

# Revoe Children's Centre Activity timetable

All activities in the centre are Free of Charge

Revoe Children's Centre  
Grasmere Road, Blackpool, FY1 5HP  
Tel: 01253 798016

Sept - Dec  
2018



## Additional Information


- **\*EPEC:** Empowering Parents, Empowering Communities
- **Parenting course for Parents-** ask at your local Childrens Centre for dates and times- Revoe will be running a course in January 2019
- **\*FRED:** Fathers Reading Every Day Dads, put your name down for this exciting opportunity to be involved.
- **\*Mellow Dad's:** Parenting workshop, group sessions and activities looking at support, techniques and strategies to work on building and further developing your relationship with your children or babies. Enquire within to get your name down for the next session.
- **\*Baby Steps:** Baby Steps is an antenatal programme that helps you plan for the birth and prepares you for your new life with baby. Please contact the Children's Centre for more information.
- **Are you suffering from or have you experienced domestic abuse?** Fylde Coast Women's Aid provides 'drop-in' sessions for women who are suffering from or have experienced domestic abuse. Come along, meet and chat with other women in a relaxed, safe and friendly environment. Women can have the opportunity to seek advice from experienced Women's Aid Workers. Ask a member of Children's Centre Staff for more details.
- **Clothes Swap:** The Children's Centre has a big stock of under 5s clothes to be swapped. This resource is constantly changing due to people bringing in clothes their little ones have grown out of and swapping for clothes they can use. Drop in with clean baby /toddler clothes that are in good condition and swap for something new to you - It's that easy!
- **Free internet Access:** Feel free to drop in and use our public computer - located in the cafe area.
- **Free Vitamins:** Free Healthy Start Vitamins for Pregnant Women and Children aged 6 months to 4 years old – Please call in for a form to apply.
- We are always interested in hearing your views on the Childrens centre, pop in and have a chat with us or pick up a comments card and leave us some feedback.

Blackpool's children centres are provided in partnership by Blackpool Better Start and Blackpool Council.

## CONTACT US

[www.blackpoolbetterstart.org.uk](http://www.blackpoolbetterstart.org.uk)

 Please check out our Twitter

 Please check out our facebook page



J113621 0818

[www.blackpool.gov.uk](http://www.blackpool.gov.uk)

Blackpool Council

CHILDREN'S CENTRES

## MONDAY

Date/Time	Venue	Activity/Course
8.15am – 8.45am	Revoe Children's Centre	<b>Early Years Family Breakfast (term time only):</b> - Children under 5 welcome with their families- come along to the Children's Centre Café and enjoy a healthy breakfast of toast and fruit (the breakfast is complementary however donations are welcome). Arts and crafts are available in the café area for the whole family to enjoy
10am – 11.15am	Revoe Childrens Centre 	<b>Talk With Me Group.</b> Starts 10/9/18 for 5 weeks: A fun 5 week programme that boosts children's communication skills. Come along to our group sessions to find out more about how communication develops and learn some handy tips to use at home.
1.00pm – 3.00pm starting 10th September	Revoe Children's Centre	<b>ESOL:</b> Certificate in English for Speakers of Other Languages. It teaches English language skills, such as reading, writing, speaking and listening, alongside citizenship skills, please book at reception. Crèche available

## TUESDAY

Date/Time	Venue	Activity/Course
8.15am – 8.45am	Revoe Children's Centre	<b>Early Years Family Breakfast (term time only):</b> Children under 5 welcome with their families- come along to the Children's Centre Café and enjoy a healthy breakfast of toast and fruit (the breakfast is complementary however donations are welcome). Arts and crafts are available in the café area for the whole family to enjoy.
9.00am – 1.00pm	Revoe Children's Centre	<b>Antenatal Clinic:</b> booking via your midwife and meet the Children's Centre team
9.30am – 1.00pm starting 25th September	Revoe Childrens Centre 	<b>BABY (Build a Better You):</b> Are you a Volunteer or would like to become one? This course might be for you. It is a 5 week course which looks at confidence building, assertiveness and stress management, communication, dignity, respect and equality, skills and life plans. There is also a final session to cover Safeguarding. Ask at reception for more details. Childcare available.
9.30am – 11.00am	Revoe Children's Centre	<b>Little Learners :</b> A family group where you and your child can learn and play together. Come along and have some fun, meet new parents and make new friends. Held on the park on the last Tuesday of every month with the Park rangers. <b>Fit2go will be here for 5 weeks from 18th September</b>
1.00pm – 3.00pm	Revoe Children's Centre	<b>Baby and Child Clinics:</b> Health Visitor available to weigh babies and children and offer support and advice. An opportunity for parents and carers to meet other parents and for babies to explore. <b>Speech and Language Information Station</b>
6pm – 7pm	Revoe Library	<b>Bedtime Stories for the Under 5's:</b> All welcome, no need to book.

## WEDNESDAY



Date/Time	Venue	Activity/Course
8.15am – 8.45am	Revoe Children's Centre	<b>Early Years Family Breakfast (term time only):</b> Children under 5 welcome with their families- come along to the Children's Centre Café and enjoy a healthy breakfast of toast and fruit (the breakfast is complementary however donations are welcome). <b>Arts and crafts are available in the café area for the whole family to enjoy.</b>
9.00am – 12.00pm	Revoe Children's Centre	<b>Stop Smoking in Pregnancy Service:</b> Contact your midwife to book an appointment
10.20am – 10.50am 0-2's 10.50am – 11.20am 2-4's	Revoe Children's Centre	<b>Tiddly Om Pom Poms:</b> A music session run by Blackpool Music Service that will help your child, play instruments expressively, sing songs, hold a tune, find the rhythm to move and dance to and make new friends but most of all have lots and lots of fun!! Book on at reception
1.00pm – 3.00pm	Revoe Children's Centre	<b>Physical Care of Babies:</b> A course to provide you with things you need to know about bringing up your child. Child development, practical ideas and strategies in supporting you in being a parent. The start is to be confirmed. Limited crèche available- please book your place at reception
1.00pm – 4.00pm	Revoe Children's Centre	<b>PKU Clinics:</b> booking via your midwife and meet the Children's Centre team

5.30pm – 7.30pm



Revoe Childrens Centre 

**Baby Steps:** Starts 5/12/18 for 6 weeks; An antenatal programme that helps you plan for the birth and prepares you for your new life with baby. Please contact Paige at the Children's Centre for more information. These run throughout the year at all Children's Centres and you will be invited to join in by your midwife.

## THURSDAY

Date/Time	Venue	Activity/Course
8.15am – 8.45am	Revoe Children's Centre	<b>Early Years Family Breakfast (term time only): - Children under 5 welcome with their families- come along to the Children's Centre Café and enjoy a healthy breakfast of toast and fruit (the breakfast is complementary however donations are welcome). Arts and crafts are available in the café area for the whole family to enjoy</b>
9.00am – 1.00pm	Revoe Children's Centre	<b>Antenatal Clinic:</b> booking via your midwife and meet the Children's centre team
9.30 – 11.30pm	Revoe Children's Centre	<b>Maths or English Skills Programme:</b> if you are interested in this course please ask at the Children's Centre for the next available start date. Crèche available- please book your place at reception.
11am – 2.30pm on Thursday 6th December 2018	Revoe Childrens Centre 	<b>Winter Wonderland at Blackpool Winter Gardens:</b> a Christmas event for the whole family to enjoy organised by Betterstart.
1.00pm – 4.00pm	Revoe Children's Centre	<b>Antenatal Clinics:</b> booking via your midwife and meet the Children's Centre team
1.15pm – 2.45pm	Revoe Children's Centre	<b>Baby Glow Worms:</b> Baby move and music sessions – An opportunity to spend some 1:1 time with your baby including sensory play, music and movement. Suitable for babies pre-walking. A guest speaker will be in every other week to talk about relevant topics such as communication, weaning, dental hygiene.
12.45-2.45pm	Revoe Childrens Centre 	<b>Baby Steps:</b> Starts 18/10/18 for 6 weeks; ; An antenatal programme that helps you plan for the birth and prepares you for your new life with baby. Please contact Paige at the Children's Centre for more information. These run throughout the year at all Children's Centres and you will be invited to join in by your midwife

## FRIDAY

Date/Time	Venue	Activity/Course
8.15am – 8.45am	Revoe Children's Centre	<b>Early Years Family Breakfast (term time only):</b> Children under 5 welcome with their families- come along to the Children's Centre Café and enjoy a healthy breakfast of toast and fruit (the breakfast is complementary however donations are welcome). Arts and crafts are available in the café area for the whole family to enjoy.
9.00am – 1.00pm	Revoe Children's Centre	<b>Antenatal Clinic:</b> booking via your midwife and meet the Children's Centre Team
10am-11am	Revoe Childrens Centre 	<b>Park Rangers Event @ Revoe Park:</b> Join the Better Start Park Rangers every Friday for a morning of nature based fun! We'll explore your local green spaces, read stories, make things and enjoy different activities each week including: messy play, nature tots, little explorers and a range of themed sessions. It's an exciting group for babies, toddlers, parents and carers to enjoy – everyone is welcome. Grab your '50 things to do before you're 5' booklet and come along to the sessions to see how many you can tick off! Wear warm clothes and wellies if possible.
11.30pm - 12pm toddlers 1-2's 12pm – 12.30pm pre-schoolers 3-4's	Revoe Park 	<b>Football:</b> Come and improve your child's Motor skills, ball manipulation skills and social skills with a football session aimed at young children where they can have fun and make friends while burning off some energy. This will be run outdoors where possible so please dress warmly. Please book your place at reception
1.30pm – 3.00pm	Revoe Children's Centre	<b>Messy Play:</b> - Play session for children aged 0-5 years where children can come and learn through messy play. There are activities available for children to explore different textures, smells and sounds while making a mess in a safe, fun environment....plus you don't have to clean up afterwards!! Wear old clothes as we get very messy! Last Fri of the month a session will be run over on the community Garden at Revoe Park with the Park Rangers focussing on Water play as requested by our families.