, work together to learn to speak, read and write in English. Learn about the English culture, share experiences and gain confidence, crèche available. Starting 13.01.20 (term time only)

1.00-2.30 Child Health Clinic Please arrive no later than 15 minutes before the end of the clinic.

2.00-3.00 ABSS YMCA Bumps to Baby Support Group Come along for breastfeeding advice/support and meet other new mums. Starting 06.01.20

12.15-3.45 ABSS Mindful Mums & Babies
To book your place or for more information please ring 07816 965420 or 07866 609752 starting 24.02.20-30.03.20

Tuesday

9.30-11.30 Freedom
11-week course delivered by Family Action Family Support Practitioners, crèche available. 14.01.20-31.03.20 (term time only) to book your place please ring the children's centres.

12.30-3.00 ABSS HENRY
This programme provides everything you need to help get your little one off to a great start and covers; parenting confidence, physical activity, what children and families eat, family lifestyle habits and enjoying life as a family. For parents or carers of children aged 0-4 years old, book your place by ringing 07519 109875 or 07858 294972. 28.01.20-24.03.20 (term time only)



Wednesday

9.00-4.30 Specialist Midwife (by appointment only)
10.00-11.00 Cooking
Bring your child and cook together, learn new recipes. These will be a 5 week block booking and will cost £10 payable at the first session. 15.01.20-12.02.20
26.02.20-25.03.20
Please ring the children's centre to book your place.

1.00-3.00 ABSS/FA Starting Solids
Information and advice about weaning/starting solids booking required please ring your children's centre. 15.01.20, 04.03.20
9.00-12.00 ABSS Speech & Language 23 Month Check
22.01.20

Thursday

9.00-4.30 Antenatal Midwife Clinic (by appointment only)
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.

12.30-2.30 MOTO (Mothers on Their Own)
For lone parents, free session including lunch, delivered by Family Action Family Support Practitioner. Crèche available, please ring your children's centre to book your place. Starting 23.01.20 (term time only)

9.00-12.00 ABSS Speech & Language 23 Month Check
27.02.20

Friday

9.00-4.30 Antenatal Midwife Clinic (by appointment only)
9.00-10.30 ABSS Speech & Language Attention Group
17.01.20-14.02.20
10.30-12.00 ABSS Speech & Language Talking Toddlers
17.01.20-14.02.20
.12.00-3.00 ABSS Speech & Language Talking Walk-in
17.01.20





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Cambridge Road Children's Centre

Information about this centre –

Address –

Cambridge Rd Children's Centre
40 – 42 Cambridge Road
Southend on Sea
SS1 1ES

Contact info –

01702 220 810 opt 1

Cambridge Road Children's Centre is located within walking distance of Southend High Street. There is no parking available in the centre car park. The surrounding roads have parking restrictions such as time limits or permit holders only so please be sure to check when parking near the centre. There are ticketed spaces available along Cambridge Road.



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 just turn up.

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).

Welcome to the UK – English for speakers of other languages. Led by a qualified teacher, learn together how to speak, read and write English. Learn about English cultures and share experiences. (Crèche available) For more information please call Ilda 07581 184 115.

Freedom – 11 week programme to support women who are dealing with the effects of an abusive relationship and to help restore self-confidence. (Crèche available) Booking required – please call the children's centres to book.

Cooking – A fun cooking session for you and your child to enjoy together – children aged 0 – 5 years are welcome to participate. These sessions run on 5 weekly basis. The cost is £10 per child to be paid at the first session. Booking is required (Please call the children's centres to book your place)

MOTO (Mothers on their own) – For lone parents, free session including lunch delivered by our Family support practitioners. (Crèche available) Booking required please call the children's centres to book.

ABSS YMCA Bump to Baby Support Group – Supporting breastfeeding mothers, providing support and advice.

ABSS Mindful Mums & Babies – an emotional well-being 6 week course for new mums. Requires booking, please call 07816 965420 or 07866 60952 for more information.

ABSS Henry Workshop – Booking required please call Patrizia on 07519 109875.

ABSS Speech & Language sessions require booking please call 01702 880387.



@familyaction-southendchildrenscentres