

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 01670 819988 or book online

Pregnancy, Birth & Beyond

2.00pm to 4.00pm

for 4 weeks
Ante-natal advice and
information
Timetables on request

Cooking on a Budget

Starts 6 March for 4 weeks

12.30pm to 2.30pm

Limited crèche places available
Call 01670 819988 or book online

Behaviour Support Group

1.00pm to 3.00pm

Drop in for parents of children with
challenging behaviours
No need to book just call in
For more information contact
Nicki Trehwhitt on 01670 841133

TUESDAY

Learning Hive

Drop-in Between

9.00am to 2.00pm

(See overleaf for details)
Call in anytime no need to book

Kalma Baby

Starts Tuesday 07 February
For 4 Weeks

10.00am to 10.45am

Yoga inspired stretches to
music, song & rhyme
Suitable from 6 weeks
to 6 months
£1.00 per session

Young Parents Group

1.00pm to 2.30pm

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

Baby Weigh In Clinic

1.30pm to 3.00pm

Call in to weigh baby and
chat to a Health Visitor

WEDNESDAY

Learning Together Through Play

10.00am to 11.30am

Parent and toddler group for
children birth to pre-school
Call in anytime, no need to book!
Term time only
£1.00 per family

Baby Massage

A 5 week course for you
and your baby
£1.00 per family per week
Call 01670 819988
or book online

First Aid

Wednesday 15 March

9.30am to 11.30am

Children's and babies
First Aid awareness
£2.00 to be paid when a
place is allocated

Learning Hive

Drop-in Between

9.00am to 2.00pm

(see overleaf for details)
Call in anytime no need to book

THURSDAY

Baby Play

10.00am to 11.30am

For children under 24 months
Come along and explore fun
sensory activities
No need to book, term time only
£1.00 per family

Little Miracles

10.00am to 12.00pm

For children with additional needs
Just drop in,
no need to book
See overleaf for details

New Year New You

Starts Thursday 26 January
For 4 Weeks

12.30pm to 2.30pm

Limited crèche places available
Call 01670 819988 or book online

1st Time Mums

1.30pm to 3.00pm

A chance to meet other first
time mums and have a chat
with the nursery nurse

FRIDAY

Cooking For Your Baby

Starts Friday 03 March

9.30am to 11.00am

For parents/carers with babies
4 to 12 months. For 4 weeks
Limited crèche places available
Call 01670 819988 or book online

Childminder's Drop-in

9.30am to 11.30am

(see overleaf for details)
£1.00 per childminder
Contact Julie on 01670 841143

English

9.30am to 11.30am

Maths

12.30pm to 2.30pm

Limited crèche places available
(see overleaf for details)
Call 01670 819988 or book online

SATURDAY

D.A.D.S. Group

10.00am to 11.30am

For Dads, male carers and their chil-
dren with fun activities

14 January

11 February

11 March

No need to book just drop in

Call **01670 819988**
for more information
or to book a place



Please be advised when booking
onto courses, priority is given to
families living in Ashington with
children aged 0 - 5 years

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.

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

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

Behaviour Support Group

Does your child have challenging behaviour?
Are they being investigated for autism or related disorders?
Come along with your child to meet other parents with similar problems
Contact Nicki Trew hitt, Health Visitor on 01670 841133

Cooking on a Budget

Learn how to cook healthy recipes on a budget
Facilitated by NHS 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.

Learning Together Through Play

Session includes lots of age appropriate toys and games for children to play with, crafts, outdoor play area, healthy snack time and singing
New Theme
The A-Z of Fun



Suitable for children birth to pre school age
NO NEED TO BOOK!

English

Gain a recognised qualification
Entry Level, Level 1 & Level 2

Maths

Gain a recognised qualification
Entry Level, Level 1 & Level 2

Learning Hive

The Learning Hive has a bank of computers which can be used for job searching and there is a printer available for printing off any CVs or job applications.
Or if you are not confident, our staff and volunteers are on hand to give you any support you need

New Year New You

Be supported in planning your 2017 healthy lifestyle, on this 4 week Course with the Health Trainers. Get advice and information in a fun, relaxed and friendly atmosphere Plan your healthy lifestyle with the following sessions, consisting of 1 hour nutrition information Followed by 1 hour physical activity

Baby Play

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

Meet new people, sing songs, sensory play, lots of fun activities and music.
Snacks and refreshments.
NO NEED TO BOOK JUST COME ALONG!

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!

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

1st Time Mums

A group set up specifically for first time mums, providing a safe, quiet environment for babies to discover and learn. It offers new mums a chance to meet in an informal setting.

Kalma Baby

For babies aged 6 weeks to 6 months
Yoga inspired stretches to music, song and rhyme along with the added sensory props for engagement that benefit your baby and you

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

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

C-Card Scheme

Available for young people up to 24 years old.
Call 01670 819988 for more details

Ashington Children's Centre
Alexandra Road, Ashington,
Northumberland, NE63 9EF