

# Friars Children's Centre

(Weekly Timetable w/c 13.01.20 term time only)

## Monday

**9.30-3.00 Postnatal Clinic**  
 (by appointment only)

**11.15-12.30 Active Mum & Baby Yoga**

6 sessions 06.01.20-10.02.20, 24.02.20-30.03.20  
 ring 01702 567 327 book your place with Active Life.

**12.15-3.45 ABSS Mindful Mums & Babies**

To book your place or for more information please ring 07816 965420 or 07866 609752  
 06.01.20-10.02.20.



## Tuesday

**9.30-11.00 Stay & Play**

**1.00-2.00 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.  
 14.01.20-11.02.20  
 25.02.20-24.03.20  
 Please ring the children's centre to book your place.

**1.30-3.30 Child Health Clinic**  
 Please arrive no later than 15 minutes before the end of the clinic to avoid disappointment.

**12.00-4.00 New Birth Registrations** (by appointment only) ring 01702 215 009.

**9.30-12.00 ABSS/SAVS Parent Forum** 11.02.20

**9.30-11.30 Using Makaton with singing**  
 25.02.20-24.03.20 Booking is essential ring 01702 220 810.



## Wednesday

**9.30-11.00 Mini Explorers**

**10.00-12.00 ABSS YMCA Bump to Baby Support Group** w/c 15.01.20.

**9.30-11.30 ABSS/FA Starting Solids** 18.03.20  
 information and advice on weaning/starting solids, booking is required call your children's centre.

**1.00-3.00 ABSS/FA Starting Solids** 15.01.20.

**12.30-3.00 ABSS HENRY**  
 For parents or carers of children aged 0-4 years old, book you place by ringing 07519 109 875  
 29.01.20-25.03.20 term time only.

**9.30-12.00 ABSS/SAVS Parent Forum** 15.01.20.



## Thursday

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

**9.00-10.30 ABSS Speech & Language Attention Group**  
 16.01.20-13.02.20

**10.30-12.00 ABSS Speech & Language Talking Toddlers**  
 16.01.20-13.02.20

**1.00-2.30 Speech & Language Talking Toddlers** 16.01.20-13.02.20.

**9.30-12.00 ABSS/SAVS Parent Forum** 19.03.20

**1.00-2.00 Baby Massage**  
 4 weeks course £8 payable at first session 05.03.20-26.03.20 ring your children's centre to book your place.



## Friday

**9.00-4.30 Antenatal Midwife Booking Clinic** (by appointment only)

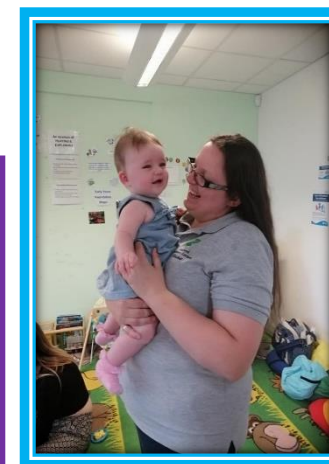
**9.45-11.45 Welcome To The UK ESOL course** with crèche starting 17.01.20 term time only.

**1.00-2.00 ABSS/FA Food4Life**  
 Free 6-week programme for you and your children to experience growing your own food and try new fruit and vegetables. Includes a fun cooking session using some of the produce grown, booking is essential ring the children's centres to book your place.  
 10.01.20-14.02.20  
 28.02.20-03.04.20.



## Saturday

**9.30-11.00 Family Fun Time**  
 First Saturday of each month, open to families of 0-5 year olds, play session and a story.  
 £1 donation  
 01.02.20, 07.03.20





Building  
stronger  
families  
150 years

Southend Children's Centres  
01702 220810

# Friars Children's Centre

## Information about this centre –

### Address –

Friars Children's Centre  
Constable Way  
Shoeburyness  
SS3 9XX

### Contact info –

01702 220 810 opt 2

Friars Children's Centre is in the grounds of Friars Primary School. There is no car park but there is on street parking surrounding the centre. The building is to the right of the school; following the green school gates to the right, you will find a pedestrian side gate. The centre is directly in front of the gate a red and blue stripe.



**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).

**Mini Explorers** – A sensory stay & play session for child 0 – 1 years old or just toddling. These sessions are themed and run weekly. £1 donation per child, no need to book just turn up.

**ABSS & Family Action Food4Life** – Allotment & Gardening programme for you and your children to come and learn how to grow your own food and try new fruit and vegetables.

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

**ABSS Workskills events** require booking please contact Lucie on 01702 215 022 (Crèche & refreshments available).

**ABSS Henry Workshop** – This programme provides everything you need to help get your little one off to a great start it covers; parenting confidence, physical activity, what children and families eat, family lifestyle and enjoying life as a family. Booking required please call Patrizia on 07519 109875.

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

**New Birth Registrations** – by appointment only please call 01702 215 009 or go online.

**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.

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

**Family Fun Time** – Weekend Stay & Play session for children aged 0 – 5 years.

*(All other health services running from this centre are appointment only).*



@familyaction-southendchildrenscentres