The Role of a Children’s Centre
Family Support Practitioner

Who are we?
We work within Suffolk Children’s Centres, which offer a range of services for families with children from birth to five.

We are here to:
☐ provide free activities and events for you and your family
☐ introduce other services ☐ provide support, advice and information.

We are...
☐ inclusive ☐ confidential ☐ approachable ☐ friendly
☐ good listeners ☐ welcoming.

What can we help with?
☐ money or housing issues ☐ feeling alone ☐ challenges within family life and relationships ☐ providing information on services that match your needs ☐ worries and concerns ☐ opportunities to learn new skills.

Butterflies — serving the Beccles area.
Castle Hill, Beccles, Suffolk, NR34 7BQ
Tel: 01502 718750
Email: Beccles@suffolk.gov.uk
Facebook: Butterflies Children’s Centre

Dragonflies — serving Halesworth, Bungay and the surrounding villages.
Wissett Road, Halesworth, IP19 8BT
Tel: 01986 874865
Email: dragonflies@suffolk.gov.uk
Facebook: Dragonflies Children’s Centre

Reydon and Southwold – serving Wrentham, Kessingland and the surrounding villages.
Tel: 01986 874865
Facebook: Reydon and Southwold Children’s Centre

What’s on this Summer
At
Dragonflies Halesworth
Butterflies Beccles
and
Reydon and Southwold Children’s Centres
Monday 18th July — Friday 2nd September 2016
**Monday Groups**

**At Dragonflies Halesworth -**  
**Weigh Stay and Play 10:00am-12:00pm**  
Health Visitor every 2nd and 4th Monday of the month. Dragonflies Team are available on weeks the Health Visitor is not. Come and play and chat. Advice and weighing available.

**1st August Sports Day 1:30pm—2:30pm**  
Come along and join us for Sports day fun, races, obstacle course and lots more.

**22nd August Summer Time Messy Play 1:30pm—2:30pm**  
Come along for summer time crafts and fun in the garden, weather permitting.

**At Butterflies Beccles -**  
**Monday Breastfeeding Café 10:00am-12:00pm**  
For pregnant & breastfeeding mums who need information & support with feeding.

**Baby Massage 25th July, 1st & 8th August 10:00am –11:30am**  
Sign up for future courses at reception.

**Tuesday Groups**

**At Dragonflies Halesworth -**  
**Stonham Housing 10:00am-11:00am**  
Advice and support with housing, budgets and debt advice. Fortnightly please call the centre for dates of drop in sessions.

**Citizens Advice Bureau drop-in 10:00am-1:00pm**  
Drop in to speak to a CAB advisor on the third Tuesday of every month.

**Infant Massage 1:30pm-3:00pm**  
Most suitable for 0-5 months, but available for all babies up to 1 year. Please ask at reception for dates and to book a place.

**Friday Groups**

**At Dragonflies Halesworth -**  
**Funky Junk 29th July 10:00am—11:00am**  
Come and have fun with junk. Make what you like, using your imagination.

**Little Chefs 5th August 10:30am-11:30am**  
Enjoy making healthy snacks, ingredients provided.

**Teddy Bears Picnic 12th August 11:00am—1:00pm**  
Bring your teddy bears and your picnic for crafts and activities weather permitting. **Halesworth Town Park**

**Forest School 26th August 10:00am-11:30am**  
Meet near the basket ball court in Halesworth Town Park for a story, rope walkways, mud kitchen & natural art.

**At Butterflies Beccles -**  
**Colour & Craft 5th August 11:00am-12:00pm**  
Drop in for an art & craft session full of summer colour fun.

**A Pirate Adventure –2nd September 10:30-am—12:00pm**  
A very interactive and visual pirate story with a difference.

**At Reydon and Southwold -**  
**Beach Party 19th August 11:00am—1:00pm**  
Summer fun and games on the beach.  
**Meeting on Southwold Beach in front of the Lifeguard Hut (by the pier).**
Thursday Groups

At Dragonflies Halesworth -
**Weigh, Stay and Play 9:30am-11:00am**
Weigh in clinic with the health visitor, includes a family support drop in. Age 6 months plus. **At Bungay Clinic**

**Midwives Clinic 9:00am-1:00pm**
We are pleased to welcome the midwifery team (appointment only)

**Drop In and Play 1:30pm—3:00pm**
Drop in for free play indoor and out in our enclosed garden when the sun is shining.

At Butterflies Beccles -
**Under 1’s 1:00pm-2:30pm**
Fun drop in session with activities for under 1’s

At Butterflies Beccles -
**Weigh, Stay & Play 9:30-11:00am**
Drop into our Health Visitor clinic. Have your baby weighed then stay and play.

**Beach Trip 16th August 11:00am** (meet at Lowestoft Beach Children’s Corner)
Join Holly & Mell at the beach for activities & games

**Teddy Bears Picnic 23rd August 1:30pm-3:00pm** Join Sarah & Mell at the Centre for creative healthy food making and teddy bear fun.

At Reydon and Southwold -
**Breastfeeding Café 10:00am-12:00pm**
Run by Holly. Support from breastfeeding team peer supporters. Baby café is a support group for breastfeeding mothers and their families. **At Kessingland Library**

**Citizens Advice Bureau 9:30am-1:00pm**
2nd Tuesday of every month
A free independent, confidential and impartial advice service. **At the Sole Bay Health Centre**

**Teddy Bears Picnic**
2nd August Reydon Wreck 11:30am-1:00pm
9th August Kessingland Marram Green Park 11:30am—1:00pm
Bring your teddy bears and your picnic for crafts and activities weather permitting.
**Wednesday Groups**

**At Dragonflies Halesworth -**

**New Speech and Language Drop Ins**
For children aged 4 years and under, no appointment necessary, just drop-in! Worried about your child’s speech and language or communication skills? Need help and advice? Call Dragonflies for dates and times.

**At Dragonflies.**

**Sensory World Drop In**
27th July, 10th August and 24th August 9:30am—11:30am
Come and enjoy our relaxing and calm sensory room, lights, bubbles and much more.

**Soft Play Drop In**
3rd August, 17th August and 31st August 9:30am—11:30am
Soft play, ball pit, come along and burn some energy.

**At Butterflies Beccles -**

**Baby Clinic 9.30am-11.30am**
Midwife appointments and opportunity to drop in and have your baby weighed.

**Speech & Language 27th July Drop In 1:00pm-3:00pm**
Drop in session for children under 4 years where you are worried about speech, language or communication

**Wednesday 3rd August Buggy Push & Picnic to Quay 12:00pm—2:00pm  “Weather permitting”**
Join Dani & Vanessa at the centre to buggy walk to the quay for a picnic

**Tots & Toys *Taster* Wednesday 24th August 2:00pm-3:00pm**
Come and see what our new group for September has to offer

**At Reydon and Southwold -**

**Weigh Stay and Play, 10:00am-12:00pm**
1st/3rd Wednesday of the month at Kessingland, Marram Green
2nd/4th Wednesday of the month at Sole Bay Medical Centre.
Your local weigh in clinic for under fives with the health visiting team and children's centre staff.

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The Freedom Programme

in Bungay

September 2016

A 12 week course to support women who have, or are suffering from Domestic Abuse

For more information please contact:
Julie or Jane on 01986 874865