Additional Services available at Holbeach Children's Centre If you would like any further information on the Services available at the Children's Centre. please ask a member of staff.

Holbeach Children's Centre is part of South Holland Children's Centres which also include: Spalding 01775 767475, Crowland 01773 211609, Sutton Bridge 01406 359327

<u>Growing Talk:</u> A music and rhyme session focusing on developing children's growing language skills. Children will meet Mikey the puppet and sing along to their favourite songs.

**Stay play (under ones)** For children who are under one, or not yet walking this drop-in play and learning session offers a variety of activities that are based upon the likes and interests of the children attending. Giving the children attending the opportunity to develop their growing skills while having lots of fun.

**Learning Together:** 6 week programme offering a variety of activities as well as a Talk Time, songs and stories to support children's development by building their confidence as they learn to explore.

**Toddler Outdoor Group – Let's Get Active:** This exciting new session is for confident movers with younger siblings welcome.

**The Early Days:** Co-delivered with a Health Visitor for families with babies born during Covid-19.

**Chat and Chill Volunteer-led Group:** Run by parent volunteers; time for parents to share thoughts and ideas and be of support to one another. **Skills Development Service – How Can We Help?** Find out how we can support parents with their own Confidence Building, Adult Learning, Volunteering and Employment.

<u>GROW Your Own Confidence Course:</u> A relaxed course for parents who want to build their self-confidence and resilience, delivered in partnership with LCC Adult Skills and Family Learning Service. After the

#### **Our Health Services**

**BreastStart Group:** Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group. Pregnant ladies also welcome. Opportunity to self-weigh for breastfeeding mums.

**Top Tips for Babies:** Join the family health worker for discussions on subjects like when to introduce solids, healthy eating, oral health, accident prevention, immunisation, how to access support and more. To book a place, please call 01522 843000.

# Holbeach Children's Centre WHAT'S ON GUIDE



## From 6<sup>th</sup> September 2021 Timetable

Address – Boston Road South, Holbeach, PE12 7LZ Tel 01406 426064



Opening Times Monday – Thursday: 08.30-16.30 Friday: 08.30-16.00 Closed Bank Holidays

### Email: holbeachcc@lincolnshire.gov.uk

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ww.lincolnshire.gov.uk/childcare-and-family-support/fin/ childrens-centre/





### Holbeach Children's Centre

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 – 4:30pm Ante-Natal Midwifery Clinic *Appointment only call 01775 652155*	9:00 – 4:30pm Ante-Natal Midwifery Clinic *Appointment only call 01775 652155*	9:00 – 4:30pm Health Visitor Assessment Clinic *Appointment only call 01522 843000*	9:00 – 4:30pm Health Visitor Assessment Clinic *Appointment only call 01522 843000*	9:00 – 4:00pm Health Visitor Assessment Clinic *Appointment only call 01522 843000*
	<b>10.00am-11.00am</b> <b>Stay and Play (0-1's)</b> A session to give babies the opportunity to develop their growing skills whilst having lots of fun.	10.00am-11.00am Learning Together Baby Learning together offers a variety of activities as well as a Talk Time, songs and stories to support children's development, by building their confidence as they learn to explore (For children aged 0-1yr) To book for our 6 week programme please email holbeachcc@lincolnshire.gov.uk	10.00am-11.00am Learning Together Toddler Learning together offers a variety of activities as well as a Talk Time, songs and stories to support children's development, by building their confidence as they learn to explore (For children aged 1-5yrs) To book for our 6 week programme please email holbeachcc@lincolnshire.gov.uk	12.30 – 2.00pm <b>GROW Your Own Confidence</b> A friendly and relaxed 4 week course for parents who would like to build their own confidence. Run in partnership with Lincolnshire Adult Skills and Family Learning Service. To find out more email <u>beststart@eyalliance.org.uk</u>
<ul> <li>1.00pm – 1.45pm Growing Talk Toddler</li> <li>Have fun together at Growing Talk, where your child will meet Mikey, our Growing Talk puppet, play with sounds, sprinkle magic and go flying on a carpet. This fun session focuses on enhancing children's communication and language development and growing children's 'talk'. (For children aged 18m-5yrs)</li> <li>To book for our 6 week programme please email holbeachcc@lincolnshire.gov.uk</li> </ul>	10.15am – 10.45am Skills Development Service – How Can We Help? Chat to our Skills Development Officers over Zoom about how they help parents to get involved with adult learning, volunteering or employment preparation, building confidence along the way. To book <u>click here</u>	10.00 – 11.00am Opening Doors to Employment This four-week employability course is for parents who are ready to look for a job but could do with a helping hand. By the end of the course, you will have an up-to-date CV, know how and where to effectively job search and feel confident about communicating your skills and experience during interviews. To find out more email <u>beststart@eyalliance.org.uk</u>	1.00pm – 1.45pm Growing Talk Baby Have fun together at Growing Talk, where your child will meet Mikey, our Growing Talk puppet, play with sounds, sprinkle magic and go flying on a carpet. This fun session focuses on enhancing children's communication and language development and growing children's 'talk'. (For children aged 0-18m) To book for our 6 week programme please email holbeachcc@lincolnshire.gov.uk	<ul> <li>1.00 – 2.30pm</li> <li>Breast feeding group</li> <li>Advice and support from health visiting professionals on breast feeding and feeding in a welcoming and relaxed atmosphere as well as an opportunity to weigh your child.</li> <li>You do not need to book onto a</li> <li>Breastfeeding Session and can just attend on the day. Please make sure you are familiar with building safety guidance</li> </ul>
	10.30am – 11.00am Chat and Chill Friendly and relaxed sessions run by parent volunteers. An opportunity for parents to talk together about shared experiences, the journey of parenting and offer valuable support to each other. To book <u>click here</u>	1.00-2.00pm Toddler Outside Play Let's Get Active At Carters Park, Holbeach (session takes place near tennis courts) This exciting session is for confident movers (younger siblings are welcome)		1.00-2.00pm Toddler Outside Play Let's Get Active At Sutton Bridge Children's Centre This exciting session is for confident movers (younger siblings are welcome)
<b>2.00pm – 2.30pm</b> Virtual - The Early Days (For babies born during Covid-19) To register <u>click here</u>		<b>1.30pm – 2.30pm</b> Virtual 'Preparation for Parenting' Sessions run on <u>Wednesdays</u> fortnightly To register <u>Click here</u>	Please note that by following the 'click here' links you will be directed to a third party website called Zoom, and you will complete your registration process via Zoom.	<b>10.15am – 10.45am</b> Virtual - The Early Days (For babies born during Covid-19) To register <u>click here</u>