

Activities at Skegness Children's Centre

Skegness Voice — A parent led group providing support and information for parents and carers with children with special and/or educational needs.

Big Cook Little Cook — A chance to promote healthy lifestyles with your child in a fun way as well as cooking up affordable and nutritious food to share. All food made during the session is taken home. (Booking required. Please contact reception.)

Sensory Room — The sensory room is designed to develop babies senses such as feel, vision, sound and smell through lighting, music and objects. Come & explore a variety of sensory resources in a calm, relaxed environment.

Learning Together/Come & Play Tinies
Sessions are fun and include Talk Time, Stories, Songs and play activities. This activity supports you as parents' and carers to get the best out of playing and learning with your child.

Little Explorers — Play and exploration using lots of different messy materials which can be found in the home. This will stimulate your child's senses and give them an opportunity to discover a range of materials. All of the activities contribute to developing your child's everyday skills.

Don't forget to bring a set of clean clothes!

ESCO Support — A scheme to co-ordinate the care for children & young people from Birth to 18 years of age who have complex health needs, sensory needs and/or disabilities. (Appointments required. Please call 01522 782111 to make an appointment)

Movers & Shakers — A fun music & movement activity which will involve using instruments, singing and lots of moving about. This activity will promote early communication and physical movement in a fun and interactive way.

Kids Crèche — Providing crèche facilities for disabled children and those with complex health needs aged 0-5 years. To bring children and families together to offer emotional and practical support. Sessions include music, songs and exploratory & messy play activities.

Growing Talk — Listen to your child's talking grow as they sing along to their favourite rhymes. They will ride on a magic carpet, sprinkle magic dust and meet Mikey who is our resident puppet.

This is a rolling programme which is term time only and has set group times depending on the age of your child.

Come & Play — For you & your child to play together & discover a range of fun activities which promote independence, confidence & social skills.

Health Clinic— Health Visitors are available for 6-8 week, 8-12 months & 2 year checks or if you have any concerns regarding your pre-school child to answer your questions.

Health Visiting Team, 3-4 months Top Tips
Family Health workers are available to give advice and support. No weighing will be available in this session. Please call Skegness Children's Centre on 01522 555652 to book.

Breastfeeding Support Group for expectant parents and mothers. Come and join us in a relaxed friendly environment to chat, get help, support and advice from a member of the Health Team and other Breastfeeding mums.

Well Being Clinic — The School nurse is available to discuss any health problems or concerns regarding your child. Behaviour, sleep, bed wetting, relationships, bullying, mental health, self-esteem to name just a few. (4-19 years olds)

Please call the School Nurse on 01790 752609 to book an appointment)

First Step's is a 6 to 12 week introductory programme to your local children's centre for new parents and their children. Our aim is to provide support with your child's development and explore what the centre can offer your family.

Skegness Children's Centre

What's On Guide November 2016



ALL ACTIVITIES ARE FREE!

At Skegness Children's Centre we want to make sure we are delivering services that support you and your children. We value your comments, so if you would like to comment on any of our services then please do so, by coming into the centre, on our Facebook page or at www.lincolnshire.gov.uk/commentorcompliment

Please like our Facebook Page.

Visit: www.facebook.com/skegnesswainfleetchildrenscentre

We have regular updates on sessions happening at Skegness and Wainfleet Children's Centres.



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Monday	Tuesday	Wednesday	Thursday	Friday	Information
<p><u>Skegness Voice</u> 9am—12.00noon (Term time only) Alternate Mondays</p> 	<p><u>Learning Together</u> (Babies) Bump- non walkers 10am-11am</p> 	<p><u>Kids Crèche</u> 9.15am—12.15pm (0-5 Years)</p> 	<p> <u>Growing Talk</u> Toddling 9.30am—10.15am (Initial Booking Required for Toddling) Tiny 10.30am-11.00am</p>	<p><u>Health Clinic</u> (Appointments only) 10.00am-12.00 Please call the Health Team on 01522 308800 to book</p>	<p><u>Mobile Phones & Cameras</u> Please note that the use of mobile phones or cameras are NOT permitted to be used within the Centre. Thank you</p>
<p><u>Big Cook Little Cook</u> (Booking Required) 10am—11.30am 18 months-5 years</p> 	<p><u>Health Visiting Team</u> 3-4 months Top Tips Group Session, 10-11am Available on 1st Tuesday of every month Please call Skegness Children's Centre on 01522 555652 to book.</p>	<p><u>Learning Together</u> (Toddlers) 10am-11am Toddling +</p> 	<p><u>Health Clinic</u> (Appointments only) 10.00am-12.00 Please call the Health Team on 01522 308800 to book</p>	<p><u>Movers & Shakers</u>  10-11am 0-5 years</p>	<p>Please ensure that you are registered with the Children's Centre and that your details are up to date. Thank you.</p>
<p><u>Learning Together Little Explorers</u> 0-5 Years 1.30pm-2.30pm</p> 	<p> Breastfeeding Support Group 1.30pm-3.30pm</p>	<p><u>Learning Together</u> (Babies) Bump— non walkers 1.30-2.30pm</p> 	<p><u>First Steps</u>  1.30pm—2.30pm 0-5 years (Invitation only)</p>	<p><u>Come & Play Tinies</u> 1.30pm - 2.30pm (0-2 Year Olds)</p> 	<p><u>Borrowing Bags</u> Please ask at reception about our lovely range of borrowing bags & books for you to take home.</p>
<p> Have you liked our Facebook page? Visit us at www.facebook.com/skegnesswainfleetchildrenscentre</p>	<p><u>Little Explorers</u> 1.30pm-3.00pm (0-5 Year Olds)</p> 	<p><u>Esco Support</u> (Appointments Only) 9.30am—4pm On the 1st Wednesday of the month</p>	<p> <u>Sensory Room</u> 1.30pm-3.30pm (0-Toddlers) Bookings available on other days, please contact us to book.</p>	<p><u>Come & Play</u> The Village Hall, Chapel St Leonards, 10.00am—11.30am A relaxed, fun session where families can play together. Variety of activities to suit children under 5.</p>	<p><u>Volunteering Opportunities:</u> Please call the Children's Centre on 01754 899426 for further information</p>
<p><u>Family Fun with Food</u> 2nd November 1-3pm Skegness Children's Centre, Limited places- booking required, please call 01522 555652.</p>	<p><u>Autumn Photoshoot</u> With Our Magical Memories Tuesday 1st November 9am—4pm Please contact Emily on 01205 355088 or email emilyvivkers@outlook.com to book a slot</p>	<p><u>Child Development</u> Thursday 1st December 9.30am—2.30pm Skegness Children's Centre, Limited places- booking required, please call 01522 555652</p>	<p><u>Well Being Clinic</u> (with the School Nurse) (Appointments only) 4—19 Year Olds On 2nd & 4th Thursday of the month 1pm—4pm</p>	<p><u>Stay & Play</u> (Term time only) Rainbows End Pre-school Ingoldmells, 2pm -3pm 0-5 years</p> 	