

**Additional Services available at Sleaford Children's Centre**  
If you would like any further information on the Services available at the Children's Centre, please ask a member of staff.

Sleaford Children's Centre is part of North Kesteven South Children's Centres  
which also include:  
Billinghay: 01526 869248 and Caythorpe: 01400 279285

**Skills Development Service:** Works with parents who want to make positive changes for themselves and their families. The service offers encouragement and practical support with trying new things and getting more involved, often leading to Learning, Training, Volunteering and Employment.

**Quiet Time:** Opportunities are available for families to use the Children's Centre resources on a small group or 1:1 basis. Please call the Centre to find out more.

**Keepsakes:** The opportunity for families to make a variety of 'keepsake' items with their children and to get to know the Children's Centre team and what we can offer. Please speak to a member of staff to find out more.

**ESCO Service:** A scheme to co-ordinate the care for children and young people from birth to 18 years, who have complex health needs, sensory needs and/or disabilities.

### Our Health Services

**Health Visitor Clinic:** There are many different health professionals within the Centre, delivering services such as midwifery and health visiting clinics. A health visitor clinic includes 6-8 week, 8-12 months and 2-2.5 year's assessments as well as 3-4 month contact.

**Breast Start Group:** Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group along with a parent volunteer. Pregnant ladies also welcome.

**Top Tips for Babies:** Join the family health worker for discussions on subjects like when to introduce solids, healthy eating, oral health, accident prevention, immunisation, how to access support and more.

**No booking required** – just turn up on day

## Sleaford Children's Centre WHAT'S ON GUIDE



**Timetable**  
**From Mon 5<sup>th</sup> Sept – Fri 21 Oct '22**

### Sleaford Children's Centre

Money's Mill Complex  
Carre Street  
Sleaford NG34 7TW

Telephone: 01529 306888

E-mail: [SleafordCC@lincolnshire.gov.uk](mailto:SleafordCC@lincolnshire.gov.uk)

#### Opening Times

Mon-Thurs: 8.30-17.00  
Friday: 8.30-16.30



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North Kesteven Children's Centre's South



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Booking for groups is essential for Learning Together and Baby Massage, these are groups where the *commitment of attending weekly for a set of weeks is required*.

These groups are shown as **booking required** on the timetable.

Other groups where families can attend without prior booking will not have extra information and therefore you are welcome to arrive on time for the start of the session.

## Sleaford Children's Centre Timetable (Free Family Activities) **5<sup>th</sup> Sept – 21<sup>st</sup> Oct 2022**

Tel: 01529 306888 Email: [SleafordCC@lincolnshire.gov.uk](mailto:SleafordCC@lincolnshire.gov.uk)

Mondays		Tuesdays		Wednesdays		Thursdays	Fridays
<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call:</b> <b>01522 843000*</b>  <b>Midwife Clinic</b> <b>*Appointment only call</b> <b>01476 464334*</b>		<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call:</b> <b>01522 843000*</b>  <b>Midwife Clinic</b> <b>*Appointment only call</b> <b>01476 464334*</b>		<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call:</b> <b>01522 843000*</b>  <b>Midwife Clinic</b> <b>*Appointment only call</b> <b>01476 464334*</b>		<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call:</b> <b>01522 843000*</b>  <b>Midwife Clinic</b> <b>*Appointment only call</b> <b>01476 464334*</b>	<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call:</b> <b>01522 843000*</b>  <b>Midwife Clinic</b> <b>*Appointment only call</b> <b>01476 464334*</b>
<b>9.30am - 10.30am</b> <b>Quiet Time (Invite only)</b>  Quiet Time opportunities are available for families to access the Children's Centre on 1:1 basis, with the support of an Early Years Educator  		 <b>10.00am – 11.00 am</b> <b>Learning Together Toddler</b> (Confident walkers) 6 week programme  This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their unique developmental milestones, following their interests and curiosities  <a href="mailto:sleafordcc@lincolnshire.gov.uk">sleafordcc@lincolnshire.gov.uk</a> <b>to book</b>		<b>10.00am – 11.00 am</b> <b>Learning Through Play –</b> (For children 0-5 years)   Through carefully planned, playful opportunities, these sessions will help you and your child to strengthen and develop key skills which will help them in their journey to becoming lifelong learners  		<b>9.30am – 12.30pm</b> <b>Kids Crèche</b>  Early support & learning provision for disabled children and those with complex medical needs  <b>Book On</b> Please contact KIDS for information and bookings Senior Practitioner - Jane Frecklington <a href="mailto:jane.frecklington@kids.org.uk">jane.frecklington@kids.org.uk</a>	<b>New! 10.00am – 10.45am</b> <b>Rhyme Time : Toddlers</b> (Confident Walkers) A music and rhyme themed session where children can develop their language and communication skills be signing along to their favourite songs and nursery rhymes  
<b>You are my sunshine, My only sunshine. ... When skies are grey. You'll never know, dear, how much I love you. Please don't take my sunshine away.</b>  		<b>1.30pm – 2.30pm</b> <b>Learning Together Babies</b> (Babies to confident movers) 6 week programme  This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their unique developmental milestones, following their interests and curiosities  <a href="mailto:sleafordcc@lincolnshire.gov.uk">sleafordcc@lincolnshire.gov.uk</a> <b>to book</b>		 <b>12:00 – 1:30pm</b> <b>Breastfeeding Support Group</b>  You do not need to book onto a Breastfeeding Session and can just attend on the day/time. Please make sure you are familiar with building safety guidance	<b>1.30pm-2.30pm</b> <b>Keepsakes</b> (0-1yrs Invite only)   This group will offer an opportunity for families to make a variety of 'keepsake' items with their children, combined with an opportunity to get to know the Children's Centre team and learn more about what the Children's Centre can offer.	<b>10.00-11.00am</b> <b>Learning Through Play</b> <b>@ RAF Cranwell</b> <b>At the Brunei Centre</b>  This session provides a variety of activities for children to explore supporting children's changing needs and interests, the session offers an opportunity for parents, carers and children to discover and explore a wide range of play activities together, encouraging children's independence, confidence and social skills.	<b>New! 11.30am – 12 noon</b> <b>Rhyme Time : Babies</b> (None Mobile)  A music and rhyme themed session where children can develop their language and communication skills be signing along to their favourite songs and nursery rhymes
<b>1.30pm – 2.30pm</b> <b>Stay and Play under 1's</b> (Not yet walking)  This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their unique developmental milestones, following their interests and curiosities  		<b>Thursday's</b> <b>10.00 -11:00am</b> <b>Opening Doors to Employment</b> This four-week employability course is for parents who are ready to look for a job but could do with a helping hand. By the end of the course, you will have an up-to-date CV, know how and where to effectively job search and feel confident about communicating your skills and experience during interviews To find out more email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a>		<b>1.30pm – 2.30pm</b> <b>Virtual 'Preparation for Parenting'</b> Sessions run fortnightly. To start your registration process for our Zoom sessions, please click email: <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a>  		<b>10am -11am</b> <b>Top Tips for Babies</b> up to 6 months   <b>Thursday's</b> <b>25<sup>th</sup> August &amp; 22<sup>nd</sup> September</b>  A relaxed and informal session delivered by Early Years professionals sharing Top Tips for babies. Covering introducing solids, oral health, accident prevention and age appropriate development and learning <b>No booking necessary</b>	<b>12.30 – 1.30</b> <b>Virtual GROW Your Own Confidence</b> 4-week Course  Please email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a> to find out more or when the next course begins  

Please note that the use of mobile phones and cameras are **NOT** permitted in the centre. Thank you