

News and information from our centre...

We are on Facebook:

Please search 'Haverhill Health & Children's Centres' and like our page. Our timetable may change from time to time or we may have to cancel sessions due to staff availability so please check our facebook page for updates or call us before venturing out.

We can Offer Family Support:

Advice and Support is available for families on a one to one basis with one of our Family Support Practitioners. Please speak to a member of staff about how to refer to this service

Children's Vitamins:

If you are in receipt of the Healthy Start Vouchers you can collect Children's Vitamins from Cartwheels Children's Centre. It is worth calling ahead to make sure we have vitamins in stock. Please bring along a valid voucher which shows your name & address - Thank you.

Domestic Abuse:

We offer free confidential advice for victims of Domestic Abuse including the Freedom Programme - Please contact us for more information.

Health Visiting:

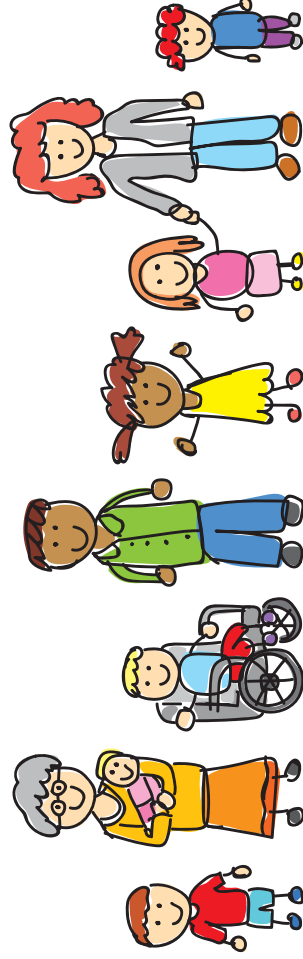
Health Visitors are qualified nurses or midwives with specialist community public health training. Health Visitors provide families with children aged 0-5 years, with support for the health and wellbeing of your whole family, providing ante natal visits, a visit after the Midwife ends her care once your baby has arrived, and support and advice until your child goes to school and much more. Within Suffolk, our Health Visiting Teams are integrated with our Children's Centres, providing a range of services to help you and your family stay safe, happy and healthy. For more information please visit: www.suffolk.gov.uk/healthvisiting

Buggy Free Zone:

Due to Health & Safety Regulations we are unable to store Prams and Pushchairs upstairs so please use our secure Buggy park - The instructions are on the gate along with an intercom button.

No Mobile Phones:

Please be aware the use of mobile phones for calls or taking photos is not allowed within our groups/sessions - If you have to take a call please just step outside of the playrooms.



Haverhill Health & Children's Centre presents...

What's On in Haverhill Summer 2019



From: Wednesday 1 May 2019
To: Friday 19 July 2019

Address: 1st Floor, Norton Road, Haverhill, Suffolk,
CB9 8NF Telephone: 01440 760500
Email: cartwheels@suffolk.gov.uk
Opening hours: 09:00 - 17:00 Mondays - Thursdays,
and 09.00 - 16:30 on Fridays - We are closed on Bank
Holidays and Weekends.

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



Monday

Bump, Baby & Me: 2:00pm - 3:30pm at Haverhill Library

A parent led group for families who are expecting a child or who have a baby aged 0-3 months of age, meet new friends, have discussions, get advice if needed in a friendly and supportive environment - just turn up

NEW: The Monday Makers Club: 1:30pm- 2:30pm at Cartwheels*

Fun sessions encouraging learning through play, helping to prepare for nursery & beyond
For families with children aged 18 months - 3 years - Just turn up - Term time only

* no sessions on 13th May, 20th May, 3rd June and 18th July

'From Here to Maternity' Ante Natal Course - 6:00pm - 7:30pm at Cartwheels

A 3 week course for expectant parents to come along and meet other parents to-be and receive information and advice on all aspects of pregnancy, birth and parenthood.
Please complete a booking form or email cartwheels@suffolk.gov.uk

Thursday

Child Health Clinic and More than Milk at 9:30am - 12noon at The Methodist Church Hall, Camps Road, CB9 8HF

A drop in clinic with the local Health Visitors, for weighing, information and advice.

More than Milk - An Infant Feeding Group for children aged from newborn - 5 years
To support you through all aspects of feeding from breast feeding, bottle feeding, and much more. **Now with regular 'Introducing Solids' sessions every month**

Just turn up

'Fab Family Fun' with Homestart Mid and West Suffolk:

1:00pm - 2:30pm at Cartwheels.

For children aged 0-5 years. Sessions to include crafts, messy play, stories, songs, rhymes and more. All sessions are led by Homestart staff. Just turn up

Tuesday

Bouncing Bambinos: 10:00 - 11:30am at Cartwheels

For families with babies aged from 3 - 18 months

Come and meet other families with babies of a similar age - Over the term we will explore with Water Play, Messy Play, Sensory Sessions, Nursery Rhymes, Treasure Baskets and more...Just turn up - Term time only

Busy Feet: 1.30pm - 2:30pm At The Methodist Church Hall, Camps Road, CB9 8HF

A music and movement group for children confident on their feet - 5 years of age.

Different themes each week, Free Healthy snack provided.

Younger siblings are welcome to attend. Just turn up - Term time only

Friday

Ante Natal Breastfeeding Workshop on 2nd Friday of the month at Cartwheels at 1:00pm - 3:00pm

These sessions are led by The Gainsborough Midwives Team
Please call for more information (01284) 713 755

Did you know? ... We have Electric Breast Pumps* available to hire:

We have a supply of 'Ardo Electric Breast pumps' which we can hire out to families for up to 6 weeks for a £10 refundable deposit *terms and conditions apply

Please call us on 01440 760500 for more information and to check availability

Wednesday

Weigh & Play: 2:00pm 3:30pm at Cartwheels

No appointment needed for weighing, information and advice for children aged 0-5 years, These sessions are led by a Community Staff Nurse and a Family Support Practitioner.

Staff available for information and guidance while you wait

Available any time - Our Clothing Rail of good quality children's clothes feel free to have a browse and take what you need

WE ARE UNABLE TO TAKE DONATIONS OF EQUIPMENT AND TOYS DUE TO STORAGE

1 & 2 Year Developmental Checks are held at Cartwheels & The Health Centre

Appointments will be sent by The Health Visiting Team.

Haverhill Library News:

Haverhill Library have sessions for families

Mondays: Story Time for Pre School children at 10:00am - 10:30am

Tuesdays: Tot Rock for toddlers aged from 18months+ at 10:00am - 10:30am

Fridays: Baby Bounce, songs and gentle nursery rhymes for babies aged 0-18months at 10:00am - 10:30am and Sundays: Childrens Crafts at 10.30 - 12noon

Opening Hours:

Mondays: 09.00 - 13:00, Tuesdays: 09:00 - 19:00,

Wednesdays 09:00- 17:00, Thursdays: 09:00 - 17:00, Fridays: 09:00 - 17:00 and

Saturdays: 09:00 -16:30, Sundays: 10:00-16:00

Please call 01440 848095 for more information or email:

haverhill.library@suffolklibraries. Also on Facebook: 'Haverhill Library Suffolk'