



# Ashington Children's Centre

What's On  
January - March 2019

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

### **IT Course**

Starts Monday 21 January  
For 6 weeks

12.30pm - 2.30pm

**No session 18 February**

Free crèche | Booking required

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

2.00pm - 4.00pm

Ante-natal advice and  
information

Timetables available from  
reception on request

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

## TUESDAY

**Learning Hive**  
Drop-in session  
9.15am - 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  
9.15am - 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

**No session 20 February**

### **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

**Maths**  
9.30am - 11.30am  
**English**  
12.30pm - 2.30pm

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

**No crèche** Booking required

### **Baby Play**

10.00am - 11.30am

For children under 24 months  
Come along and explore fun  
sensory activities Term time  
only | £1.00 per family

Bring a towel for messy play

**No session 21 February**

### **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

Please see reverse for  
more information  
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

Term time | Limited crèche  
Booking required

### **BAME**

1.00pm - 2.30pm

A group for members of the  
Black Asian Minority Ethnic  
Community to interact  
and make new friends

Details on reverse

**01670 819988**

## SATURDAY

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

10.00am - 11.30am

For Dads, male carers and their  
children with fun activities

Saturday 9 February

No need to book | See reverse  
£1.00 per family

### **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

### **IT Course**

Come along and increase your knowledge around I.T. software, online shopping, YouTube and internet safety, while working towards a City & Guilds certificate

### **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](tel: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](tel: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](tel:01670 819988)

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

Alexandra Road  
Ashington  
Northumberland  
NE63 9EF

[01670 819988](tel: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](tel: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. You will be contacted when a place becomes available

