



Derby City Council

# Activities at your local Children's Centre January - April 2019



To support Children's Centre resources, a £1 donation per family for each activity would be appreciated.



## Dads and Male Carers Group

10.00am - 1.00pm Dads 'n' Kids  
Boulton St. Mary's Church, Boulton Lane  
(run along side coffee morning)  
Every 3rd Saturday of the month.



## City-wide Groups

### Derby Signing Families Group

At Mackworth/Morley Children's Centre, Reigate Drive, Mackworth, DE22 4EQ (in the grounds of Reigate Parks School). This group aims to provide deaf parents and carers with children under 5 (both hearing and deaf) access to a safe and welcoming environment. Parents and children have the opportunity to meet new friends, share experiences and provide mutual support. A Health Visitor comes monthly to the group with a sign language interpreter to provide a Child Health Clinic. This group is available to anyone in the Derby City area. Please text 07812 301430 for more information.

If you have any concerns about your child's health, please contact your local health team:

**Child and Family Health Team for Alvaston, Boulton and Chellaston**  
Coleman Health Centre, Coleman Street, Alvaston, Derby DE24 8NH  
Tel: 01332 861176

**Child and Family Health Team for Osmaston/Allenton**  
Stanley Road, Alvaston, Derby DE24 8EX  
Tel: 01332 888070

**Child and Family Health Team for Sinfyn**  
Sinfyn District Centre, Sinfyn, Derby DE24 3DS  
Tel: 01332 888040



## Volunteers:

Some of our groups are supported by parent helpers and volunteers. If you are interested in becoming a volunteer at one of our centres, please ask at reception for more information.

## Everyone is welcome to attend:

### **Once Upon a Time..... 0-5 Term Time 0-8 School Holidays**

An exciting group that looks at supporting your child's language and literacy development through the use of stories, songs/rhymes and associated activities. Come and join us and find out.

### **Messy Play 0-5 Term Time 0-8 School Holidays**

Come and get **really** messy. A chance for your children to experience the sights, smells and textures of a variety of materials.

### **Stay and Play 0-5 Term Time 0-8 School Holidays**

A weekly group at various centres with lots of things to do that will develop your child's learning and social skills.

### **Baby Grow 0-Walking**

Activities designed to stimulate the senses of children up to 12 months through play. A chance for new parents to get together in a friendly, safe environment.

### **Active Tots 18months-3yrs**

An energetic session for you and your child/ren to get active. Have fun crawling through tunnels, jump over hurdles and stretch around obstacles.

### **Breastfeeding Club**

An informal group for breastfeeding mums and expectant mums who are planning to breastfeed. With advice and guidance from a member of the health team and Children's Centre Breast Feeding Champion.

### **Mini Chef's**

A 6wk course for you to come along and develop your cooking skills for family meals. All ingredients are provided.

### **Creative Tots**

A weekly group with a focus on different creative experiences for children 0-5years. No referral needed.

## Groups to book on to:

### **Antenatal Session– Feeding My Baby Pre Birth**

Are you Pregnant? Would you like to know more about feeding your baby? Come along to the Feeding my Baby session to find out about growth spurts, cluster feeds

### **ESOL All ages**

This course is designed for parents and children whose first language may not be English. There will be the opportunity to take part in activities to help you in practical situations such as school, shops, Doctors and food.

## Groups needing a referral:

### **Peep Learning Together Programme 0–3years**

Recognising that they are their child's first educator, Peep is a group which supports parents to feel more confident and make the most of their child's learning opportunities.

### **Baby Massage Under 6 months**

A five week course showing parents the techniques for massaging their baby.

### **Freedom Programme/Moving On Adults Only**

Freedom is a confidential course for women who have experienced domestic abuse. These courses are for women who want to learn about the realities of domestic abuse, and understand its effects on children. It helps women gain self esteem and the confidence to improve the quality of their lives. Please ask to speak to a Family Visitor in confidence.

### **Learning to Listen 2-3 years**

A group where children who have an identified speech and language delay can develop their language through activities and play. By referral only.

### **Explorers Support Group 2 years—5 years**

A support group for families with children under 5 years awaiting a diagnoses from a paediatrician. A 6wk programme offering practical advice to parents and child throughout their journey. Referral only by Health professional, self or Family Visitor.

### **MINI WONDERS Under 12 months**

This group is to support work around Attachment and Post-Natal depression for families with babies under one. It will be a small group held in Wonderland on a weekly basis that will focus on developing attachment through play and sensory activities. A referral will be needed from professionals for this group.

### **Incredible Years Adults Only**





A 12 week programme for parents with a child under 6 years focusing on play, attachment and overcoming challenges. A referral will be needed from professionals for this group.

### **Baby and Me Under 12 months**

This group is to offer support to new parents to give them the guidance and information they need to offer their baby the best start to life. It will focus on routines, weaning, play and will last for 8 weeks. A referral will be needed from professionals for this group.

### **Food Bank All ages**

Run by local churches we offer short term support through food parcels for families in need. By referral only. Ask about financial advice, debt, benefits and cooking on a budget.

ALL CENTRE'S		 <b>Alvaston Children's Centre</b> 875 London Road, Alvaston, Derby DE24 8UY 01332 757991 alvaston.childrenscentre@derby.gov.uk	 <b>Boulton Children's Centre</b> 47b Holbrook Road, Alvaston, Derby DE24 0DD 01332 574902 boulton.childrenscentre@derby.gov.uk	 <b>Osmaston Allenton Children's Centre, First Steps,</b> 60 Cockayne Street North, Allenton, Derby DE24 8XB 01332 715620	 <b>Sinfin Children's Centre</b> 345 Sinfin Lane, Sinfin Moor, Derby DE24 9SF 01332 718787 sinfin.childrenscentre@derby.gov.uk
<b>Mondays</b>	AM	9.30 -11.30 Childminders	10.00 -11.30 Stay and Play ♦	10.00 -11.30 Adult Learning ICT ♦ <b>Coming Soon....</b> 10.00 -11.30 Moving On	10.00-11.30 Creative Tots
	PM	1.30 – 3.30 Child Health Clinic - with Family Visitor Support	1.00-3.00 Adult Learning English ♦ Crèche available 1.30-3.00 Peep at Shelton Infants School *	1.30-3.00 Baby Grow	12.00-4.00 Breast Feeding Clinic (Appointments Only) Please contact the Infant Feeding Team on 0300 1234586 Option 1 or 7 or a member of Children's Centre Staff.
<b>Tuesdays</b>	AM	10.00-12.30 Incredible Years * until 22 Jan 10.00-11.30 Little Wonders * 10.00-11.30 Mini Chefs - from 29 January	10.00-11.30 Baby Grow ♦ 11.30-12.30 Breast Feeding	10.00 -11.00 Active Tots	9.30-11.30 Child Health Clinic - with Family Visitor Support
	PM	1.30-3.00 Messy Play 1.30-3.00 Mini Wonders * 1.30-3.00 Antenatal Sessions 8 Jan, 5 Feb, 5 Mar		1.30-3.00 Baby and Me *	1.00-5.00 Live Well –Stop Smoking Support 1.30-2.30 Once Upon a Time at Sinfin Library 1.30 -3.00 Moving On
<b>Wednesdays</b>	AM	9.00-12.00 Live Well –Stop Smoking Support 9 & 23 Jan, 6 & 20 Feb, 6 & 20 March. 10.00-11.30 Stay and Play	9.30-12.00 Childminders	09.30 –11.30 Incredible Years (over 6's) *	10.00-11.30 Stay and Play
	PM	1.30-3.00 Baby Grow	1.30-3.00 Learning to Listen / Peep / Read and Rhyme *	1.30-3.00 Peep * 3.30-4.30 Moving On ♦	1.30 –3.00 <b>NEW GROUP COMING SOON!!!!</b> Voluntary run Stay and Play
<b>Thursdays</b>	AM	10.00-11.30 Explorers/PEEP *	10.00-11.30 Adult Learning Maths ♦ <b>Coming Soon.....</b>	9.30-11.30 Child Health Clinic - with Family Visitor Support 9.30-11.30 Jubilee (Debt & Benefit Advice) 10 Jan and every 2 weeks 10.00-11.30 Stay and Play ♦ 10.00-12.00 Towards Work ♦ (Employment and Education) Every 2 weeks from 10 Jan	10.00-11.30 Baby Grow
		1.15-3.15 ESOL with Family Learning ♦ Crèche places available.	1.00-3.00 Wiffle Pig, 31 January Therapeutic craft and play session which includes Makaton signing (0-5) 1.30-3.00 Chellaston Child Health Clinic at Playdays Community Centre	1.00-2.00 Food Bank 1.00-3.00 Wiffle Pig, 28 February Therapeutic craft and play session which includes Makaton signing (0-5)	1.00-3.00 Wiffle Pig, 28 March Therapeutic craft and play session which includes Makaton signing (0-5) 1.30-3.00 Peep *
<b>Fridays</b>	AM	09.30-11.30 STEPS – 18 January, 8th February, 8 March, 29 March 10.00 –11.30 Little Wonders * 10.00 –12.30 Incredible Years (under 6's) * with Crèche - starts 1 February	9.30-11.30 Child Health Clinic - with Family Visitor Support		9.30-11.30 ESOL Beginners and Level 1 - Crèche available 10.00-11.30 ESOL Advanced Crèche available
	PM	1.30-2.30 Baby Massage - starts 11 January			1.30-2.30 Baby Massage: Starts 1 March



For more information on the groups and activities they are listed on the back of the booklet. Groups marked \* are referral only. Groups marked ♦ are bookable groups.