

Centre Details and Opening Times

Willows Children's Centre
Magdalene Close, Ipswich IP2 9UX Phone: 01473 602150
Email: Thewillows@Suffolk.gov.uk
Open Monday-Thursday 9:00am-5:00pm
Fridays 9:00am-4:30pm

Hawthorn Children's Centre
Hawthorn Drive, Ipswich IP2 0QY Phone: 01473 260882
Email: TheHawthorn@Suffolk.gov.uk
Open Monday- Thursday 9:00am-5:00pm
Fridays 9:00am-4:30pm

Hillside Children's Centre
Maidenhall Approach, Ipswich IP2 8NY Phone: 01473 786630
Email: hillside@suffolk.gov.uk
Open Monday- Thursday 9:00am-5:00pm
Fridays 9:00am-4:30pm

Like us on :
Facebook: [TheWillowsHillsideHawthornChildrensCentres](https://www.facebook.com/TheWillowsHillsideHawthornChildrensCentres)



Hawthorn, Hillside & Willows Health and Children's Centres

What's On?



From: 1 April 2019
To: 30 June 2019

Timetable is subject to changes - any timetable changes will be announced on our Facebook page (we are open in the school holidays though not all groups may be running)
ALL OUR ACTIVITIES ARE FREE OF CHARGE UNLESS OTHERWISE STATED

To register at a local Health and Children's Centre, please visit www.suffolk.gov.uk/childrenscentres



Monday

Hawthorn Children's Centre

9:30am-11:30am

0-Walk Child Health Clinic

Drop-in including self-weigh and breastfeeding support. Speak to a Health Visitor and play while you wait.

1:00pm-3:00pm

Family Support Drop-in

1-1 advice and support. Housing support from Home Group every fortnight. Please call for dates.

1:30pm-3:00pm

Little Treasures

Sensory sessions with light, sounds and textures. Treasure baskets to explore and learn to create one at home. Suitable for your baby until they can walk.

Willows Children's Centre

10:30am-12:00

PANDAS - Pre and Postnatal Depression Advice and Support

A drop-in group where you can make friends and chat with people who share and understand your concerns and experiences regarding any emotional health and wellbeing challenges.

10:30am-11:30am

New group starting on 13 May Texture Tots

Interactive sessions which promote child development in a variety of areas. Your child will use all five senses whilst having fun and learning.

Hillside Children's Centre

9:15am-11:00am

Open Play

Session in the Playroom 0-5 years (running all through the school holidays)

News and information

Did you know?

Suffolk Families Information Service offers free, impartial advice about funding childcare locally, free education, activities and working in childcare.

Call 0345 60 800 33 to find out about free childcare at 2 years.



Weekend

10:00am-12:00

First Saturday of each month

Time with My Dad at the Hawthorn Children's Centre for ages 0-5 but older siblings will not be turned away.

10:00am-11:00am

Pop Up Shop - St Francis Church, Hawthorn Drive, Ipswich - Every Saturday

Fill a bag with food for £1 - max 2 per family.

Chantry Library Hawthorn Drive Ipswich - 01473 927275

9:30am-5:00pm

Saturday - free activities and children's crafts

10:00am-4:00pm

Sunday - free activities and children's crafts

Coming soon

Raising your Self-Esteem and Confidence Building Course

An 8 week course starting on Thursday, 25 April 2019 from 10 to 11.30 am at Willows Children's Centre. Please call 01473 602150 for more information and to book your place.

REALISE FUTURES COURSES

The Freedom Programme, domestic abuse awareness course available for women. Please phone to book a place or for further information.

FOR INFORMATION

The Parent Hub

A single place for Suffolk parents or carers to find parenting advice and support to help their child's development

<https://www.suffolk.gov.uk/children-families-and-learning/the-parent-hub/>

News and information

Money Matters

A service offering practical support with housing and anything money-related, benefits, tax credits, debt, bills, budgeting call Wellington Children's Centre on 01473 263900 for an appointment.



Friday

9:00am-11:00am Little Roos - The Oaks Community Primary School, 65 Aster Road, Ipswich, IP2 0NR
(term time only)
Breastfeeding support group. Come along and chat with peers and breastfeeding supporters.

Hawthorn Children's Centre

10:00am-11:30am Stay and Play
Art, crafts and play activities for children aged 0-5 with parents and carers

Willows Children's Centre

10:00am-12:00 Sensory Baby (non mobile babies up to crawling)
Concentrates on your one to one time with your baby and supports eye contact, touch and encourages a natural bonding experience.

1:00pm- 3:00pm Sensory Crawler (crawling babies)
Focuses on your one to one time with your baby and supports speech, language and sensory exploration.

Hillside Children's Centre

9:30am-11:30am 0-Walk Child Health Clinic
Baby clinic with a self-weigh opportunity and play session. A member of the health team will be available to answer questions concerning child health and offer support with breast feeding.

News and information

Potty Training- For more information and advice, contact your local children's centre or drop in at one of the Health Visitor Clinics.

For information about your health visiting team please go to:
<http://www.suffolk.gov.uk/healthvisiting>



Tuesday

10:30-11:30am Hawthorn Children's Centre Texture Tots
Interactive sessions which promote child development in a variety of areas. Your child will use all five senses whilst having fun and learning.

Willows Children's Centre

9:30am-11:00am Fun with Mum (referral only, call 01473 602150 to book) starting on 9 April for 8 weeks
A support group aimed at mums experiencing low mood or post-natal depression, using video to look at what is working well and to build on your strengths.

9:00am-12:30pm Childminders drop-in
New childminding group welcomes all pre-registered and registered childminders in need of networking. Friendly, helpful group - all welcome

1:30pm-3:00pm 0-Walk Child Health Clinic
Baby clinic with a self-weigh opportunity and play session.

Hillside Children's Centre

9:45am-11:45am Ipswich Community Play Bus at Griffin Wharf (term time only)
Drop in play sessions for 0-5s

10:00am-11:30am Tot Rock and Bounce at Stoke Library
Story, rhymes and play for pre-school children.

2:30pm-3:30pm Messy Makers
Join us to learn how you can enjoy sensory in the home. We will be making interactive toys on a budget - it will be mess for less. There will be lots of fun, home based objects to play with from treasure baskets to bottle shakers and even some messy activities.

News and information

Counselling Service available
By referral only
Please contact your health visitor or children's centre to discuss



Wednesday

Hawthorn Children's Centre

1:15pm-3:15pm Ipswich Community Play Bus at Kelly Rd Green
Stay and Play session 0-5s

2:30pm-3:30pm OneLife Suffolk Stop Smoking Group
Referral only call 01473 718193 to book your place

Willows Children's Centre

9:00am-1:00pm OneLife Suffolk Stop Smoking Group
Referral only call 01473 718193 to book your place

10:30am-12:00 Little Roos
Breastfeeding support group. Come along and chat with peers and breastfeeding supporters

1:30pm-3:00pm Stay and Play
Fun play sessions including messy play and arts & crafts for children aged 0-5 with parents and carers

Hillside Children's Centre

1:00pm-3:00pm Two Year Checks
- by appointment only.

News and information

The Willows Children's Centre has a soft play area open daily.

All centres offer a free 5 week Infant Massage course - a nurturing touch course for parents of children up to a year, call in at any centre to book your place.



Thursday

Hawthorn Children's Centre

9:15am-10:25am Tot Rock & Baby Bounce at Chantry Library
Join us for singing sessions in the library.

Willows Children's Centre

9:00am-12:30pm Childminders drop-in
New childminding group welcomes all pre-registered and registered childminders in need of networking. Friendly, helpful group - all welcome.

10:00am-11:00am Tiny Tunes
Come and join us for fun, interactive singing and rhymes for children aged 0-5 and their parents and carers.

10:00am-11:15am Little Stars
A group for babies and children who may need help with their development (by appointment only)

10:00am-12:00 Autistic Spectrum Group 2nd Thursday of the month
Please call for more details.

1:30pm-2:30pm Healthy Family Workshop
Week 1 Introducing solids workshop
Week 2 Sleep drop in
Week 3 Toilet training workshop
Week 4 Fussy eating drop in
Call to book your place on one of our sessions for friendly support and advice.

Hillside Children's Centre

10:00am-11:30am Stay and Play
Fun play sessions including messy play and arts & crafts for children 0-5 with parents and carers.

News and information

9:30-12:00 Citizens Advice Drop in at Hawthorn Drive Doctor's Surgery.

