

Children Centre Groups — what's on offer at each centre?

Baby Health Days — drop in for new Mums and Dads with a baby under 1 year. (These drops in now include our Tiny Treasures sessions)

A health visitor and or a community nurse will be available throughout the day to answer any health questions or worries you have. No need to book, just drop in. We will have a focus theme each week including infant feeding, safe sleep introducing solid food, home safety and lots more. Meet new friends, speak to a health professional and enjoy a short play session with your new baby.

Preparation for birth and beyond

Jointly run by our Centre staff and Midwives - these 3 sessions cover getting ready for the birth, Labour, pain relief and caring for your new born baby. An essential course for all expectant parents from 24-34 weeks pregnant.

Learning Through play

Young babies and children learn through play. These lovely sessions include a great variety of play activities and ideas for you and your children - to make learning fun.

Time for 2's

A group for rising 2's with a short discussion time for parents based on common experiences such as managing sleep routine, toilet training and activities to encourage learning

Solihull

A course for parents who wish to understand and support their child's development, behaviour and routines

International Group

A welcoming craft session for parents/carers, with an opportunity to meet other families from different back grounds and cultures

Cooking on a budget and Barclaycard Money Skills

A short course for new parents to learn basic cooking and budgeting skills. Friendly, practical and great fun.

ESOL

A course to enable you to develop your English speaking and written skills with a opportunity to undertake a functional skills qualification in English

Northampton Central Children's Centre Services

**January
to
March
2015**



**Activities and Services for
Children aged 0-5 years and their families living in the
Spring Lane, Town Centre and Far Cotton areas**

Website: www.actionforchildren.org.uk/northamptoncentral

Email: NorthamptonCentralCC@actionforchildren.org.uk



Action for Children is a National Children's Charity. Our vision is that every child and young person has the love, support and opportunity they need to reach their potential. Action For Children run 3 Children's Centres in Northampton Central, based at Gloucester Children's Centre, Spring Lane Children's Centre and Vernon Terrace Children's Centre.

Our opening times are Monday—Thursdays 9.00am-5.00pm and Friday 9.00am-4.30pm

Gloucester Children's Centre

Camborne Close, Northampton NN4 8PH Telephone 01604 762251

Session	Day & Time	Date
Baby Health Day Drop in	Monday 9.30am—2.30pm	12/01/2015 — 02/03/2015
Freedom Programme—Crèche available (booking required)	Tuesday 9.30am—11.30am	13/01/2015 —17/02/2015
ESOL—Crèche available (booking required)	Tuesday 9.30am—11.30am	13/01/2015 —24/03/2015 Term Time Only
Information & Advice Session Drop in	Tuesday 4.00pm—5.00pm	Every week from 13th Jan
International Group Drop in	Wednesday 10.00am—11.30am	Starts 07/01/2015 Term time only
Pregnancy Birth & Beyond (booking required)	Wednesday 2.30pm—4.30pm	14th, 21st & 28th January 2015
Time for 2's (booking required)	Thursday 10.00am—11.30am	15/01/2015 — 19/03/2015
Learning Through Play (booking required)	Friday 10.00am—11.30am	16/01/2015 — 06/03/2015
Cooking on a Budget and Barclaycard Money Skills (booking required)	Friday 10.00am—11.30am	Starts 13/03/2015
Solihull—parenting programme (booking required)	Friday 12.45pm—2.45pm Crèche available	27th February 2015

St Giles Toddle in 0-4yrs	Tuesday 10.00am—12.00noon	St Giles Church Centre, St Giles Terrace, NN1 2BN
Abington Toy Library	Wednesday 10.00am— 11.30am	United Reform Church, Abington Ave, NN1 4QA
Job Club	Thursday 10.00am—12.00 noon	Springs Family Centre, 9 Tower Road NN1 2SW 07703185740
Northampton Baby Cafe	Friday 10.00am—12.00noon	The Friends Meeting House, Wellington Street, NN1 3AS 07780672939
Far Cotton Rhyme Time 0-4yrs	Wednesday 10.30am—11.00am	Far Cotton Library REC, Towcester Road, NN4 8LG

Free childcare for 2 year olds



Funding Early Learning for 2 year olds

If you are a parent/carer of a 2 year old and receive certain benefits, your child could be entitled to up to 15 hours a week free Early Learning within a pre-school or with a registered childminder.

To find out if you are eligible visit the County Council webpage and use the simple online eligibility checker.

Alternatively pop into your local Children's Centre for help or Information.

www.northamptonshire.gov.uk/2yearfunding

Parent and child community groups

for families and children under 5 years

These events are run by community partners and volunteer groups. Please contact the group organiser to check times and details before attending. Thank you.

Event	Day & Time	Location
Toy Library & Breastfeeding 6months—5 years	Monday 1.30pm—3.00pm	Abington United Reformed Church, NN1 4QA
St Mary's Tiddlywinks Parent & Toddler Group 0—5 years	Monday 9.15am—11.00am	St Mary's Church, Abbey Road
Mini Music with Vicki	Monday 9.30am—10.30am Friday 9.30am- 10.30am £3.50 per session	Victoria Rd Congressional Church, NN1 5ED
Baby Music with Vicki	Monday 10.30am—11.30am £3.50 per session	Victoria Rd Congressional Church, NN1 5ED
Chatter Box 0—5 years	Monday 9.30am—11.15am Wednesday 9.30am—1.15am Friday 9.30am-11.15am	Mount Pleasant Baptist Church. 147-155 Kettering Rd
Mini Springer's Parent Toddler Group	Monday 10.00am-12.00noon £1.00 per session	Spring Family Centre, Spring Boroughs, NN1 2SN
Parent & Tots Swim Ses- sion	Monday 2.00pm—3.30pm £4.30 per session	Mounts Swimming Baths, Upper Mounts, NN13DN
St Greg's Toddler group 0—4 years	Tuesday 9.30am -11.30am £0.50 per session	St Greg's Church, Birch Field Rd East NN3 2HS.
Gym Bugs 0—5 years	Tuesday 10.00am-2.45pm Wednesday 10.00am—2.45pm Thursday 10.00am -11.45am	56-58 Rotherthorpe Cres- cent, NN4 8JD please call to book on 01604 859412

Spring Lane Children's Centre

Spring lane, Northampton NN1 2JW Telephone 01604 620484

Session	Day & Time	Dates
Time for 2's (booking required)	Monday 10.00am—11.30am	12/01/2015/-02/03/2015
Cooking on a Budget and Barclaycard Money Skills (booking required)	Monday 12.30pm—2.00pm	12/01/2015—30/03/2015
Language Café with School (booking required)	Tuesday 9.00am & 1.00pm (Crèche available in the afternoon)	13/01/2015
Learning Through Play	Wednesday 10.00am—11.30am	14/01/2015 -04/03/2015
Information & Advice Session	Wednesday 1.00pm—3.00pm	Weekly from 14th Jan
Pregnancy Birth & Beyond (booking required)	Wednesday 3.30pm—5.30pm	4th, 11th and 18th March
ESOL (booking required)	Thursday 9.45 am—11.45am	15/01/2015 -26/03/2015 Term Time Only
International Group	Thursday 1.30pm—3.00pm	15/01/2015
Baby Health Day (drop in)	Friday 9.30am—2.30pm	16/01/2015—06/03/2015

Vernon Terrace Children's Centre

Vernon Terrace Primary School, Northampton NN1 5HE Telephone 01604 633894

Session	Day & Time	Dates
Information & Advice (drop in)	Monday 9.30am—11.30am	Weekly from 12th Jan
Baby Health Day (drop in)	Tuesday 9.30am—2.30pm	13/01/2015-03/03/2015
Time for 2's (booking required)	Wednesday 10.00am—11.30am	14/01/2015 -04/03/2015
Pregnancy Birth & Beyond (booking required)	Wednesday 4.00pm—6.00pm	4th, 11th and 18th Feb
Learning Through Play (booking required)	Thursday 10.00am—11.30am	15/01/2015—19/03/2015
ESOL (booking required)	Thursday 12.45pm—2.45pm	15/01/2015—26/03/2015
International Craft Group (drop in)	Thursday 3.45pm—4.45pm	Weekly from 5/01/2015
Cooking on a Budget and Barclaycard Money Skills	Friday 10.00am—11.30am	23/01/2015 -06/03/2015

Baby's Health Days for families with a baby under 1years old

Are you a new parent? Why not come along to one of our new baby health drop- ins. These run at a centre near you every week. Check out the previous programme pages for venues and days. A Health Visitor and/or Community Nursery Nurse will be available throughout the day to answer your questions. You don't need to book, just drop in with your baby for a chat and a short play time. You can pick up lots of useful information from the centre and get support and help with feeding and caring for your new baby.
All new mums and dads are welcome.

Healthy Start For you and your baby

Healthy Start is a UK wide government scheme to improve the health of pregnant women and families with children under 4 who are on benefits or low incomes. Eligible families can receive vouchers for milk, fruit and vegetables which can be exchanged at local shops who are participating in the scheme. You can also receive free vitamins (mother or babies). Further information about this scheme is available at the Children's Centres and on www.healthystart.nhs.uk



Free milk,
fruit, veg and
vitamins for you
and your family

To apply please see the form inside
www.healthystart.nhs.uk

HEALTHY START

DHSSPS NHS GIG healthier scotland NHS

Free drop in activities for under 5's at your local Library

Northampton Central Library Abington Street Northampton NN1 0300 126 1000	Far Cotton Library Far Cotton Northampton NN4 8LG 0300 126 1000	St James Library 138 St James Road Northampton NN5 5LQ 0300 126 1000
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Session	Location	Day & Time
Book Time	Northampton Central Library	Monday 10.45am—11.15am
Children's Yoga Stories	St James Library	Monday 1.30pm—2.30pm
Mine craft	Far Cotton Library	Monday 3.30pm
Story Time in Polish	Northampton Central Library	Tuesday 11.00am—11.30am
Toddle Time	Northampton Central Library	Wednesday 10.45am—11.30am
Rhyme Time	Far Cotton library	Wednesday 10.30am—11.00am
Stay & Play	Far Cotton Library	Wednesday 11.00am— 12.00noon
Children's Story Time	St James Library	Friday 9.30am—11.00am
Loom Bands	Far Cotton library	Saturday 11.00am
Rhyme Time	St James Library	Sunday 1.30pm—2.00pm
Rhyme Time	Northampton Central Library	Sunday 2.00pm—2.30pm