

Hamstel Children's Centre

(Weekly Timetable w/c 13.01.20 term time only)

Monday

9.00-4.00 Antenatal Midwife Clinic
(by appointment only)

1.00-2.30 Mini Explorers
For new parents to socialise, learn and have fun with their babies (0-12 months) £1 donation, no need to book just turn up.

9.30-11.30 ABSS EPEC Being A Parent Course

8-week free parenting course for parents with children aged 1-3 years old, free crèche for babies from 6 months & pre-school children. Starting 20.01.20-23.03.20. To book your place or for more information ring 07808 026 988.



Tuesday

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

1.00-3.00 Child Health Clinic
Please arrive no later than 15 minutes before the end of the clinic to avoid not being seen.



Wednesday

1.30-2.30 Messy Play
Build your child's confidence with different types of texture and fun. E2 donation, no need to book just turn up.

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



Thursday

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.

1.00-2.30 Multiple Birth Support Group
£1 donation, no need to book just turn up.

9.00-4.30 Antenatal Midwife Clinic (by appointment only)

3.30-5.30 EPUNFT
Immunisations (by appointment only) 23.01.20, 26.03.20

Friday

10.00-11.30 Child Health Clinic
Please arrive no later than 15 minutes before the end of the clinic to avoid not being seen. (2nd & 4th Friday of each month starting 10.01.20)

10.00-12.00 Mini Marvels
1st & 3rd Friday of every month, support group run by health and BLISS for parents caring for a baby who either is in neonatal care or has gone home following a period in a neonatal unit. Starting 03.01.20.

12.30-2.30 Parentcraft/ Antenatal Sessions
10.01.20-17.01.20
07.02.20-14.02.20
06.03.20-13.03.20

9.00-12.30 Physiotherapy Triage Clinic (by appointment only)
17.01.20, 24.02.20, 21.02.20,
28.02.20, 20.03.20, 27.03.20



Southend Children's Centres
01702 220810

Information about this centre –

Address –

Hamstel Children's Centre
Hamstel Infant School
Hamstel Road
SS2 4PQ

Contact info –

01702 220 810 opt 8

Hamstel Children's Centre is located in the Hamstel Infant School grounds. There is no car park available but there is on street parking surrounding the centre.



@familyaction-southendchildrenscentres

Hamstel 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 just turn up.

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 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.

Multiple Birth Group Support – Stay & Play session for parents of multiple birth children. £1 donation, no need to book just turn up.

Mini Marvels – Bi-weekly support group run by Health & BLISS for parents caring a baby who is in neonatal care or has gone home following a period in the neonatal unit.

Parent craft – Two informative sessions with a midwife for parents preparing for the birth of their child.

EPEC Being a Parent – 8 week parenting course for more information or to book your place please call 07808 026988 (crèche available).

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