

“What’s On” in North West Leicestershire Sure Start Children’s Centres

“Being able to get out of house and do something different. It’s local, lots of different things to do so the children don’t get bored and it’s free!”




Ofsted
“Good”
February 2014

Issue 2 (2018/19)

This booklet is for term-time only activities. Please contact your local centre for information on holiday activities.

To provide the best start in life for all children in NW Leics.
We want to see happy children supported by confident parents.

What does your local Children's Centre offer?

Help, advice and support on child and family health, parenting and a range of other issues to help you provide the best start in life for your under 5's.



Katie Herbert
Children's Centre Coordinator

Feedback from our families

"Seeing my girls play together was a nice change."

"Playing with other families. Different things to do. We'll definitely come again."

"My son was saying he didn't want to come. He's had a great time and wants to come next week."

Your Family Outreach Workers



Sue Holt
Senior Family Outreach
Worker



Angela Slater
Warren Hills Children's
Centre



Carolyn Clarke
Castle Donington and Moira
Children's Centres



Benita Handley
Coalville Children's Centre



Kim Absalom
Ashby Children's
Centre



Lesley Renton
Measham Children's Centre



Michelle Wingrove
Thringstone Children's Centre



Krysha Catterall
Coalville Children's Centre



Amy Maguire
Ibstock Children's Centre

What we do...

we work closely with families in the community and support families by running fun sessions for parents and children aged 0-5 years. We visit families at home for more direct support and also work closely with other professionals to signpost families to other available services. We can support any family with children aged 0-5 years with issues including finances, housing needs, behaviour management/parenting skills, emotional support and help accessing childcare provision.

Your Pathway Support Workers



Lynette Towse

Most of our work is with families attending groups run by Sure Start. We run some of our Pathway groups for families with Under 2's. We work closely with the rest of the team and other professionals to signpost families when other services are needed.



Rebecca Mason

An A-Z of the services, activities and support we offer:

Universal Support:

These groups can be attended by any families with under 5's. Some are so popular that a booking system is in operation so please call or check our Facebook page before coming along.

Breastfeeding Support Group

Informal and relaxed session for mums and mums-to-be offering help, support and advice on breastfeeding. Drop-in.

Bumps to Babies

Groups for expectant parents covering labour, pain relief, infant feeding and parenting skills, bookable through midwife.

Childminders Group

Drop-in groups for Childminders and children they care for.

Development Checks / Weaning Groups

Advice about your baby's development / information and advice around weaning your baby. By invitation from your Health Visitor.

FOW drop-in

Families can drop-in to see a Family Outreach Worker (FOW) in a safe and confidential environment for support and advice on various family matters.

Here We Grow

Community volunteer-led group to encourage healthy eating by growing your own vegetables, with related activities.

International Group

Stay & play for parents for whom English is a second language with children under 5. Weekly drop in.

SIBS Group

For children aged 8-14 with a brother /sister with ASD or Asperger's. We provide the siblings with a safe place where they have the freedom to be themselves and share experiences with other children in similar situations . For more information call 01530 245922.

Sensory Rooms (Ashby and Warren Hills)

Offer a stimulating environment for babies and children with additional needs but are also open to all families with children under 5 to book. See Centre page for numbers.

Stay & Plays

Drop-in stay & play groups for parents/carers and their under 5's. Run by parents/volunteers.

Weigh-in Clinics

To have your baby weighed and for advice on health and development. These appointments are booked through your Health Visitor.

Referral Only Support:

REFERRAL ONLY

These groups are designed to support and guide parents who may find themselves in need of a helping hand. You can be referred by any professional who is working with you (e.g. your Health Visitor) or you can self-refer if you feel you would benefit from any of these groups. To self-refer just ring and speak to a member of the team who will be happy to discuss the most appropriate group for your needs.

Baby Beginnings

An 8 week course including 6 weeks antenatal and 2 weeks after birth. The course will cover a number of issues including; labour and pain relief, feeding, bonding and safety with a new born. This leads onto a pathway group.

0-2 Pathway

A group for families with 0-2 year olds which leads on from Baby Beginnings. The pathway covers a varied programme of activities to support parenting and child development.

Baby Daze

An 8 week group for new Mums and their babies. Activities including infant massage to increase your confidence as a parent and opportunities to make new friends.

HYPA - Helping Young Parents Achieve

A group supporting young and expectant parents under 21 with their parenting skills in a fun and relaxed centre. We have different activities each week which are often chosen by the parents in the group. Drop-in.

I'm Having a Baby

Antenatal sessions for expectant young parents under 21.

Referral Only Support (cont):

REFERRAL ONLY

Learning Through Play

A group for parents and their children aged over one. This group supports your child's early learning through hands-on activities, informal discussion, information and ideas to try at home.

Let's Get Talking

Sessions aimed at children aged around 2 with delayed speech and language development.

My Wellbeing Toolkit

Groups aiming to improve the confidence and self-esteem of parents.

PICL Groups - Parents Involved in Children's Learning

Learn to understand how your children learn so you can help them develop and progress at home.

Solihull Groups

'Understanding your Child' - groups run by Family Outreach Workers for parents with children aged 18mths+.

Moving Forward With Confidence

For parents who want to build confidence, explore difficult relationships and look forward to feeling happy and healthy in new relationships.



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

Sensory Room available to book out, various days/times available, call 0116 305 5251

MONDAY

REFERRAL ONLY

GROUP BY INVITATION

10:00 -12:00

Starts 10th September 2018

(2 week half term break)

BREASTFEEDING SUPPORT GROUP

1.00 - 2.30

TUESDAY

MUMS & TOTS PILATES

12:30-1:30

Starts 30th October 2018

Please book by calling

0116 305 5251

TWINS GROUP

10:00-11:30

Coming Soon

Start date tbc

BUMPS TO BABIES

3.00—5.00

Please book by calling:

01530 468525 or 01530 468507

WEDNESDAY

REFERRAL ONLY

LET'S GET TALKING

10:00-12:00

WEIGH-IN CLINIC & DEVELOPMENT CHECKS

1.00 - 3.00

THURSDAY

LITTLE STARS

Stay & play

10.00 - 11.30

FRIDAY

Castle Donington

Sure Start Children's Centres



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

MINIHOPPERS

(Led by Grasshoppers Nursery)

9.30 - 11.30

Drop-in—term time only

0-5yrs & primary school children welcome

50p per child

TUESDAY

HERE WE GROW

3.30—5.00

Easter till October

WEDNESDAY

WIGGLE, SHAKE AND MAKE

0-5 years, drop in

10.00 - 11.00

£3 per child, £1 per sibling

REFERRAL ONLY

SOLIHULL

6:30-8:30pm

Starts 26th September 2018

THURSDAY

FOODBANK

10:00-12:00

Call in for a coffee and to access the food bank.

FRIDAY

Coalville (Hub)

Sure Start Children's Centres

AM

MONDAY

POSTNATAL MIDWIFE APPOINTMENTS

9.00—5.00

By appointment with midwife

HEALTH VISITOR ADVICE CLINIC

First Monday of the month
9.00—12.30

INTERNATIONAL GROUP

Stay & Play
10.00 –11.30

TUESDAY

REFERRAL ONLY

DEVELOPMENT CHECKS

Second Tuesday of the month
9.00—12.30

LET'S GET TALKING

10.00 - 11.30

WEDNESDAY

REFERRAL ONLY

LITTLE BUTTERCUPS

Stay & play
10.00 - 11.30

DEVELOPMENT CHECKS

First and fourth Wednesday of the month
9.00—12.30

I'M HAVING A BABY

12:30-2:30
Starts 29th August 2018

THURSDAY

CHILDMINDING GROUP

10.00-12.00
(Term time only)

DEVELOPMENT CHECKS

First Thursday of the month
9.00—1.00

FRIDAY

NEW

REFERRAL ONLY

DEVELOPMENT CHECKS

1st, 2nd and last Friday of the month

BREASTFEEDING GROUP

9:30-11:00
Starts 7th September 2018

BABY DAZE

10:00-12:00
Starts 31st August 2018



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

PM

MONDAY

REFERRAL ONLY

WELL BEING TOOLKIT

Starting 3rd September 2018
12.45 –2.45
(half term 15.10.18)

DEVELOPMENT CHECKS

12.00—4.00

TUESDAY

DEVELOPMENT CHECKS

12.30—3.00
First and second Tuesday of the month

WEDNESDAY

REFERRAL ONLY

REFERRAL ONLY

HEALTH VISITOR ADVICE CLINIC

12.30—4.30

MOVING FORWARD

1:00-3:00
Starts 3rd October 2018

SOLIHULL

Starts 12th September 2018
6.30—8.30pm

THURSDAY

SPECIALIST MIDWIFE

12.00—4.30
By appointment

HYP A - HELPING YOUNG PARENTS ACHIEVE

12.30 - 2.30
Starts 13th September 2018

SIBS GROUP

4.30—6.15pm

FRIDAY

REFERRAL ONLY

0—2 PATHWAY

For babies born December 2017
1.15—3.15

BUMPS TO BABIES

2.00—4.00
Please book by calling: 01530 467462



Sure Start Children's Centres

REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

DEVELOPMENT CHECKS

9.00 - 1.00

2 YEAR PATHWAY

1:15-2:45

For babies born Jan/Feb 2018

REFERRAL ONLY

TUESDAY

LEARNING THROUGH PLAY

Starting 11th September 2018

10.00-11.30

PICL

1:00-2:45

Starts 4th September 2018

REFERRAL ONLY

REFERRAL ONLY

WEDNESDAY

HEALTH VISITOR ADVICE / WEIGH-IN CLINIC

9.00 - 11.00

LEARNING THROUGH PLAY

Starting 12th September 2018

1.15—2.45

REFERRAL ONLY

THURSDAY

DEVELOPMENT CHECKS

9.00 - 1.00

INVITATION ONLY GROUP

9.45—11.45

Starts 6th September 2018

(No group 15th & 22nd Oct)

2 YEAR PATHWAY

1.15—2.45

For babies born in Oct/Nov
2017

REFERRAL ONLY

REFERRAL ONLY

FRIDAY

DEVELOPMENT CHECKS

9.00 - 1.00

LITTLE TWINKLES

Stay & play

10.00 - 11.30

Measham



Sure Start Children's Centres

REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

2 YEAR PATHWAY

10:00-11:30

For babies born June/July 2018

REFERRAL ONLY

SOLIHULL

12:45-2:45

Starts 17th September 2018

REFERRAL ONLY

TUESDAY

DEVELOPMENT CHECKS

9.30 - 12.30

WEDNESDAY

LITTLE STARS

Stay & Play

9.30 - 11.00

MIDWIFE APPOINTMENTS

9.30—12.00

BREASTFEEDING SUPPORT GROUP

11.15 - 12.45

(Health Visitor available 12.00 - 12.30)

THURSDAY

MINI SUPER-STARS (0-3's)

Stay & play

1.15—2.45

FRIDAY



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

LITTLE STARS

Stay & play
9.45 - 11.15

BUGGYCISE

1:00-2:00
Starts 10th September 2018
Please book by calling 0116 305 5279

TUESDAY

WEDNESDAY

DEVELOPMENT CHECKS

4th Wednesday of the
month
9.00—12.00

REFERRAL ONLY

2 YEAR PATHWAY

10:00-12:00
Starts 5th September 2018

THURSDAY

WEIGH-IN CLINIC

(3rd Thurs of Month)
10.00 - 11.00

CHILDMINDERS GROUP

10.00—11.30
Drop-in

FRIDAY

REFERRAL ONLY

WELL BEING TOOLKIT

10:00-12:00
Starts 28th September 2018

Thringstone

Sure Start Children's Centres



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

MONDAY

LITTLE OLAFS

Stay & play
10:30-12:00

HEALTH VISITOR CLINIC

(last Monday of month)

TUESDAY

REFERRAL ONLY

BY INVITATION GROUP

10:00-12:00
Starts 11th September 2018
(closed half term 16th & 23rd Oct)

WEDNESDAY

REFERRAL ONLY

WELL BEING TOOLKIT

10:00-12:00
Starts 12th September 2018
(closed 17th & 24th Octobert)

THURSDAY

FRIDAY

Warren Hills

Sure Start Children's Centres

AM

MONDAY

TUESDAY

SPEECH AND LANGUAGE APPOINTMENTS

First Tuesday of the month
9.00—1.00
By appointment

REFERRAL ONLY

2 YEAR PATHWAY

10:00-11:30

WEDNESDAY

JELLY BEANS

Stay & play
10.00 - 11.30
Crawling to age 2

9.30 - 11.00
1st Weds of month

THURSDAY

DEVELOPMENT REVIEWS

9.00 - 12.30
Last Thursday of the month

DIETITIAN APPOINTMENTS

Third Thursday of the month
9.00—1.00
By appointment

FIRST AID

Starts 4th October 2018
(2 weeks)
10.00-12.00

FRIDAY

JELLY BABIES

Stay & play
10.00 - 11.30
Up to crawling



REFERRAL ONLY

Services showing this symbol are available via referral. See page 6 for details.

Sensory Room available to book out, various days/times available, call 0116 305 6948

PM

MONDAY

TUESDAY

REFERRAL ONLY

PICL

12:45-2:45

Starts 30th October 2018

WEDNESDAY

BUMPS TO BABIES

2.00—4.00

Please book by calling: 01530 467462

THURSDAY

REFERRAL ONLY

SPEAKING AND LISTENING

Starts 1st November—6th December 2018

10.00-12.00

0-2 PATHWAY

1:15-2:45

Starting 2018

For babies born Apr/May 2018

FRIDAY

Free childcare for 2 year olds

A scheme to offer eligible two year old children up to 570 hours of free childcare per year is running in Leicestershire.

To see if you can access free childcare for your two year old, please visit www.leicestershire.gov.uk/apply-for-2s

If you have any issues using the online checker please either visit your local Children's Centre or call us on 0116 305 6208.



NORTH WEST LEICESTERSHIRE SURE START

WE ARE LOOKING FOR PEOPLE TO SUPPORT OUR CHILDREN'S CENTRE PROGRAMME

If you would like to give you time to help families and young children in your community, we would love to hear from you!

For more details contact:
Heather Wood, Parent and Community Involvement Worker on: 0116 305 5328 or 07943 142001 between 9am & 4pm
Heather.wood@leics.gov.uk or ask at your local Children's Centre!

No experience necessary as training given!

Useful Contact Numbers:

First Contact Plus	0116 305 4286
Help with issues including money, your home and feeling safe.	
First Response (Social Care)	0116 305 0005
Jobcentre Plus	0800 169 0190
- New Benefit Claims	0800 055 6688
Marlene Reid Centre	01530 510 515
Trussell Trust (food bank) Coalville	01530 838355
Ashby	07542 118878
NHS Non-emergency Number	111
QuitReady Leicestershire (smoking cessation)	0345 646 66 66
NWL District Council Offices	01530 454 545
NWLDC Housing advice/homelessness	0800 952 0079
REACT Furniture Project	01530 512 454
Turning Point	0330 303 6000
Drug & alcohol support.	
Let's Talk Wellbeing	0115 876 0157
Talking therapies for people experiencing some mental health issues.	
Mental Health Matters	0300 323 0189
Leicestershire and Rutland mental health and wellbeing recovery service.	
Leicestershire Adult Learning Service	0800 988 0308

Daddy Daze

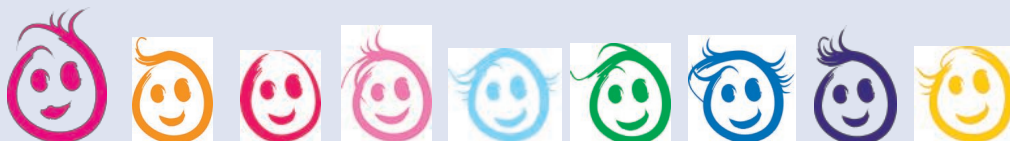
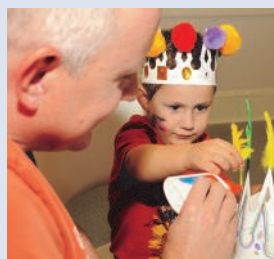
A group for Dads and their children

Last Saturday of the month

(29/9, 27/10, 24/11 ...)

10.00–12.00

At Coalville Children's Centre



North West Leicestershire Sure Start Children's Centres

Ashby Children's Centre

(Based at Woodcote Primary School)
Willowbrook Close
Ashby de la Zouch
LE65 1JZ
0116 305 5251

Castle Donington Children's Centre

(Based at Castle Donington
Community College)
Mount Pleasant
Castle Donington
DE74 2LN
0116 305 5234

Coalville Children's Centre

(The Hub - Next to the library)
3 High Street
Coalville
LE67 3EA
0116 305 5993

Ibstock Children's Centre

(Based at Ibstock Community College)
Central Avenue
Ibstock
LE67 6NE
0116 305 6421

Measham Children's Centre

(Based at Measham C of E Primary
School)
Bosworth Road
Measham
DE12 7LG
0116 305 5275

Moira Children's Centre

(Based at Moira Primary School)
Blackfordby Lane
Moira
DE12 6EX
0116 305 5279

Thringstone Children's Centre

(Based at Thringstone Primary School)
Hensons Lane
Thringstone
LE67 8LJ
0116 305 5271

Warren Hills Children's Centre

(Based at Warren Hills Primary School)
Stamford Drive
Coalville
LE67 4TA
0116 305 6948



**FIND US ON FACEBOOK AT: North West Leics
Children's Centres**

General Enquiries: 0116 305 5993
coalvillecc@leics.gov.uk