

Advertisements

- Sensory/Messy rooms available for booking for an hour for you and your children to come and play
- Derbyshire Solicitor – appointment only, please ask to make an appointment
- 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
- Communicate Information Stations – Do you have questions about your child's talking? Do you need some tips and advice, come to one of our information stations to speak to our speech and language therapist:-
- Baby Weighing on Wednesday 23rd January
- 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

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

Jan - Mar
2019



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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CHILDREN'S CENTRES

MONDAY

Date/Time	Venue	Activity/Course
Sensory Room available for bookings		
9.00am-10.00am 7th January	Thames Children's Centre	Parents Coffee Morning: Weekly session starting 7th January. Term time only. Come along, join us in the centre. Under 4's welcome.
9.00am-10.00am	Thames Children's Centre 	Parents Forum Meeting: Third Monday of every month, Get involved with Thames Children's Centre. Have your say on what activities you and your child would benefit from in your community. New faces welcome, more the merrier!
1.30-2.30pm 14th January	Thames Children's Centre	Play, Rhyme and Tummy Time: Starting 14th January For children 10 weeks -9 months. Part of the session music and rhymes followed by play time. Play, chat and meet others and find out about other activities going on in your area.

TUESDAY

Date/Time	Venue	Activity/Course
9.30am-11.30am 15th January	Thames Children's Centre	Safeguarding Course: Starting 15th January for 10 weeks. What is meant by safeguarding? How can you support your family and community to protect adults and children around you. This course is useful for anyone planning to work or volunteer with children in the future. You will produce a portfolio to gain a qualification.
1.30pm-2.30pm 22nd January	Thames Children's Centre	Makaton Signing for Babies: Starting 22nd January for 6 weeks. Suitable for children aged 6-18 months.

WEDNESDAY

Date/Time	Venue	Activity/Course
9.15am-10.45am 9th January	Thames Children's Centre	Baby Play and Weigh: Starting 9th January Have your baby weighed and stay and play at our friendly group including the sensory room! Health visitor available to offer advice.
	Thames Children's Centre	Mums and Minds: Fortnightly starting January. Feeling overwhelmed or anxious, looking for support or an informal chat? Come to our friendly one to one drop in with Emma alongside baby weighing clinic. For women who are pregnant or have a child under one year. Aiming to help pregnant women and mums to improve their emotional well-being and nurture mother and baby interactions, making your journey into motherhood a positive one.
11.00am-12.00pm 9th January	Thames Children's Centre	Baby Sensory Play: Starting 9th January Experience the sensory room with your little one. Explore the lights, touchy feely materials and soothing music. Newborn – 1 year.
am	Thames Children's Centre 	Baby Steps Antenatal Classes: Invite only. Contact your midwife for more information or register your interest at the centre.
1.00pm-3.00pm	Thames Children's Centre	Family First Aid: Start date to be confirmed. Increase your own confidence and skills in first aid. Find out what to do if your child is choking, head injuries, how to recognise and treat common illnesses, how to prevent common accidents in the home.

1.30pm-2.30pm January 9th	Thames Children's Centre	Jo Jingles: Starting January 9th. Come and join Jo Jingles friendly, fun and interactive music, singing and movement sessions. For children aged 2-3, siblings and new families welcome. £1.50 per family. Booking advisable, limited numbers. Join us after for half an hours play after in Little Explorers Room.
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THURSDAY

Date/Time	Venue	Activity/Course
10.00am-11.30am 11th Jan-Mar 2018	Thames Children's Centre	Stay and Play: Starting 11th January-March 2018 Stay and Play in Little Explorers to include sensory and outdoor areas.
10.00-11.15am 7th Mar-4th April	Thames Children's Centre	Talk With Me: Communicate. Starting 7th Mar-4th April. 5 week family group with a focus on communication for children aged 1-2 years. Led by Speech and language therapists together we practise key communication skills in a fun way. Hear about handy tips that you can use at home to develop your child's communication skills. Booking essential!
10.00am-12.00pm	Thames Children's Centre	Antenatal Smoking Clinic: Booking essential, please ask your midwife to make an appointment.
1.30pm-2.30pm 28th February	Thames Children's Centre 	Move, Play and Grow: 4 week course, starting 28th February Fun activity sessions for you and your child aged 4 and under. Supporting your child's social and physical development, improving motor skills while increasing your family's health knowledge. Topics include healthy eating, oral health, snacks and sugars and physical activity.
1.00pm-3.00pm 28th February	Thames Children's Centre	Family English: Starting 28nd February. A free 17 week English course for parents. Would you like to improve your own English? Increase your own confidence and skills? Gain a certificate

FRIDAY

Date/Time	Venue	Activity/Course
10.00am-11.00am 12th January	Thames Children's Centre 	Messy Play: Starting 12th January, Explore different textures, textures, smells and sounds whilst making a mess in a safe, fun environment. Wear old clothes.
10.00am-11.00am 6th March	Thames Children's Centre 	Literacy Event: Just us as part of national literacy week for activities all about farm animals. Lots of family fun.
p.m	Thames Children's Centre 	Baby Steps Antenatal Classes: Invite only. Contact your midwife for more information or register your interest at the centre.

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.