



# Morpeth Children's Centre What's On

## January - March 2017



### MONDAY

#### Pre Booking Clinic

9.15am - 9.45am

Essential information is given out by local midwives to parents who are in the early stages of pregnancy. Please note there is no parking on site.

#### Parent Craft Sessions

10.30am - 12.30 pm

09 January for 4 weeks  
Free advice, information and support from the midwife, physiotherapist and Health Visitor. Following sessions start 20th February for 4 weeks.

#### Fussy Eaters

12.30pm - 2.30pm

13 February  
Information on development stages of feeding and strategies to use for fussy eaters. Must book, crèche available.

#### First Steps

1.45pm - 2.30pm

09 January for 4 weeks  
No childcare required! Bring along baby and incorporate them in this exercise class. £1.00 per session, must book.

### TUESDAY

#### Specialist Infant Feeding Clinic

10.30am - 12.30pm

Held first Tuesday of month. To book an appointment please contact Janet on 01670 843137.



#### Baby Massage

1.30pm - 2.30pm

Starts 17 January for four weeks. Call to book a place £1.00 per family each week.

#### Coming Soon

First Foods for your Baby



### WEDNESDAY

#### Baby Weigh In Clinic

9.00am - 10.30am

Weekly baby weigh in with a Health Visitor available for support and information.

#### Breast Feeding Support Group

9.30am - 11.30am

An opportunity for mums who are breastfeeding to get support and information.

#### Fun With Food

1.00pm - 2.30pm

1 March for 4 weeks  
Create simple meals with your child for children 2 years plus. Places must be booked. Phone 01670 511581 or book online.

#### Jingle Babies

1.30pm - 2.30pm

25 January for 4 weeks  
Music and movement for babies aged 3 months to walking. £1.00 per family.

### THURSDAY

#### Learning Together Through Play (Formerly Stay, Play & Learn)

9.30am - 11.00am

Term time only  
Parent and toddler group for children birth to pre-school. Call in anytime, no need to book. Suitable for children 0-5 years. £1.00 per family.



#### Parent Craft Reunion

1.30pm - 2.30pm

Phone to confirm date  
Renew friendships from Parent Craft sessions and swap birthing stories.

#### Baby First Aid Awareness

12.30pm - 2.30pm

12 January

For more details or to book a place call 01670 511581



Visit our website [www.centralnorthumberlandchildrenscentres.org](http://www.centralnorthumberlandchildrenscentres.org)

# Additional Information

## VOLUNTEERING

Working with our Children's Centre can be really rewarding besides learning new skills and enhancing your CV. Opportunities to help within our groups, Playgroups and admin are also available. Contact 01670 822714 for more information.

## BABY MASSAGE

You will automatically be invited by letter when your baby is six weeks old to Baby Massage if you are registered with Gas House Lane, Greystoke or Morpeth Wellway health centres.

Places must be booked



## 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](http://www.northumberland.gov.uk/freechildcare)

## SUNSHINE PRE-SCHOOL

Day	Morning	Afternoon
Tuesdays	9.15am - 12.15am	12.30pm - 3.30pm
Thursdays	No morning sessions	12.30pm - 3.30pm

For children aged 2-4 years old

\*FREE Early Education for 2 year olds or paid places at £14.90 per session

More sessions available at Morpeth Methodist Church on Mondays, Wednesdays and Fridays

Tel: 07980338014

Email: [sunshinepreschool@hotmail.com](mailto:sunshinepreschool@hotmail.com)

\*please see **FREE CHILDCARE FOR TWO YEAR OLDS** section

**Morpeth Children's Centre**

Stobhill, Morpeth, Northumberland, NE61 2HA

## KEEP ON THE LOOK OUT FOR OUR UPDATES ON FACEBOOK

Visit us at [www.centralnorthumberlandchildrenscentres.org](http://www.centralnorthumberlandchildrenscentres.org) and click on the Morpeth page to find directions to the Centre

Search **Morpeth Children's Centre Action for Children** on **Facebook** and click 'following', 'see first'

## DARLING DUCKLINGS!

Post natal group for babies from birth to 6 months. Every Thursday at the new

Morpeth NHS Centre  
NE61 1JX

From 1.30pm - 3.00pm



## Useful Telephone Numbers:

Wellway Medical Centre	01670 502333
Greystoke Medical Centre	01670 511393
Pegswood Medical Centre	01670 511840
New NHS Centre, Morpeth	01670 500940
Families Information Service	0800 023 4440
Northumberland County Council	0345 600 6400
Community Works	01670 519575
Breastfeeding Support Helpline	0300 100 0212