



Friday continued...

9:30am -11.00am 1st March	St Cuthbert's Children's Centre	Speech and Language: Drop In: Informal opportunity to speak to a communication practitioner about your child's speech language and communication skills. https://www.facebook.com/CommunicateSLTCC/
10.00am to 10.45am Sign up 8th March Starts 15th March	St Cuthbert's Children's Centre 	Move, Play & Grow with Fit2Go: Come and join us for three weeks of fun activities for you and your child.
10.00am - 12.00pm	St Cuthbert's Children's Centre	La Leche League (LLL) Fylde Coast BREASTFEEDING support group: Meetings are open to all expectant, new and experienced mums who are interested in learning more about breastfeeding. A volunteer breastfeeding counsellor facilitates the meeting where we chat, share ideas, support and empower each other. There are excellent LLL leaflets and books available. Tea/coffee and toast provided by the children centre. https://www.facebook.com/LLLfyldeCoast/ https://laleche.org.uk
Invite Only	St Cuthbert's Children's Centre 	Baby Steps *Please telephone our Baby Steps worker Julie on 313201 for more information or to book your place*

 **St. Cuthbert's Catholic Academy**
and Children's Centre

- **Free Childcare for 2/3/4 year olds:** Do you qualify for free childcare? You may be eligible for up to 15 hours per week if you are in receipt of certain benefits or up to 30 hours for working families. Places available, call 01253 313201 to enquire.
- **Call 0800 092 2332 or visit: www.fydirectory.co.uk** your one stop shop for health, social and community services information across the Fylde coast.
- **Do you have a dentist?** Call 03001234010 to register.
- **For Speech and Language information visit; <https://sites.google.com/view/com-newsletter/home>**
- **EPEC "Being a Parent" Courses at;**

Kincraig Children's Centre Wednesday's 9.30am to 11.30am 16th Jan call 01253 354059 to book.
Revoe Children's Centre Wednesday's 12.45pm to 2.45pm 16th Jan call 01253 798016 to book.
Mereside Children's Centre Friday's 9.30am to 11.30am 18th Jan call 01253 839739 to book.


- **Please check out our Facebook for upcoming events and activities at facebook.com/stcuthbertsc**

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

 Please check out our facebook page

 **Blackpool
Better Start**
CENTRE FOR EARLY
CHILD DEVELOPMENT

J113621 0818

St Cuthbert's Children's Centre Activity timetable

St Cuthbert's Children's Centre

Lightwood Avenue, Blackpool, FY4 2AU

Tel: 01253 313201

**FREE Nursery
places available for
2 and 3 year olds**



St. Cuthbert's Catholic Academy
and Children's Centre

**Jan - Mar
2019**



www.blackpool.gov.uk

Blackpool Council

CHILDREN'S CENTRES

MONDAY

Date/Time	Venue	Activity/Course
8:30am -1.30pm Term time only.	Aspen's Café St Cuthbert's Children's Centre	Café: Come along to our café for great, affordable nutritious snacks and meals. Daily Breakfast Special, Small Sausage or Bacon Barm and a brew for £1.50. Daily Lunch Specials from £2.00. *One free cup of tea/coffee for breastfeeding mothers.*
9.00am -2.00pm	St Cuthbert's Children's Centre	PKU Clinic: A phenylketonuria (PKU) test is done to check whether a newborn baby has the enzyme needed to use phenylalanine in his or her body. Phenylalanine is an amino acid that is needed for normal growth and development. The blood sample for PKU is usually taken from baby's heel (called a heel prick).
10:30am -11:30am Term time only.	St Cuthbert's Children's Centre	Baby Group: (Birth to walkers) come along and meet other new parents whilst encouraging your child to learn and develop.
10.45am -11.30am 28th January	St Cuthbert's Children's Centre	Zoolab: Baby Sensory (0-2 years). Actions, songs, puppets, sensory items and Zoolab animals are used to enhance learning and support development. Places limited, so booking is essential. Telephone 313201 to book your place.
9.30am-12.30pm	St Cuthbert's Children's Centre	Community Connector Drop In: Come and chat with Sarah our Community Connector and find out what is going on in your local area. Why not ask about Volunteer opportunities with Better Start.

TUESDAY

Date/Time	Venue	Activity/Course
8:30am -1.30pm Term time only.	Aspen's Café St Cuthbert's Children's Centre	Café: Tuesday Special; Jacket Potato with a choice of filling and a hot drink only £2.00 or One slice of Cheese on Toast and a brew for £1.10. *One free cup of tea/coffee for breastfeeding mothers.*
Blackpool Food Partnership & Tesco	St Cuthbert's Children's Centre	Collect free produce: Available from our reception area. (subject to availability)
9:30am-11:00am Term time only. All with young children welcome.	St Cuthbert's Children's Centre	Family and Friends: (Walkers to 5 years) Calling all parents, grandparents, carers, aunts, uncles and friends. Come along and socialise with other adults whilst encouraging the children to learn and develop. Special Events; Gardening with Vince. Ask in group for more information. Chinese New Year Crafts. Valentine's Day Crafts. Pancake Activity Fun. Easter Family Fun.
5th Feb 12th Feb 5th March 16th April		
8.30am - 9.00am 3.00pm- 3.30pm 15th Jan	St Cuthbert's Children's Centre	Vitamin Information Station: Come along and find out if you are eligible for Healthy Start Vouchers.
Invite Only	St Cuthbert's Children's Centre	Baby Steps *Please telephone our Baby Steps worker Julie on 313201 for more information or to book your place*

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

WEDNESDAY

Date/Time	Venue	Activity/Course
8:30am -1.30pm Term time only.	Aspen's Café St Cuthbert's Children's Centre	Café: Wednesday Special: Roast Dinner and a Pudding for £3.00. *One free cup of tea/coffee for breastfeeding mothers.*
9:30am-11:30am Term time only.	St Cuthbert's Children's Centre	Child-minders'/Foster Carer's Group: Are you a child-minder or a Foster Carer. Why not meet with other child-minders/carers whilst playing with the children.
10.00am-12.00 Noon	St Cuthbert's Children's Centre	Stop Smoking Clinic: Run by Blackpool's Midwifery Health Trainers. *Appointments by referral only.*
9.30am-10.15am 16th Jan to 6th Feb. 6th to 27th March.	St. Cuthbert's Children's Centre	Baby Yoga: Fun 4 week course for parents/carers and their babies. *Please book a place at reception or telephone 313201*
2.30pm-3.15pm 16th Jan to 6th Feb. 6th to 27th March.	St. Cuthbert's Children's Centre	Ballet lessons: Bring your little ones to learn and develop through the art of Ballet. Lessons for children aged 2-5 years. To book a place contact the centre on 313201.
2.15pm-3.15pm 13th February.	St. Cuthbert's Children's Centre	Zoolab: Join the park rangers and animals for the wriggle and crawl workshop. For children aged 2-5 years. Places limited, so booking is essential. Telephone 313201 to book your place.

THURSDAY

Date/Time	Venue	Activity/Course
8:30am -1.30pm Term time only.	Aspen's Café St Cuthbert's Children's Centre	Café – Thursday Special: Roast Dinner and a Pudding for £3.00. *One free cup of tea/coffee for breastfeeding mothers.*
9.30am - 10.00am Term time only.	St Cuthbert's Children's School	Tiddly - Om - Pom - Poms: Music and movement session with Sarah Hallam. Please arrive promptly. £1 charge per family.
1.00pm - 2.15pm Starts 17th January.	St Cuthbert's Children's Centre	Talk Together: Talk Together is a 5 week family group with a focus on communication for children. Led by Speech and Language Therapists, together we practice key communication skills in a fun way. Please contact Communicate to book on 01253 462123, alternatively enquire at; enquire@communicate-slt.org.uk
1:30pm -3:00pm	St Cuthbert's Children's Centre	Bouncing Babies: Drop in and have your baby weighed or speak with the Health Visitor for any advice you may need.

FRIDAY

Date/Time	Venue	Activity/Course
8:30am – 1.30pm Term time only.	Aspen's Café St Cuthbert's Children's Centre	Café: Daily Breakfast deals from £1.50. Daily Lunch Specials from £2.00. *One free cup of tea/coffee for breastfeeding mothers.*
9:00am – 4:00pm	St Cuthbert's Children's Centre	Community Midwives: Booking only, via Midwife.
9.30am Next meeting 25th January	St Cuthbert's Children's Centre	Parents' Forum Meeting: Would you like to have your say about the Children's Centre? Have you any ideas for groups? Why not attend the next Parents' Forum meeting.
9.30am – 11:00am Term time only.	St Cuthbert's Children's Centre	Play Away: (Birth to 5 years) Come and have fun with your children whilst socialising with other adults. Learn about the Early Years Foundation Stage and get some great activity ideas that you can do at home with your child/ren.