



# Ashington Children's Centre

What's On  
April - July 2018

HOW  
**ACTION FOR  
CHILDREN**  
WORKS

## MONDAY

**Pre Booking  
Pregnancy Clinic**  
9.15am - 9.45am

Call 01670 819988 to book

**Breastfeeding Group**  
9.30am - 11.30am

No need to book, just call in

### Fake Away

Starts 14 May for 4 weeks  
9.30am - 11.30am

Cooking favourite takeaways  
with healthier ingredients  
Free crèche | Booking required  
Term time only

### Behaviour Support Group

1.00pm - 3.00pm

See overleaf for details  
No need to book, just call in

### Pregnancy, Birth & Beyond

2.00pm - 4.00pm

Ante-natal advice and  
information  
Timetables available from  
reception on request

## TUESDAY

**Learning Hive**  
Drop-in session  
9.00am - 2.30pm

Call in anytime, no need to book  
See back for more information

### Buggy Fit

Starts 24 April for 6 weeks  
10.30am - 11.30am

Fitness course tailored to  
mothers and their babies.

Suitable for babies  
under 12 months  
Booking required

Limited places available  
£1.00 per session

### Baby Weigh In Clinic

1.30pm - 3.00pm

Call in to weigh your baby and  
chat to a Health Visitor

**01670 819988**

When booking onto courses,  
priority is given to families  
living in Ashington with  
children aged 0-5 years

## WEDNESDAY

**Learning Hive**  
Drop-in session  
9.00am - 2.30pm

Call in anytime no need to book

### First Aid Workshop

with

Royal Lifesaving Society

One-off session on 09 May

9.30am - 11.30am

Gain awareness of children's  
basic first aid

No crèche | Booking required

### Learning Together Through Play

10.00am - 11.30am

Parent and toddler group for  
children 0-5 years old

Call in anytime, no need to book

Term time only

£1.00 per family

### Health Trainer Clinic

12.30pm - 3.30pm

Free & confidential discussions  
with qualified Health Trainers

Booking Required

## THURSDAY

### Baby Play

10.00am - 11.30am

For children under 24 months  
Come along and explore fun  
sensory activities

Call in anytime, no need to book  
Term time only

£1.00 per family

Bring a towel for messy play

### Little Miracles

10.00am - 12.00pm

For children with additional  
needs. No need to book  
See overleaf for details



### First Time Mums

1.30pm - 3.00pm

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

For children under 9 months

## FRIDAY

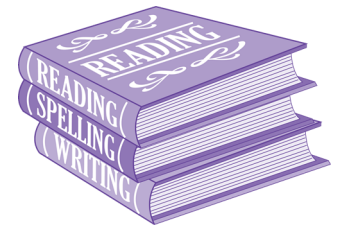
### English

9.30am - 11.30am

### Maths

12.30pm - 2.30pm

Gain a recognised qualification  
Entry Level, Level 1 & Level 2  
Free crèche | Booking required



## SATURDAY

### D.A.D.S. Group

10.00am - 11.30am

For Dads, male carers and their  
children with fun activities

Saturday 28 April & 14 July

No need to book | See reverse

£1.00 per family

Putting your name down for a course does not guarantee you a place  
Those who have a place will be contacted prior to the course date

### **Pregnancy, Birth & Beyond**

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 can bring your partner/family member/friend

### **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

### **Childminder's Drop-in**

Call in & have a chat with other childminders within the area, whilst the children play within a safe environment. No need to book

### **D.A.D.S Group**

Calling all dads, grandads, uncles and male carers. Come along to our D.A.D.S group for a chance to meet new people. Enjoy fun themed activities with your children. Breakfast & snack provided

### **Health Trainer Clinic**

Free and confidential joint discussions which may last for up to an hour. A personal health plan will be developed with you over a period of 6-12 sessions to achieve and maintain your goals

### **Midwife Appointments**

To book a 1:1 appointment after you have attended the Pre-Booking Clinic, please phone 01670 819988

### **Sensory Room**

We have a fully equipped sensory room available for parents, carers and professionals to book

### **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

### **Ways to Book**

Telephone 01670 819988  
Complete a 'course booking form' on our website or call into reception

### **Ashington Children's Centre**

Alexandra Road  
Ashington  
Northumberland  
NE63 9EF

01670 819988

### **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

### **Breastfeeding Group**

For breastfeeding mums to attend, get advice from Nursery Nurse and Breastfeeding peer supporters and baby weigh at end of session

### **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 for support. Contact Nicki Trewhitt, Health Visitor on 01670 841133

### **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. Suitable for children birth to 5 years.  
No need to book

### **Baby Play**

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

### **English & Maths**

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

