

Bedlington Children's Centre What's On

January - March 2017

MONDAY

Stop Smoking Clinic
9.15am - 12.15pm
Free advice & support
To make an appointment
call 01670 813135



Learning Together Through Play
9.30am - 11.00am
Term time only
For children 0-5 years
£1.00 per family

Midwife Booking Clinic
1.00pm - 4.00pm
Must book an appointment

Story & Craft
at
Guidepost Library
3.30pm - 4.30pm
(see reverse for dates & times)

Pre Booking Clinic
4.00pm - 5.00pm
Last Monday of the month
Check dates as some may change
due to Bank Holidays

TUESDAY

First Aid
9.30am - 11.30am
10 January
Must book, FREE
Course covers basic
baby & child first aid.
Phone 01670 822714 or book online

Fussy Eaters
9.30am - 11.30am
31 January
Information on development stages
of feeding and strategies to use
for fussy eaters
Must book, crèche available

Tumble Tots
2.00pm - 3.00pm
Begins 07 March for 4 weeks
Tumble Tots is the leading active
physical play program for
Pre-school children
£1.00 per session

Registrar Drop-in
2.00pm - 3.30pm
(See reverse for more details)
**Please contact the Centre
before attending**

WEDNESDAY

Midwife Booking Clinic
9.00am - 12.00pm
Must book an appointment

Learning Together Through Play
at Cambois Primary School
and Stakeford Primary School
9.00am - 10.00am
(see reverse for dates & times)

Story Boxes
9.30am - 10.30am
8 February for 4 weeks
Create a beautiful story box to
share with your child. FREE course
with crèche available, must book.

English
1.00pm - 2.45pm
Term time only
Starts 11 January
Level 1 and 2 qualifications
Free crèche available

Coming Soon
Baby Massage
First Foods for Your Baby
IT Course

THURSDAY

Parentcraft
10.00am - 12.00pm
5 January for 4 Weeks
Ante-natal advice & information
(See reverse for details)

Maths
9.30am - 11.30am
Starts 12 January
Term time only
Level 1 and 2 qualifications
Free crèche available

Breastfeeding Support Group
1.00pm - 2.30pm
Come along and join us for
information, advice & support



Baby Massage
1.30pm - 2.30pm
Begins 26 January for 4 weeks
A special time where you can
have fun massaging your baby and
meeting other parents
£1.00 per family per week

FRIDAY

Baby Play
10.00am - 11.30am
Term time only
New sensory area available to
use during the session
For children under 1 years
£1.00 per family



Fun with Food
12.30pm - 2.00pm
Begins 27 January for 4 weeks
Make simple meals with your child
For children 2 years plus
Places must be booked 01670 822714
or book online



C-Card Scheme
Available for young people
up to 24 years old.
Call 01670 822714 for
more details.



Additional Information

FREE CHILDCARE FOR TWO YEAR OLDS

Did you know any parent in Northumberland with a child already 2 years old and who have a household income of less than £16,190 or their child has a disability could be entitled to **15 hours of FREE** fun and learning for their child.



To find out if you are entitled and where you can use the funding, call Northumberland County Council on **01670 623592** or **0800 023 4440** or visit www.northumberland.gov.uk/freechildcare

Playgroup



Leave your child with our fully qualified Playgroup staff and help get them ready for school. Sessions are for children aged from 2 - 3 years. £12.00 per session or **FREE** depending on income and benefits criteria. For more information contact Bedlington Children's Centre on 01670 822714

Bedlington Station Primary School	Monday - Friday	8.45am - 11.45am
Bedlington Children's Centre	Monday - Friday	1.30pm - 4.30pm

Parentcraft

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 822714**

Learning Together Through Play

For children 0-5 years
Come along to our Learning Together Through Play sessions. Each week we will have a range of activities for your child/children to explore, then we will sing along to our favourite nursery rhymes.

Stakeford School, East Ford Road, NE62 5TZ

18 Jan	9.00am -10.00am
1 Feb	9.00am -10.00am
15 Feb	9.00am -10.00am
8 Mar	9.00am -10.00am
22Mar	9.00am -10.00am

Cambois Primary School, NE24 1SF

11 Jan	9.00am -10.00am
25 Jan	9.00am -10.00am
8 Feb	9.00am -10.00am
1 Mar	9.00am -10.00am
15 Mar	9.00am -10.00am
29 Mar	9.00am -10.00am

Want To Stop Smoking?

If so did you know you are more likely to quit with help and support?
Want to know more about e-Cigarettes or Vaping? We welcome anyone who is already using them or just needs further advice.
Northumberland Stop Smoking Service
01670 813135

Registrar Drop-in

Register the birth of your child at Bedlington Children's Centre and receive a free gift. Just turn up, no need to book an appointment. *Please arrive no later than 3.15pm to guarantee you are seen*

Every Tuesday 2.00pm - 3.30pm

Certificates £4 payable by cash, cheque & postal order. Babies born outside Northumberland payable by cheque & postal order only.

Child Health Clinics

Tuesday 9.30am - 11.30am at Guidepost Clinic

Wednesday 1.30pm - 3.00pm at The Gables Clinic

Thursday 9.00am - 11.00am at Bedlingtonshire Clinic

Story and Craft Sessions

Guidepost Library, 1 The Square, NE62 5BZ

Aaaah There's a Spider	9 Jan	3.30pm - 4.30pm
Farmer Duck	23 Jan	3.30pm - 4.30pm
Rainbow Fish	6 Feb	3.30pm - 4.30pm
Peace At Last	20 Feb	3.30pm - 4.30pm
The Very Hungry Caterpillar	6 Mar	3.30pm - 4.30pm
Guess How Much I Love You	20Mar	3.30pm - 4.30pm

*Before signing up for a course please ensure that you are registered with us.
Registration forms are available from reception*

www.centralnorthumberlandchildrenscentres.org

**Bedlington Children's Centre,
Stead Lane, Bedlington, NE22 5JS
Telephone: 01670 822714**