

MONDAY

Breastfeeding Group

9.30am to 11.30am
Call in anytime no need to book

Pre Booking Pregnancy Clinic

9.15am to 9.45am
Call to book a place

Pregnancy Birth & Beyond

For 4 weeks
2.00pm to 4.00pm
Ante-natal advice and information
Timetables on request

Fake-Aways

Starts Monday 18 January
12.30pm to 2.30pm
For 4 weeks
Cooking your favourite take away
food in a healthier way
Limited crèche places available
Call to book a place

TUESDAY

Baby Weigh In Clinic

1.30pm to 3.00pm
Call in to weigh baby and
chat to a Health Visitor.

Photography Workshop

Tuesday 12 January
9.30am to 11.30am
For 5 weeks
Limited crèche places available
Call to book a place

Jingle Babies

Tuesday 26 January
10.00am to 11.00am
For 3 weeks
Music and singing for babies
under 12 months
Call to book a place

Young Parents Group

1.30pm to 2.30pm
Stay Play & Learn session for
young parents under 21 years of
age and their children



WEDNESDAY

Family Stay, Play & Learn

10.00am to 11.30am
Parent and toddler group for
children birth to pre-school
Call in anytime, no need to book!
£1.00 per family

Baby Massage

1.30pm to 2.30pm
A 4 week course for you
and your baby
Call to book a place
On 819988

First Aid

Wednesday 3 February
9.30am to 11.30am
Limited crèche available
Call to book a place



THURSDAY

Baby Play

For children under 24 months
10.00am to 11.30am
Call in, no need to book
Term time only
£1.00 per family

Maths & English

Maths 9.30am to 11.30am
English 12.30pm to 2.30pm
Limited Crèche places available
Call to book a place

Little Miracles

Every Thursday
10.00am to 12noon
For children with additional needs
Just drop in no need to book

Call 01670 819988
for more
information or
to book a place

FRIDAY

Childminder's Drop-in

Drop in for Childminders and the
children they look after
9.30am to 11.30 am
Contact Julie on 841143

New Year New You

Starts Friday 15 January
9.30am to 11.30am
For 5 weeks
Limited crèche places available
Call to book a place

Jo Jingles

Starts Friday 26 February
1.30pm to 2.30pm
For 3 weeks
For children aged
12 months to 5yrs

SATURDAY

D.A.D.S. Group

10.am to 11.30am
For Dads, male carers and
their children
16 January 2016
13 February 2016
12 March 2016
Lots of fun activities



Pregnancy, Birth & Beyond

Come along to our Parent craft courses. A great opportunity for parents-to-be and their supporters to get useful information and ideas to help you prepare for childbirth and caring for your new baby.

Full details of dates available from reception or you can ring 01670 819988

Pre Pregnancy Booking Clinic

Please could you attend this session **Before** your "Booking" appointment with your midwife. You are welcome to bring your partner/family member or a friend if you would prefer not to come on your own.

At this session a midwife will discuss with you several issues regarding your pregnancy and you will be given your maternity records at this visit.

Breast feeding group

A group for breastfeeding mums to attend, meet other mums, get advice from Nursery Nurse and Breastfeeding peer supporters and baby weigh at end of session, no need to book just come along

Fake-Aways

Cook your favourite takeaway meals using healthier alternative ingredients and save money. Course delivered by Health Trainers

Baby Massage

Massaging your baby is fun, free and easy.

It is a special time where you can have fun, benefit your baby and meet other parents. Mums and dads are welcome to attend.

Family Stay Play & Learn

Call in for a chat and information about Sure Start services and activities or just chill out and meet other parents and carers. Pre-school children welcome.
NO NEED TO BOOK!

Little Miracles

For children with additional needs
Have fun and relax in a safe and friendly environment.
Meet friends and make new ones
Support each other and share experiences.
Access our new fully equipped sensory room and meet Health Professionals
Explore and develop senses and skills

Young Parents Stay and Play

Stay play and learn session for young mums, dads and their children. Lots of toys, games and crafts to enjoy.
Free healthy snacks provided

Baby Play

Calling all parents/carers with children. Come along to our Baby Play Group every Thursday morning.

Meet new people, sing songs, play games, lots of fun activities and music.

Snacks and refreshments.

NO NEED TO BOOK JUST COME ALONG!

Everyday Maths and English

Believe it or not you can have fun and enjoy learning Maths and English. You can work towards a nationally recognised qualification.

You can come to both or just one.

For more information Contact Lindsey on 01670 819988

Childminder's Drop-in

Call in & have a chat with other childminder's within the area, whilst the children play within a safe environment.

NO NEED TO BOOK!

Jo Jingles

The music, singing and movement experience for children aged 12 months to 5 years

Jingle Babies

Baby classes provide a gentle and relaxed introduction to singing, musical instruments and movement. The emphasis of our baby sessions is on gentle lap songs, sitting songs and tactile actions. Parents and carers are encouraged to be actively involved and you will find that the more enthusiastic and involved you are the more your baby will benefit

Also available

Jobs Board

Local jobs advertised in reception, updated weekly, copies of vacancies available on request

Highlights

Please contact the Children's Centre for information on upcoming events

IT Facilities

The Children's Centre has an IT Suite available to use for job searches, course work, research etc. To book, please
call 01670 819988

Sensory Room

We have a fully equipped sensory room available for parents, carers and professionals to book
Contact Rebecca to arrange an induction on 01670 819988

Nursery

Full and Half Day sessions available. For further information please telephone 01670 841155
Playgroup

Every Monday & Tuesday
9.30am to 11.30am

Term time only

Telephone 01670 841155 for details

Ashington Children's Centre

Alexandra Road
Ashington
Northumberland
NE63 9EF

*before signing up for a course please ensure that you are registered.
Registration forms are available from reception, or can be downloaded from our website Visit www.centralchildrenscentres.org.uk*