

Prince Avenue Children's Centre

(Weekly Timetable w/c 13.01.20 term time only)

Monday

12.30-3.00 Parent Craft / Antenatal Classes

2 informative sessions with a midwife for parents preparing for the birth of their child.

06.01.20-13.01.20
03.02.20-10.02.20
09.03.20-16.03.20

Tuesday

8.00-4.00 Child Development Checks

Run by a Health Visitor and by appointment only.

9.30-10.30 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.

12.30-4.30 Asthma & Allergy Clinic

(by appointment only)
14.01.20, 11.02.20, 10.03.20

1.00-3.00 Starting Solids

21.01.20
Information and advice on weaning/starting solids, booking is required call your children's centre

Wednesday

9.00-4.30 Antenatal Midwife Booking Clinic

(by appointment only)

10.15-11.30 Active Mum & Baby Pilates

6 session's 08.01.20-12.02.20.

Ring 01702 567 327 to book your space with Active Life.

1.00-2.30 Mini Explorers

For new parents to socialise, learn and have fun with their babies (0-12 months), breastfeeding support will be available from trained staff.

£1 donation no need to book just turn up.

8.30-11.30 Prince Avenue Community Hub

A drop-in session for parents to chat to each other and staff, including guest speakers and activities for children, all welcome. Starting 26.02.20.

Thursday

9.00-4.30 Antenatal Midwife Clinic

(by appointment only)

10.00-12.15 Incredible Years Parenting Course

For parents of children 5-10 years old, book by calling 01702 431 109. Starting 16.01.20-02.04.20.

Friday

9.00-4.30 Antenatal Midwife Clinic

(by appointment only)

1.00-2.30 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.





Building stronger families
150 years

Southend Children's Centres
01702 220810

Prince Avenue Children's Centre

Information about this centre –

Address –

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

Contact info –

01702 220 810 opt 7

Prince Avenue Children's Centre is located within the Prince Avenue Primary School grounds. To enter the centre there is a green fence with a pedestrian side gate. The path will take you to the reception.

Prince Avenue has on street parking (restrictions may apply)



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.

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 centres to book your place advising of any special dietary requirements)

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

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

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

Please note there is no child health clinic at Prince Avenue all health sessions are by appointment only.



@familyaction-southendchildrenscentres