



Derby City Council



Activities at your local Children's Centre February - March 2018



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



DERBY...300 YEARS OF THINKING, MAKING AND DOING



Alvaston Children's Centre
875 London Road, Alvaston, Derby.
DE24 8UY. 01332 757991
alvaston.childrenscentre@derby.gov.uk

Mondays

9.30am - 11.00am Antenatal Group with Claire and Laura ♦ 12 March & 9 April.

10.00am - 11.30am Peep Development with Louise and Suzie * Referral only.

1.30pm - 3.30pm Child Health Clinic with visiting Health Team and Lisa T

Tuesdays

1.30pm - 3.00pm Messy Play with Alan and Charlene ♦

Wednesdays

10.00am - 11.30am Stay and Play with Theresa and parent volunteers. Job support and advice to help you get back into the world of work with Liz Annettes on 14 March

1.00pm - 2.00pm Breastfeeding Club with Health Team and Laura.

1.30pm - 3.00pm Baby Grow with Kate.

Thursdays

10.00am - 11.30am Once Upon a Time.... with Laura.

Fridays

10.00am - 11.30am Steps ASD Support Group * 9 March

9.30am - 11.30am Childminders Messy Play for local childminders and minded children. 02, 16 and 23 March.



Boulton Children's Centre
47b Holbrook Road, Alvaston, Derby.
DE24 0DD. 01332 574902
boulton.childrenscentre@derby.gov.uk

Mondays

10.00am - 11.30am Stay and Play. ♦ With Charlene and parent volunteer.

Tuesdays

10.00am - 11.30am Baby Grow ♦ with Theresa.

11.30am - 12.30pm Breastfeeding Club with Health Team and Kate.

1.30pm - 3.00pm Peep with Learning to Listen. With Louise and Claire,

Wednesdays

9.30am - 11.30am Childminders Group. For local Childminders only.

1.30pm - 3.00pm Once Upon a Time.... with Helen

Thursdays

10.00am - 11.00am Explorers Support Group * with Louise and Helen.

1.30pm - 3.00pm Adult Learning Taster Session 22 March

Fridays

9.30am - 11.30am Child Health Clinic With the Health Visiting Team and Laura. Job support and advice to help you get back into the world of work with Liz Annettes on 16 March.

1.30pm - 3.00pm Stay and Play, supported by Tiny Tots Childcare with Louise and Suzie ♦ Limited places available.

For more information on the groups and activities please go to the back of the booklet. Groups marked * are referral only . Groups marked ♦ are bookable.



**Osmaston Allenton
Children's Centre
First Steps, 60 Cockayne Street
North, Allenton, Derby. DE24 8XB
01332 715620**

Mondays

10.00am - 11.30am Childminders Group for local childminders only.

1.30pm - 3.00pm Baby Grow with Marcia ♦

Tuesdays

9.30am- 11.30am Health Reviews with Speech & Language checks, with Carole.

1.30pm - 3.00pm Adult Learning Taster Session 20 March

Wednesdays

10.00am - 12.00pm Cooking Sessions at Nacro Osmaston/ Allenton Family Project, 28-30 Varley Street Allenton with Suzie.

Thursdays

9.30am - 11.30am Child Health Clinic with Health Team with Alan. Job support and advice to help you get back into the world of work with Liz Annettes on 15 March.

10.00am - 11.30am Stay and Play with Suzie.

1.00pm - 2.00pm Food Bank * with Lisa

Fridays

10.00am -11.30am Once Upon a Time.... with Beth.

1.15pm - 2.15pm Active Tots with Kate.



Sinfin Children's Centre
345 Sinfin Lane, Sinfin Moor, Derby.
DE24 9SF. 01332 718787
sinfin.childrenscentre@derby.gov.uk

Mondays

10.00am -11.30am School Readiness.... with Helen.

Tuesdays

9.30am - 11.30am Child Health Clinic at Sinfin Health Centre, Arleston Lane. With the Health Visitors and Claire.

9.30am –11.30am Stay and Play with Charlene.

1.15pm - 2.45pm Peep Development with Suzie and Carole *
at Redwood School.

Wednesdays

1.15pm—2.45pm Learning to Listen * with Claire and Suzie

Thursdays

10.15am- 11.15am Baby Grow with Theresa ♦ at Sinfin Health Centre.

Fridays

9.00am - 11.30am Speech and Language Screenings * with Claire
Job support and advice to help you get back into the world of work with
Liz Annettes on 16 March.

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

Dads and Male Carers Group

10.00am - 1.00pm Dads 'n' Kids
Boulton St. Mary's Church, Boulton Lane
(run alongside coffee morning)

Every 3rd Saturday of the month.



City-wide Groups Group's

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.

Speech and Language Screenings

Has your child had a 2 year old speech and language screening?
If not, please ask for an appointment at your local
Centre and also ask about your free BookStart Pack.



Learning through Play and Stay sessions

Tuesdays and Thursdays 1.00pm – 3.00pm

Come along to our sessions at Nacro Osmaston Family Project.

Have fun, sing, dance, get creative and explore along side your child.

The sessions are very informal in a relaxed child friendly environment.



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. Will you see a Gruffalo or will a Tiger come from tea. 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 - such as sand, water, shredded paper, shaving foam. We suggest your child wears old clothes - you might even want to bring a change of clothes!

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. The group includes a snack time with an opportunity for the children to try different, healthy foods and finishes with singing and story time.

Baby Grow

0-Walking

Activities designed to stimulate the senses of children up to 12 months through play. A chance for new mums 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. Some groups also have peer support from other mums who have experienced breastfeeding first hand.

Speech and Language Drop-In Sessions

18months-3yrs

If you have any concerns or If you have been unable to attend your child's Speech and Language check please feel free and call into one of our drop in sessions for advice , support and guidance.

Groups to book on to:

Behaviour Management

2-5 years

Guidance and strategies for parents and carers of children from 2 years to provide support in dealing with their child's challenging behaviour.

Understanding Boys Play

18 months +

A series of workshops that look at the way boys play, learn and explore their world and the differences in the ways boys and girls play. With ideas for you to use at home.

Story Sacks with Family Learning

0-5 years

Make your own Story Sack - resources and ideas to help you share stories with your child and support their communication and language.

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 and how responsive feeding can help your baby's brain development.

Teatime Club

0-5 years

An opportunity for you and your child to prepare and eat healthy food together. To promote healthy eating within your family.

Job Club with Liz Annetts.

All Ages

Support and advice to help you get back into the world of work.

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 with practical situations such as school, shops doctors and food.

Healthy Eating

0-5 years

Come along to our 3 week healthy eating sessions where you can prepare a healthy lunch with your child/ren to take home and enjoy.



Groups needing a referral:

Peep Learning Together Programme

0-3 years

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. Work towards a nationally recognised qualification at entry level 1 or 2, which you can use to gain access to learning opportunities and courses in the future.

Baby Massage

Under 6 months

A five week course showing parents the techniques for massaging their baby. Massage is soothing and calming for baby and parent and can help with bonding. Massage could also help babies who suffer from colic.

Freedom Programme

Adults Only

Freedom is a confidential course for women who have experienced domestic abuse. The course is 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

18 months – 5 years

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

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.

After School Buddies

4-8 years

Afterschool activities for children up to 8 years and their parents to spend fun quality time together.

Child Health Clinics

Run by local health teams at various Centres and at other venues in the local area. An opportunity to get your child weighed and discuss any concerns you might have with a member of the health team. Some sessions also have a Family Visitor to support and discuss Children's Centre activities.

Alvaston Children's Centre **Monday 1.30pm—3.30pm with Lisa T**

Boulton Children's Centre **Friday 9.30am—11.30am with Laura**

Maple Drive, Chellaston DE73 6PZ **Thursday 1pm—2.30pm**
(Formerly Chellaston Children's Centre) **with Theresa**

Sinfin Health Centre **Tuesday 9.30am—11.30am with Claire**

Osmaston/Allenton Children's Centre **Thursday 9.30am—11.30am**
with Alan

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 Sinfin

Sinfin District Centre, Sinfin, Derby DE24 3DS

Tel: 01332 888040

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.



Best Start Childcare Rated "GOOD" by Ofsted



We offer 15 hours FREE childcare for
eligible 2, 3 and 4 year olds
or only

£10 for a 3 hr session and £20 for 9.00am to 3.00pm

We are based at Sinfin Children and Young Peoples Centre.
Come and look at our nursery.



Tel 07841911628
email beststartchildcare@live.co.uk



First Steps Early Years Centre is a GOOD setting providing play learning and exploration to all children from 2yrs- until school ready. We work closely with the individual children's families to offer a supportive service for all our users.

We have various sessions available and take children eligible for 2, 3 and 4yr old funding. We have a large 2-3yr unit with lots of exciting opportunities for development and have a stimulating Pre-School where children are able to prepare and progress ready for starting school.

Please feel free to pop along anytime to have a look around and meet the team and see for yourself what a fantastic place First Steps is for you and your child.

Tel:

01332 383911

Tiny Tots At Boulton Children's Centre
We are a 2 Year old funded provision

Opening times Mon - Fri 9:00 am - 3:00pm

For information on sessions and availability please call
Telephone: 07701365245



Play ★ Learn ★ Grow at Lord Street Nursery

Nursery children are supported to develop their natural curiosity through play based learning experiences and are taught by experienced qualified early years teachers and nursery nurses

★ **Enrolling now**

15 or 30 FREE hours per week for 3 & 4 year olds*

15 FREE hours per week for 2 year olds*

'Pay as you go' sessions from £10 per session

**Subject to eligibility criteria and availability*

Lord Street Nursery School

Lord Street Allenton Derby DE24 9AX

T: 01332 349 363 E: admin@lordstreet.derby.sch.uk www.lordstreet.derby.sch.uk



Families Information Service

Flying start for 2 year olds

Free childcare
for 2 year olds



... giving children a good foundation for starting school
by developing their communication and social skills.

For further information, contact the Families Information Service on 01332 640758 or pick up a leaflet in your local Children's Centre where a member of staff will be able to help you.

**Additional hours of free
childcare will be available
for working families from
September 2017**