

Parenting Support Services

<p>Jobcentre Plus group information sessions</p> <p>Are aimed at parents who are in receipt of benefit and are either already looking for work or reaching a time where they will be required by law to look for work. The course is run over either 6 or 7 separate sessions with each session covering a different subject. Some of the subjects covered are CV and interviewing skills workshops, Digital jobsearch, On-line applications, childcare and how to find it. Work in the voluntary sector and how this can help you. A range of employability courses are provided by Jobcentre Plus and RGS</p> <p>Check Eventbrite for details and to register your interest</p>	<p>HENRY Group Programme</p> <p>(Healthy, Nutrition for the Really Young)</p> <p>an 8 week course for parents and carers of children up to 5 years. This course is informal and fun and explores together what makes a healthy family lifestyle and getting support to deal with the challenges along the way</p>
<p>Young Stars/Sparklers</p> <p>A group for parents aged under 25 years of age. Make friends and have fun with this informal relaxed group. Discover new skills and learn with your baby</p>	<p>Young Mums Matter</p> <p>Is an accredited course. The course runs over 12 weeks and offers you the opportunity to learn vital skills to manage independently and successfully as a family. The course will cover subjects including Home Matters, including tenancy agreements, your responsibilities, fire safety in the house, Money Matters, including budgeting benefits, debts and spending, Work Matters including CV writing, top tips for interviews. Please register your interest using Eventbrite</p>
<p>Workshops</p> <p>We offer a range of occasional workshops on a variety of topics including Toilet Training, Speech and Language, Weaning and Safe and Healthy Baby, Crawler and Toddler</p>	<p>Cook and Eat</p> <p>This is a course to show parents and carers practical cooking skills, cooking on a budget, basic food hygiene and each week you cook a dish and sit together with the other course members and your children to eat your creation</p>
<p>PEEP</p> <p>Courses available for children of various ages. The course focuses on how you can make the most of learning opportunities in everyday life at home</p>	<p>Young Stars/Sparklers</p> <p>Discover new skills and learn with your baby</p>
<p>Incredible Years</p> <p>A 14 week parenting program covering positive parenting through play. This course will help you build a strong relationship with your child (aged 3-8 years)</p>	<p>Young Mums Matter</p> <p>Is an accredited course. The course runs over 12 weeks and offers you the opportunity to learn vital skills to manage independently and successfully as a family. The course will cover subjects including Home Matters, including tenancy agreements, your responsibilities, fire safety in the house, Money Matters, including budgeting benefits, debts and spending, Work Matters including CV writing, top tips for interviews. Please register your interest using Eventbrite</p>
<p>For up to date information please visit our website address, where you will find useful information on a range of topics</p> <p>http://services.actionforchildren.org.uk/basingstoke-and-deane-childrens-centres/</p>	<p>For up to date information please visit our website address, where you will find useful information on a range of topics</p> <p>http://basingstoke-cluster.eventbrite.com/</p> <p>If you are interested in attending any of the above courses we will contact you when a space becomes available</p>

Basingstoke and Deane Children's Centres

<p>Honeycomb Children's Centre</p> <p>Chiltern Way Basingstoke RG22 5BB Tel 01256 331574</p>	
<p>Pebbles Children's Centre</p> <p>Shakespeare Road, Popley Basingstoke, RG24 9BP Tel: 01256 357028</p>	
<p>Westside Children's Centre</p> <p>Paddock Road, South Ham, Basingstoke RG22 6QB</p>	
<p>Octopus Children's Centre</p> <p>Oakridge Hall For All, Forsythia Walk, Oakridge, Basingstoke, RG21 5RG</p>	
<p>Bunnies Children's Centre</p> <p>Longcross Lane, Hatchwarren, Basingstoke RG22 4YQ</p>	
<p>LilyPads Children's Centre</p> <p>Chineham Library, Chineham District Shopping Centre, Basingstoke RG24 8BQ</p>	
<p>Buttercups Children's Centre</p> <p>Haydn Road, Basingstoke Hants RG22 4DH</p>	
<p>Badgers Children's Centre</p> <p>Bishops Green Community Centre, Bishops Green, nr Newbury, RG20 4AD</p>	
<p>Home Tree Children's Centre</p> <p>Tadley Community Centre, Newchurch Road, Tadley, RG26 4HN</p>	
<p>Snowdrops Children's Centre</p> <p>Overton Community Centre, Winchester Street, Overton RG25 3HS</p>	
<p>The Courtyard Children's Centre</p> <p>Lychpit District Centre, Great Binfields Road, Basingstoke RG24 8TF</p>	

If you are interested in attending any of the courses please go to <http://basingstoke-cluster.eventbrite.com/> or <http://basingstoke-cluster.eventbrite.com/> to register your interest. We will contact you when a place becomes available



action for children

What's on?

For parents and carers of children under 5

Basingstoke and Deane Cluster B Children's Centres



Would you like to become a volunteer in a Basingstoke Children's Centre?

Full training is provided for free
Roles available are:

- Meet and greet
- Parent Champion
- Group Assistant

Please contact your local children's centre for more information.

<http://app.volunteerz.com/Public/Umbrella/BackToSearch?umbrellaGUID=4d0f4478-2856-44db-8783-2403b6f7f5ec&searchType=o&searchId=13353#ResultAncho>

Would you like to join the 'Parent Forum' in Basingstoke and Deane area?

- Come and join other parents and carers to share opinions and ideas about issues that affect you and your families within the children's centre.
- The family forums are the voice of the parents and carers in your community.
- Help with fundraising and promotion of your centre, to benefit your local community.
- No experience needed, just enthusiasm.

Please contact your local children's centre for more information.

 Follow us on Facebook
Basingstoke cluster A Children's Centre
And
Basingstoke Cluster B Children's Centre

actionforchildren.org.uk

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Spring Term 2016

Basingstoke Cluster B Children's Centres Timetable January to April 2016

(please note the timetables stop during February 2016 Half Term and Easter 2016 school holidays)

DAY	TIME	GROUP NAME	AGE GROUP	WHERE	FREQUENCY	COST	BOOKING
MONDAY	10.00-11.30	PALS	0-5 Years	Honeycomb Children's Centre	Weekly	£2.50 for 1st child £1 per sibling	No
	10.00-11.15	PALS	0-5 Years	Snowdrops Children's Centre	Weekly	£2.50 for 1st child £1 per sibling	No
	10.00-11.15	Drop in for Guidance and Support	Parents with 0-5 Years	Snowdrops Children's Centre	Weekly	Free	No
	10.00-12.00	Safe and Healthy Crawlers	7-18 Months	Bunnies Children's Centre	Weekly 11/01/16-8/02/16	£2 per session	Yes
	10.00-11.30	Safe and Healthy Toddlers	12-24 Months	Bunnies Children's Centre	Weekly 22/02/16-21/03/16	£2 per session	Yes
	10.00-12.00	Incredible Years Group (Creche available)	Parents with 0-5 Years	Westside Children's Centre	Weekly (14 weeks)	Free	Yes
	1.00-2.30	PEEP Books	0-5 Years	Westside Children's Centre	Weekly 18/01/16-8/02/16	Free	Yes
	12.45-2.45	New Mum's Group	0-6 Months	Honeycomb Children's Centre	Weekly 11/1/16-8/2/16	£1 per family	Yes
	12.45-2.45	Safe and Healthy Baby	0-7 Months	Honeycomb Children's Centre	Weekly 22/2/16-21/3/16	£1 per family	Yes
	1.30-2.45	Child Health Clinic	0-5 years	Gillies Health Centre	Weekly	Free	No
2.30-3.00	Baby Sensory	0-9 Months	Bunnies Children's Centre	5 week course. This is a rolling course please book on Eventbrite	£22.50	Yes	
TUESDAY	9.15-10.15	Child Health Clinic	0-5 Years	Honeycomb Children's Centre	Monthly 5 Jan, 2 Feb, 8 Mar, 5 April	Free	No
	9.00-12.00	Breastfeeding Support	0- 28 Days	Buttercups Children's Centre	By appointment, please call 01256 314890	Free	Yes
	9.30-11.00	Drop in for Guidance and Support	Parents with 0-5 Years	Buttercups Children's Centre	Weekly	Free	No
	10.00-11.30	Child Health Clinic	0-5 Years	Gill Nethercott Centre Whitchurch	1st and 3rd Tuesday starts 5 Jan	Free	No
	10.00-11.15	Baby PEEP	0- 9 Months	Gill Nethercott Centre Whitchurch	2nd and 4th Tuesday starts 12 Jan	Donation	No
	1.30-3.00	Young Stars	Carers under 25 years and children	Honeycomb Children's Centre	Weekly starts 19/01/2016	Free	No
WEDNESDAY	10.00-11.30	SPLAT	0-5 Years	Westside Children's Centre	Weekly	Donation	No
	10.30-11.30	Child Health Clinic/SPLAT	0-5 Years	Bunnies Children's Centre	2nd and 4th Wednesday of Month	Free	No
	10.30-11.30	Child Health Clinic/Stay and Play	0-5 Years	Rooksdown Community Centre	3rd Wednesday of Month starts 20 Jan	Free	No
	12.45-2.45	Maths or English (dependant on demand) (with crèche)	Carers with 0-5 Years	Westside Children's Centre	Weekly- Starts 13/01/2016 10 weeks	Free	Yes
	12.30-2.30	Young Mums Matter (with Creche)	Carers with 0-5 Years	Honeycomb Children's Centre	Weekly Starts 06/01/2015 12 weeks	Free	Yes
THURSDAY	10.00-11.30	JCP Group (NO crèche)	Carers	Honeycomb Children's Centre	Fortnightly- Please book through your JCP advisor	Free	Yes
	9.30-12.00	Health Development Checks	0- 2 Years	Westside Children's Centre	By Appointment	Free	Yes
	9.15- 9.45 and 10.00-10.30	Sensory Rhyme Time	0- 5 Years	Honeycomb Children's Centre	Weekly	Donation	No
	1.30-2.45	Child Health Clinic	0- 5 Years	Westside Children's Centre	Weekly	Free	No
	1.30-2.30	Baby Massage	6 Weeks to 7 Months	Westside Children's Centre	6 week course. This is a rolling course please book on Eventbrite	£32 in advance	Yes
	1.30- 2.30	Drop in for Guidance, Support and Baby Play	Parents with 0-5 Years	Westside Children's Centre	Weekly	Free	No
	2.00- 2.30	Rhyme Time	0-5 Years	Bunnies Children's Centre	Weekly	Donation	No
FRIDAY	10.00-11.30	PEEP 2's	18-36 Months	Honeycomb Children's Centre	Weekly starts 15/01/2016	Free	Yes
	10.00-12.00	HENRY (with Creche)	1-5 Years	Westside Children's Centre	Weekly - 8 Weeks starts 15/01/16	Free	Yes
	10.00-11.30	Story Sacks	18 Months – 5 Years	Bunnies Children's Centre	Weekly (8/01/16-12/02/16)	£1 per child per week	Yes
	9.30-11.30	Child Health Clinic	0-5 Years	Snowdrops Children's Centre	Monthly 3rd Friday	Free	No
SATURDAY	10.00-11.00	Dad's Club	0-5 Years	Lily Pads Children's Centre	Monthly 3rd Saturday	Donation	No
SALT (Speech and Language) and Community Sessions working in partnership with Children's Centres							
MONDAY	SALT (Speech and Language) drop-in sessions will be held at Honeycomb Children's Centre from 9.45am – 11.30am on 18 Jan, 22 Feb, 21 March, 11 April. 6 families can be seen at each session, on a first come, first served basis. These drop-ins are for children who have not received support.						
TUESDAY	12:45 - 1:30	Gymfit – active session using a range of gym equipment	Toddlers to 5yrs	Active Life Centre, Houndmills, RG21 6XR	Weekly – term time	£2 first child £1 per sibling	No
	9:30 – 11:30	Forest First - 1st Tuesday of the month	These sessions are an opportunity to let your child explore nature and the world around them. The sessions are centred around the children's imagination and are child led. For more please email Sharon Chapman at education@growing2gether.org				Yes
FRIDAY	11:00 - 11:30	Rhyme Time	0 – 5 Years	South Ham Library. RG22 6QB	Weekly	Free	No
	1.15 – 2.15	Hatch Warren under 5's Toddler Group and Messy Play	0 – 5 Years	Hatch Warren Community Centre	Weekly		No
The Hurst Community College offer a range of under 5 activities including Messy Play, Toddler Group, Music and Movement groups. They also offer a range of family learning courses including Newborn to Parenting, Literacy and Numeracy. For further information look on www.hurstcentre.co.uk or ring The Hurst Community College on 0118 981 2918							