



DISCOVER YOUR LOCAL CHILDREN'S CENTRE

A WARM WELCOME AWAITS YOU AT YOUR LOCAL CHILDREN'S CENTRE

Our Children's Centres are friendly, welcoming places to visit. They offer parents and children the opportunity to meet other families from their community as well as professionals such as Nursery Nurses, Health Visitors, Midwives, Speech and Language Therapists and many more. A core range of services are offered in each centre to support individuals and families from conception through birth, feeding and weaning, child development, behaviour and parenting. These services will help families to cope with the everyday challenges that life brings.

The range of services on offer varies in each centre dependant on local demand but can include:

- **Expectant and New Parents:** advice and guidance during pregnancy and after the birth of your baby.
- **Personalised Support:** a variety of specialist support is available e.g. parenting, family support, counselling, training and much more.
- **Help, Information and Advice:** information about a wide range of local activities for children and families.
- **Parent and Child Activities:** an exciting assortment of activities for children and families which support learning, attachments and interaction.
- **Breast Feeding, Weaning and Feeding:** support to make informed choices on feeding your baby.
- **Healthy Lifestyles:** we offer a variety of courses and sessions promoting healthy eating and activities.
- **Health Services and Baby Clinics:** families can meet their healthcare professionals at the Children's Centre.
- **Positive Parenting:** courses that enhance parenting skills and build confidence in supporting children aged 0-16 years.
- **Adult Learning:** Maths, English, ICT and others to help parents back into work and support their children's learning.
- **Work and Benefits Advice:** professional advice on how to get back into work and accessing benefits.
- **Volunteering and Placement:** volunteering at your local centre is a great way to help others and may lead you back into work.
- **Supporting Families:** all families experience problems at some time; Children's Centres are there to support you through this.
- **Childcare:** some centres offer full day and sessional childcare through on-site nurseries. Please ask for information about funded places for 2 year olds and 3-4 year olds.

WHERE IS MY NEAREST CHILDREN'S CENTRE?

Children's Centres can be found across the Borough in each of the three Localities.

EAST LOCALITY	CENTRAL LOCALITY	WEST LOCALITY
<p>Friars Children's Centre <i>Friars Primary School. Constable Way, Shoeburyness. SS3 9XX</i> Tel: 01702 292109</p>	<p>Cambridge Road Children's Centre <i>40-42 Cambridge Road, Southend on Sea. SS1 1ES Tel: 01702 220810</i> Twitter: Cambridgeroadcc Facebook: cambridge road cc</p>	<p>Blenheim Children's Centre <i>Blenheim Chase, Leigh on Sea. SS9 4HX Tel: 01702 474684 (Extension 4)</i> Facebook: Blenheim Children Centre www.blenheimprimary.co.uk</p>
	<p>Centre Place Family Centre <i>Prospect Close, Southend on Sea. SS1 2JD Tel: 01702 617446</i> www.estuary.co.uk</p>	<p>Prince Avenue Children and Family Centre <i>Prince Avenue Academy & Nursery. Hornby Avenue, Westcliff on Sea. SS0 0LG Tel: 01702 311411 / 07815 666440</i></p>
	<p>Hamstel Children and Family Centre <i>Hamstel Infant School & Nursery. Hamstel Road, Southend on Sea. SS2 4PQ Tel: 01702 616454 / 07956 360069</i> Facebook: Friends Of Hamstel Children's Centre</p>	<p>Eastwood Children's Centre (previously known as Sunnydays) <i>Eastwood Primary School & Nursery. Rayleigh Road. Leigh on Sea. SS9 5UT Tel: 01702 520979</i> www.eastwoodprimaryschool.co.uk</p>
	<p>Summercourt Children's Centre <i>Milton Hall Primary School & Nursery Summercourt Road Westcliff on Sea SS0 7AT Tel: 01702 433599</i> Facebook: Summercourt Childrens Centre www.miltonhallschool.com</p>	
	<p>Temple Sutton Children's Centre <i>Eastern Avenue Southend on Sea SS2 4BA Tel: 01702 445526</i></p>	

CONTACT THE FAMILY INFORMATION SERVICE

01702 215007

fissos@southend.gov.uk

www.southendinfopoint.org

Southend-on-Sea Family Information Service cannot recommend or endorse any childcare providers or activities and does not accept responsibility for the accuracy of this information. Updated June 2014

