



DERBY CITY COUNCIL

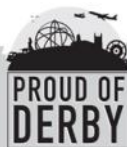
What's On Guide 24 April— 20 July 2017



Locality 1 and 5 Children's Centres

All of our Centres are breastfeeding friendly

We do not charge for Children's Centre activities, however, if you wish to make a donation all money received will support the activities we provide. Thank you



Audrey Drive Children's Centre

3 Audrey Drive, Chaddesden, Derby, DE21 4NP

01332 670634 or text 07812 301430

chaddesden.childrenscentres@derby.gov.uk

Opening hours: Monday to Friday 9am—5pm

Mondays

10—11am **New: Messy Play**

Let your child explore a variety of textures and materials through various activities. Helping your child to develop sensory skills, physical development and language. Don't forget you may get messy, so please wear suitable clothes. Please inform the centre if your child has an allergy prior to attending.

Starting 24 April.

10am—12pm **Homebirth Derby**

Peer support group for women and their families who are planning a home birth, have had a home birth or just want to find out more.

8 May, 12 June and 10 July only.

Tuesdays

9.30—11am **New: Peep (term time only)**

Recognising that parents are their child's first educator, Peep is a group which supports parents to feel more confident and make the most of their child's learning opportunities. You'll keep a memory folder with photos and hand-outs and you can work towards a nationally recognised qualification. Ask a member of staff for more information.

Starting 25 April for 10 weeks.

1.30—3pm **Child Health Clinic**

Come along to get your baby weighed or have a chat with your child's Health Visitor.

Chaddesden Health Team can be contacted on 01332 288774.

Wednesdays

9.30am—12.30pm **Childminder's Group**

An opportunity for Childminders to come along to their local Children's Centre to network and share good practice. Please ring for more information.

1.30—2.30pm **New: Little Movers**

For children 2 years and over plus their parents/carers, using a range of stimulating, sensory and interesting everyday and familiar items to support all areas of children's development and has a focus on literacy to help prepare them for school.

Starting 26 April. **Please note, there will be no sessions on 7 June or 19 July due to staff training**

3.30—4.30pm **After School Craft Club (term time only)**

A programme of fun after school activities for children under 5 and their families, older siblings welcome. Come along for family time together.

Please note, there will be no sessions on 7 June or 19 July due to staff training.

Thursdays

9.30—11am Baby and Toddler

Stay and play with your child(ren) - a wide range of exciting activities are available within these sessions including malleable and creative activities, puzzles, games and dressing up. Some of our centres also have outdoor play areas. Available for under 5's.

11.30am—1pm **New:** School Readiness Session.

If your child is going to nursery or school in September, please come along to one of our sessions to support your child's transition into nursery or school. A light lunch will be provided for the children, siblings under 5 are welcome.

22 June only.

1—2pm Breastfeeding Club

Weekly support sessions for those who are breastfeeding, with advice from the health team and time to talk to other mums. The Infant Feeding Team can be contacted on 0300 1234586 option 7.

2—3.30pm Bumps and Babies

For expectant mums from 37 weeks and their babies. This group gives you the chance to ask questions, share experiences and meet new friends. Dads and partners also welcome!

Families will graduate from this group once their babies can walk unaided.

5.30—7pm Antenatal Feeding Session

Are you pregnant? Would you like to know more about feeding your baby? Come along to this session to find out about growth spurts, cluster feeds and how responsive feeding can help your baby's brain develop. The session is delivered by an Infant Feeding Advisor. You're welcome to bring your partner, mum or friend.

18 May and 6 July only.

Fridays

9.30—11am Stay and Play

Stay and play with your child(ren) - a wide range of exciting activities are available within these sessions including malleable and creative activities, puzzles, games and dressing up. Some of our centres also have outdoor play areas. Available for under 5's. As part of these groups we run a bring and share snack scheme, please see page 11.

10—11am **New:** Drop In Sessions

Pop in and have a chat with a Family Visitor for hints and tips around your child's behaviour, development and routines.

28 April, 12 May, 26 May, 9 June, 23 June, 7 July and 21 July only.

9.30—11am Work Club

Come along to talk with a careers advisor for guidance on creating CVs, completing application forms, support and advice for starting work. Please ask your local children's centre for more information. No appointment needed.

19 May, 16 June and 14 July only.

11.30am—1pm **New:** School Readiness Session

If your child is going to nursery or school in September, please come along to one of our sessions to support your child's transition into nursery or school. A light lunch will be provided for the children, siblings under 5 are welcome.

14 July only.

Derwent Family, Youth and Community Centre

Monmouth Street, Derby, DE21 6BD

01332 385321 or text 07812 301430

derwentchildrenscentre@derby.gov.uk

Opening hours: Monday to Friday 9am—5pm

Mondays

2—3.30pm **New: Bumps and Babies**

For expectant mums from 37 weeks and their babies. This group gives you the chance to ask questions, share experiences and meet new friends. Dads and partners also welcome!

Families will graduate from this group once their babies can walk unaided.

Starting 24 April.

Tuesdays

1.30—3pm **Once Upon a Rhyme**

A fun activity to help promote children's love of books, rhymes and stories from an early age.

The group aims to encourage early language and communication skills. Once you have attended 4 sessions, your child will receive a free Bookstart pack.

3.30—4.30pm **New: After School Craft Club (term time only)**

A programme of fun after school activities for children under 5 and their families, older siblings welcome. Come along for family time together.

Starting 2 May.

Wednesdays

9.30—11am **Stay and Play**

Stay and play with your child(ren) - a wide range of exciting activities are available within these sessions including malleable and creative activities, puzzles, games and dressing up. Available for under 5's. As part of these groups we run a bring and share snack scheme, please see page 11.

10—11am **New: Drop In Sessions**

Pop in and have a chat with a Family Visitor for hints and tips around your child's behaviour, development and routines.

26 April, 10 May, 24 May, 7 June, 21 June, 5 July and 19 July only.

9.30—11am **Work Club**

Come along to talk with a careers advisor for guidance on creating CVs, completing application forms, support and advice for starting work. Please ask your local children's centre for more information. No appointment needed.

10 May, 7 June and 5 July only.

10am—12pm **Dads Count**

A session for dads and male carers to learn more about their role in their child's development. For dads to attend without children.

26 April, 24 May, 28 June and 26 July only.

Wednesdays continued...

11.30am—1pm **New: School Readiness Session**

If your child is going to nursery or school in September, please come along to one of our sessions to support your child's transition into nursery or school. A light lunch will be provided for the children, siblings under 5 are welcome.

14 June and 12 July only.

1—3pm **Adult and Family Learning (term time only)**

Whether you need a qualification to improve your CV and help finding employment or just want to improve your english and maths skills to be able to solve everyday problems such as helping the children with their homework, completing forms, comparing energy suppliers or being able to select the best mobile phone tariff. Whatever your goal our friendly, supportive classes can help you to gain confidence and improve your maths and english skills before completing a nationally recognised functional skills qualification or even work towards a GCSE qualification.

Please note, there will be no sessions on 7 June or 19 July due to staff training.

Thursdays

10—11am **Active Tots**

A weekly session for you and your children to get active. Crawl through tunnels, jump over hurdles and stretch around obstacles.

9.30—11am **Child Health Clinic at Derwent Community School** **St Marks Road, Derby, DE21 6AL**

Come along to get your baby weighed or have a chat with your child's Health Visitor. Derwent Health Team can be contacted on 01332 288760.

1.30—3pm **Baby and Toddler**

Stay and play with your child(ren) - a wide range of exciting activities are available within these sessions including malleable and creative activities, puzzles, games and dressing up. Available for under 5's. As part of these groups we run a bring and share snack scheme, please see page 11.

New Start time starting from 27 April.

Fridays

10—11.30am **New: Peep for Babies (term time only)**

Recognising that parents are their child's first educator, Peep is a group which supports parents to feel more confident and make the most of their child's learning opportunities. You'll keep a memory folder with photos and hand-outs and you can work towards a nationally recognised qualification. Ask a member of staff for more information.

Starting 28 April for 10 weeks.

Mackworth/Morley Children's Centre

Reigate Drive, Mackworth, Derby, DE22 4EQ

01332 208175 or text 07812 301430

mackworth.childrenscentre@derby.gov.uk

Opening hours: Monday to Friday 9am—5pm

Mondays

9.30—11am **New: Peep** (term time only)

Recognising that parents are their child's first educator, Peep is a group which supports parents to feel more confident and make the most of their child's learning opportunities. You'll keep a memory folder with photos and hand-outs and you can work towards a nationally recognised qualification. Ask a member of staff for more information. Starting 24 April for 10 weeks.

9.30am—12pm **Childminder's Group**

An opportunity for Childminders to come along to their local Children's Centre to network and share good practice. Please ring for more information.

8 May, 5 June and 3 July only.

1—2.30pm **Child Health Clinic**

Come along to get your baby weighed or have a chat with your child's Health Visitor.

Kingmead Health Team can be contacted on 0300 1234586 (option 1, then option 4)

Tuesdays

9.30—11.30am **New: Sunshine Group Drop In**

Weekly drop in sessions for Parents/Carers who have children with additional needs or are waiting to be assessed by the Paediatrician. Children welcome, sensory room and play activities available. Starts 25 April.

9.30—11am **Childminder's Group at Central Community Nursery School**
43 Nuns Street, Derby, DE1 3LR. (term time only)

An opportunity for Childminders to come along to their local Children's Centre to network and share good practice. Please ring for more information.

1—3pm **Derby Signing Families—Now running in school holidays**

This group aims to provide deaf parents and carers with children under 5 (both hearing and deaf) access to a safe and welcoming environment. A Health Visitor comes every second Tuesday of the month to the group with a sign language interpreter to provide a Child Health Clinic. This group is available to anyone in the Derby City area. Please text 07812 301430 for more information.

Wednesdays

9.30am—11am **Once Upon a Rhyme**

A fun activity to help promote children's love of books, rhymes and stories from an early age. The group aims to encourage early language and communication skills. Once you have attended 4 sessions, your child will receive a free Bookstart pack.

1.30—3pm **New: Boys Play**

For boys aged 18 months+ and their parents/carers to understand the way in which boys learn and develop through play. Lots of activities to meet their interests and needs and help to prepare them for school. Starting 26 April. **Please note, there will be no sessions on the 7 June or 19 July due to staff training.**

Thursdays

9.30—11.30am Stay and Play

Stay and play with your child(ren) - a wide range of exciting activities are available within these sessions including malleable and creative activities, puzzles, games and dressing up. Some of our centres also have outdoor play areas. Available for under 5's. As part of these groups we run a bring and share snack scheme, please see page 11.

9.30—11am Work Club

Come along to talk with a careers advisor for guidance on creating CVs, completing application forms, support and advice for starting work. Please ask your local children's centre for more information. No appointment needed.

4 May, 25 May and 22 June only.

11.30am—1pm New: School Readiness Session

If your child is going to nursery or school in September, please come along to one of our sessions to support your child's transition into nursery or school. A light lunch will be provided for the children, siblings under 5 are welcome.

8 June only.

1—2pm Breastfeeding Club

Weekly support sessions for those who are breastfeeding, with advice from the health team and time to talk to other mums. The Infant Feeding Team can be contacted on 0300 1234586 option 7.

2—3.30pm Bumps and Babies

For expectant mums from 37 weeks and their babies. This group gives you the chance to ask questions, share experiences and meet new friends. Dads and partners also welcome! Families will graduate from this group once their babies can walk unaided.

Fridays

9.30—11.30am STePS Drop In Support

A drop-in service, for parents of children with Autism Spectrum Disorder provided by STePs ASD team.

5 May, 19 May, 16 June, 30 June and 14 July only.

11.30am—1pm New: School Readiness Session

If your child is going to nursery or school in September, please come along to one of our sessions to support your child's transition into nursery or school. A light lunch will be provided for the children, siblings under 5 are welcome.

7 July only.

1—3pm Baby and Toddler

Stay and play with your child(ren) - a wide range of exciting activities are available within these sessions including malleable and creative activities, puzzles, games and dressing up. Some of our centres also have outdoor play areas. Available for under 5's. As part of these groups we run a bring and share snack scheme, please see page 11.

1.30—2.30pm New: Drop In Sessions

Pop in and have a chat with a Family Visitor for hints and tips around your child's behaviour, development and routines.

5 May, 19 May, 2 June, 16 June, 30 June and 14 July only.

Spondon Children's Centre

Borrowwash Road, Spondon, Derby, DE21 7PH

01332 674038 or text 07812 301430 spondon.childrenscentre@derby.gov.uk

Opening hours: Wednesdays 9am—12pm and Thursdays 1—3pm

Please contact Audrey Drive Children's Centre on 01332 670634 outside of these hours.

Mondays

1.30—3pm Child Health Clinic

Spondon / Oakwood Health Team can be contacted on 01332 868838

5 June and 3 July only.

Wednesdays

9.30—11.30am Stay and Play

Stay and play with your child(ren) - a wide range of exciting activities are available within these sessions including malleable and creative activities, puzzles, games and dressing up. Some of our centres also have outdoor play areas. As part of these groups we run a bring and share snack scheme, please see page 8.

10—11am **New: Drop In Sessions**

Pop in and have a chat with a Family Visitor for hints and tips around your child's behaviour, development and routines.

3 May, 17 May, 31 May, 14 June, 28 June and 12 July only.

Thursdays

1.30—3pm Once Upon a Rhyme

A fun activity to help promote children's love of books, rhymes and stories from an early age.

The group aims to encourage early language and communication skills. Once you have attended 4 sessions, your child will receive a free Bookstart pack.

Volunteering

Interested in becoming a volunteer or Parent Champion? Want to share ideas about what you would like to see on offer in your local Children's Centre?

Please contact Rebecca Adamson on 01332 670634 to find out how.

Volunteer Network Meeting

Are you a Children's Centre Volunteer or would you like to be? Come along and see what being a volunteer could mean for you.

Wednesday 26 April 10—11am at Mackworth Morley Children's Centre

Thursday 22 June 2—3pm at Derwent Family, Youth and Community Centre

Child Health Clinics

Come along to get your baby weighed or have a chat with your child's Health Visitor.

Mondays 1—2.30pm Mackworth/Morley Children's Centre

Mondays 1.30—3pm Spondon Children's Centre

5 June and 3 July only.

Tuesdays 9.30—11am Saint John's Methodist Church Hall, Park Farm, Allestree, DE22 2QL

Tuesdays 1.30—3pm Springwood Leisure Centre, Springwood Drive, DE21 2HE

Please note, this clinic is the first Tuesday of the month.

Tuesdays 1.30—3pm Audrey Drive Children's Centre

Thursdays 9.30—11am Derwent Community School, St Marks Road, DE21 6AL

Fridays 9.30—11am Spondon Village Hall, Sitwell Street, DE21 7FG

The health visiting teams number is 0300 1234586 options are as follows:

1— Spondon/Oakwood Health Visitors

2— Abbey Health Visitors

4— Kingsmead Health Visitors

6— Kingsmead School Health Team

7— Infant Feeding Team

Chaddesden Health Team can be contacted on 01332 288774

Derwent Health Team can be contacted on 01332 288760

School Holiday Groups

Tuesday 30 May 9.30—11am Sunshine Group at
Mackworth/Morley Children's Centre

This group aims to provide parents and carers of children with additional needs, aged under 8, access to a safe, warm and welcoming environment where parents and children have the opportunity to meet new friends, share experiences and provide mutual support.

Wednesday 31 May 1—3pm Young Parents at Derwent Family,
Youth and Community Centre

If you are a young parent with a child under 5, come along for a wide range of activities including physical, imaginative and creative play. You will meet other young parents, share experiences and make new friends.

Additional services

Dummy Drops

Dummy drops are now featured in all of our centres. If you are encouraging or want support and advice on how to encourage your child to stop using their dummy, ask a member of our team at any one of our centres.

Family Visitors

Our Family Visitors work in partnership with parents and carers in the local community, helping to improve outcomes for children under 5. They can help you by giving advice and support, for example, with children's behaviour or accessing other services. Please contact your local Children's Centre for more information.

Freedom Programme

The Freedom Programme is for all women who wish to learn about the reality of domestic violence and abuse. Please contact Harriett Birch on 01332 208175 for further information.

Family Learning

is part of Derby Adult Learning Service. We offer courses to parents, carers and their children in order to encourage parents/carers and children to learn together, learn new skills and progress into further learning and work. If you are interested in joining a course please speak to a Children's Centre staff member. For more information please call the Derby Adult Learning Service Helpline on 01332 717900.

Additional information

Children's Centres work predominantly with children under 5 years and therefore have limited appropriate resources and environments to cater for children aged 5 and over. Therefore, during school holiday periods, activities and sessions are open to children aged under 5 only unless otherwise stated on the programme. This includes inset days or school closure days. During school holiday periods, some family activities are available for children up to 8 years old. To avoid disappointment, please see separate promotional material or ask a member of staff prior to the holiday activity. To prevent the spread of infection, if your child is absent from school or nursery due to sickness, they are unable to attend a Children's Centre activity. We politely ask that these guidelines are adhered to.

Children's Centre Partners

Families Information Service

Derby City Families Information Service provides comprehensive, confidential and impartial information and advice about registered and unregistered childcare, family support services and leisure activities. They can give you information about free childcare for 2 year olds (flying start for 2 year olds) and free early years entitlement for 3 and 4 year olds.

Email: fis@derby.gov.uk

Tel: 01332 642610

Food Bank

The Locality 1 & 5 Food Bank is part of our partnership work with the Hope Centre. As a locality we are happy to support the Hope Centre in any which way we can. Food collection points at each centre for the collection of any food donations will help towards the 5000 items they distribute each month. Please see list of preferred items for donation. We hope you will support this local initiative and support local families in crisis.

Derby Jobcentre Plus

Door C, Forester House
Newland Street
Derby
DE1 1NW
Tel: 0345 604 3719

Healthy Snack Guide

As part of our Stay and Play and Baby and Toddler groups we run a 'bring and share' snack scheme. The items listed below are recommended in line with Government healthy eating guidance.

- Banana
- Pear
- Grapes
- Apricots
- Raisins
- Breadsticks
- Cheese
- Apple
- Satsuma
- Berries
- Dates
- Carrots
- Crackers
- Cheese spread
- Seasonal fruit

Please speak to the group facilitator about how the 'bring and share' scheme works.

Toy Loan

Did you know that all of our Children's Centres have a Toy Loan? Which is free for anyone to use? All you have to do is follow these three steps:

1. Have a browse through our photo album and choose a toy you and your child would like to borrow.
2. Ask at Reception for our staff to get you the toy. We'll just write down your name and which toy you have borrowed.
3. Bring the toy back with you next time you come to the children's centre. Toys can be borrowed for up to 2 weeks.

Families Information Service Flying start for 2 year olds

Free childcare for
eligible 2 year olds



To find out more call the Families Information Service
on **01332 640758**,
text start to **82727**
or go to www.derby.gov.uk/freechildcare



Derby City Council