

Advertisements

- **New** Baby Steps antenatal sessions** for pregnant Mums/partners beginning when 7 months pregnant. Sessions will run throughout the year, please contact the centre to find suitable sessions for you.
- **Sensory/Messy rooms** available for booking for an hour for you and your children to come and play
- **Wylie Solicitor** – appointment only, please ask to make an appointment
- **Job Centre advisor**, appointment only.
- For employment events throughout the term please check our facebook page
- **Counselling Service** – please ask at reception for more details
- **Free Vitamins** for pregnant women, Mums and children aged between 1 month and 4 years. Criteria applies, pop in for more information.
- **Lending Library** – borrow one of our books to take home and share with your child – please ask. Monday – Friday 8.30-4.30pm
- Literacy Themed weeks- w/c 1st October, Transport theme, activities to be posted on Facebook page
- **Food Hygiene and First Aid Courses** coming soon. Dates tbc.
- **Better Start Winter Wonderland** Thursday 6th December 11.00-2.30pm, details on how to book your place available soon

We have our own Facebook page – keep up to date with what is going on in the children's centre, find us at 'Thames Children's Centre' and 'like' our page

Parents Forum 3rd Monday of every month. All welcome.

Please note: The children centre team aim to provide a safe, stimulating play environment for you and your child. It is always the parents/carers responsibility at all our activities to fully supervise their children and ensure that they fully involve their own children.

Zero Tolerance Policy—The centre aims to be a safe and happy place for the children, families and staff working here. Please ensure no swearing, aggressive behaviour.

Thames Children's Centre Activity timetable

All activities in the centre are Free of Charge and suitable for all ages 0-5 years

Thames Children's Centre
Severn Road, Blackpool
Tel: 01253 361981

Sept - Dec
2018



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

CONTACT US

www.blackpoolbetterstart.org.uk

Please check out our Twitter @CECDBlackpool

Please check out our facebook – Facebook /grangeparkchildrenscentre&café



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Blackpool Council

CHILDREN'S CENTRES

MONDAY

Date/Time	Venue	Activity/Course
Sensory Room available for bookings		
9.00-10.00am 24th September Macmillan Coffee Morning 9.00 - 11.00am	Thames Children's Centre	Parents Coffee Morning: Weekly session starting 10th September. Term time only. Come along, join us in the centre to meet new people, have a drink, a chat and a play! Under 4's welcome
9.00-10.00 17th September 15th October 19th November 17th December	Thames Children's Centre	Parents Forum Meeting: Get involved with Thames Children's Centre. Have your say on what activities you and your children would benefit from in your community. New faces welcome, more the merrier!
1.00-3.00pm 10th December	Thames Children's Centre 	Dots on Pots: Making Memories: Family Christmas workshop. Make your own bauble and decorations. Booking essential.

TUESDAY

Date/Time	Venue	Activity/Course
10.00-11.00am	Thames Children's Centre	Messy Play: 12 months—3 years. Explore different textures, smells and sounds whilst making a mess in a safe, fun environment. Wear old clothes. Booking advisable.
1.00-3.00pm 23rd October and 11th December.	Thames Children's Centre 	Baking: Baking session for parents/carers and child. Booking essential
1.00-3.00pm	Thames Children's Centre	Cooking On A Budget: 5 week practical course. Providing you with healthy meals that are affordable for all the family. Starting 6th November. Booking essential.

WEDNESDAY

Date/Time	Venue	Activity/Course
9.15-10.45am	Thames Children's Centre	Baby Play and Weigh: Have your baby weighed and stay and play at our friendly group including the sensory room! Health visitor available to offer advice.
11am -12pm	Thames Children's Centre	Baby Sensory Play: Experience the sensory room with your little one. Explore the lights, touchy feely materials and soothing music. Newborn—1year

1.00-2.15pm 7th November	Thames Children's Centre	Talk with me: 5 week family group with a focus on communication, for children from 1-2 years. Led by Speech and Language Therapists, together we practice key communication skills in a fun way. Hear about handy tips that you can use at home to develop your child's communication skills in a fun way. Booking essential.
1.30-2.30pm	Thames Children's Centre 	Water Play: 26th September. Come and get wet and wild. Outdoor activity. Dress appropriately. Booking essential.

THURSDAY

Date/Time	Venue	Activity/Course
10.00-11.00am 13th, 20th, 27th. September	Thames Children's Centre 	Fit 2 Go: Topics covered will be: Meals and Portion sizes, Drinks and Snacks, Physical Development and sleep Oral Health
10.00-11.30am 13th December	Thames Children's Centre 	Dots on Pots: Making Memories, Family Christmas workshop. Make your own bauble and decorations. Booking essential.
11.00-2.30pm 6th December.	Thames Children's Centre 	Winter Wonderland at The Winter Gardens: Pre booking essential at the centre. More details to follow.
1.00-3.00pm Starting 13th September	Thames Children's Centre	Family Maths: A free 17 week course for parents. Improve your maths whilst working towards a functional maths qualification. Booking essential.

FRIDAY

Date/Time	Venue	Activity/Course
11.30-12.15pm	Thames Children's Centre 	Ballet with the Dance Place: 6 sessions of ballet classes for 2- 4's. Starting 14th September. Booking essential, limited places.
10.10-11.10am	Thames Children's Centre	Sweaty Mamas: Fun exercise class: Feel good, help get back into shape all whilst bonding with your baby. Contact www.sweatymama.com to book, discount code available!

Sensory Room available for private family or friends bookings!

All activities and courses must be booked. Please note limited numbers, first come first served.



Better Start is pleased to support activities for 0-4 year olds and their families delivered through Blackpool Children's Centres.