



# Ashington Children's Centre

## What's On September - November 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

Get advice from Nursery Nurse and Breastfeeding peer supporters

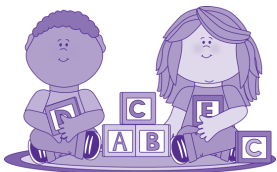
No need to book, just call in

#### Behaviour Support Group

1.00pm - 2.30pm

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

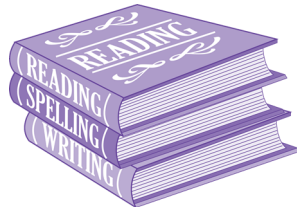
#### Learning Hive

Drop-in session

9.00am - 2.30pm

Call in anytime, no need to book

See back for more information



#### Baby Weigh In Clinic

1.30pm - 3.00pm

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

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

#### Ways to Book

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

### WEDNESDAY

#### Learning Hive

Drop-in session

9.00am - 2.30pm

Call in anytime no need to book

#### 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,

See overleaf for details

£1.00 per family

#### Health Trainer Clinic

12.30pm - 3.30pm

Free & confidential discussions with qualified Health Trainers

Booking Required

#### Registrar

1.30pm - 3.30pm

Come along to register the birth of your child

Certificates payable by cash, cheque or postal order

Call in anytime no need to book

### 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

See additional flyer to more details

#### Little Miracles

10.00am - 12.00pm

For children with additional needs. Have fun and relax in a safe and friendly environment

No need to book

See overleaf for details

#### First Time Mums

1.30pm - 3.00pm

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

For children under 9 months

01670 819988

### 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

#### BAME

1.00pm - 2.30pm

Starting 7 September

then every 2 weeks

Please see reverse

### SATURDAY

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

10.00am - 11.30am

For Dads, male carers and their children with fun activities

Dates to be confirmed

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

### **Together Time**

Aimed at helping to improve children's speech through Bookstart resources; such as books, rhymes and fun activities. Under 24 months  
Contact us for more information

### **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

### **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. Available from reception in the Children's Centre.  
Call **01670 819988** for more details

### **BAME**

Are you a member of the Black Asian Minority Ethnic Community? Would you like to make new friends? Access learning English, Health support and information. Have an opportunity to share your values and culture.

### **Learning Hive**

Support with employability skills, ICT, English, Maths, volunteering qualifications and much more  
For more information please telephone **01670 819988**

### **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 Pam Middleditch, 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  
Suitable for children birth to 24 months

### **English & Maths**

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

