

Mereside Children's Centre Activity timetable

All activities in the centre are Free of Charge

Mereside Children's Centre

Langdale Road, Blackpool, FY4 4RR

Tel: 01253 839739

Sept - Dec
2018



FRED (Fathers Reading Every Day) has regular courses throughout the year. If you are a father or male carer of children under 4 years this is essential for YOU! Collect lovely free books each week for 4 weeks and enjoy with your children. Ask at the Children's Centre for more info.

We have **special one-off events through the term and in the holidays** ask in the centre or find us on out on Facebook search "Mereside Children's Centre Blackpool".

We have regular visits from **Communicate Speech and Language** service for advice and support with your child's communication needs.

Do you want to volunteer in the Children's Centre? Phone the Children's Centre for more information.

***Better Start Literacy Activity Week** theme "Journeys" w/c 1st October see our Facebook page for details nearer the time.

Come and visit '**Brenda's Community Café**' serving hot drinks, snacks and **delicious hot meals** from 8.30 to 3pm Monday to Thursday and 8.30 to 2.30pm on Fridays.

Free use of a computer in the Community Café for searching online or applying for housing, jobs and those essential websites for health, family and employment. Come and book a slot at reception.

Collect your Better Start Activity cards from the Children's Centre **—free to families packed with ideas and fun activities and book suggestions for your little ones!!** There is a chance to win a lovely bag of goodies if you post your crafty activities on our Facebook page.

The Sandgown Card FREE for Blackpool families. Exclusive offers and discounts across the town. Ask at reception for more details.

Visit our Facebook page for the latest info about what's going on at: Mereside Children's Centre Blackpool

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

CONTACT US

www.blackpoolbetterstart.org.uk



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

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Blackpool Council

CHILDREN'S CENTRES

MONDAY

Date/Time	Venue	Activity/Course
9.00am - 11.30am	Café area, home visits and Mereside Library	Bookstart Corner: Speak to Jayne about the free bag of goodies to support your child's early reading skills. For children aged 12 months to 30 months. We offer home visits, library visits and special fun events using toys and rhymes that link with books
Various days and times throughout the year	Children's Centre Training Room 	Baby Steps Antenatal Programme: For mums-to-be and their partners preparing for parenthood. The course starts around the 28th week of pregnancy. If you are pregnant come and speak to speak to the Baby Steps Family Engagement Worker.

TUESDAY

Date/Time	Venue	Activity/Course
10am - 11.15am Starting 30th October to 27th November	Children's Centre Training Room	Talk with Me: A five week programme to boost children's communication skills. Learn how communication develops and learn some handy tips to use at home. Delivered by language practitioners from Communicate Speech and Language Therapy.
9.30am - 12.00pm	Children's Centre meeting room	Stop Smoking in Pregnancy: Become and remain smoke free throughout your pregnancy and be rewarded through an incentive scheme. This service is run by the Health Trainers team. Access an appointment by phoning 01253 952226 for a self-referral or speak to your midwife. Not a 'drop-in' service, an appointment must be made prior to attendance.
1.00pm - 3.00pm	Children's Centre training room	Baby Club: A free drop in group for parents, carers and babies under 14 months or until walking. Meet the Link Health Visitor to have your baby weighed, get advice with focussed discussion about your baby's development and join in this friendly group. A Speech and Language Practitioner is coming to the centre on Tuesday 25th September

WEDNESDAY

Date/Time	Venue	Activity/Course
10am-11.30am Term Time	Children's Centre Training Room and garden	Next Steps: A next step after Baby Club from about 14 months (or walking) up to about 30 months. We focus on social development, speech & language and movement in this friendly group. A Language Practitioner from Communicate will be hand on 27th September to discuss speech, language and communication development.
12.45pm -2.45pm From 12th September to February	Children's Centre Training Room	Family English: This course will lead to an accredited qualification from entry level to level two - essential for gaining employment. All abilities welcome. Free crèche places available if booked ahead at reception. Booking is essential.
2pm to 3pm	Mereside Children's Centre meeting room	Blackpool Coastal Housing Surgery: Are you a tenant in a BCH property? Do you need some information or support? A representative is on hand help to discuss tenancy issues.

THURSDAY

Date/Time	Venue	Activity/Course
10am-11.30am Term time	Tarnside Community Centre, Tarnside opposite Mereside Children's Centre	Bumbles Parent/Carer and Toddler Group: A fun group for parents, carers and their children, all ages welcome. We meet at the Tarnside Centre venue
10am-11.30am Term time	Tarnside Community Centre, Tarnside opposite Mereside Children's Centre	Better Start Park Rangers: make things and enjoy different activities each week from a range of themed sessions. A 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.
10am-12 noon	Children's Centre Community Café 	Knitting Nanas Knitting Group: Come and join in learning how to knit with our parents/carers and nanas. All welcome- from beginners to expert. Pass on your skills to others.

FRIDAY

Date/Time	Venue	Activity/Course
9.00am-10.30am	Children's Centre Community Café	Parent and carers coffee morning: All parents and carers are welcome for free tea, coffee and toast. Have a brew and have your say. We meet regularly with the Parent's Forum to plan for activities and events and review our services.

SATURDAY

Date/Time	Venue	Activity/Course
10am-12pm Saturday 29th September	Children's Centre 	Dad's and Families Saturday morning opening: Dads and Families group. Booking essential.
Saturday 1st December	Children's Centre 	Christmas event details to be announced later.



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

All activities including the crèche are FREE (unless stated)