

## Additional Services available at Fishtoft Road 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.

Fishtoft Road Children's Centre is part of Boston Children's Centres which also include:  
Norfolk Lodge CC Tel 01522 843135 and St-Christopher's CC Tel 01205 357608

**Rhyme Time:** A lovely session for families with activities based around popular nursery rhymes

**Learning Through Play:** This drop-in 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.

**GROW Your Own Confidence Course:** A relaxed course for parents who want to build their self-confidence and resilience, delivered in partnership with LCC Adult Skills and Family Learning.

**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.

**Baby Massage** A 6-week course for you and your baby to spend precious time bonding, through baby massage.

### 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:** **BreastStart 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. Pregnant ladies also welcome. Opportunity to self-weigh for breastfeeding mums.

**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. Please call 01522 843000 to book a place.

## Fishtoft Road Children's Centre WHAT'S ON GUIDE



From Monday 21<sup>st</sup> February  
2022

Address – 3 Fishtoft Road Boston  
Lincs PE21 0AA  
Tel 01205 356410

### Opening Times

Opening Times  
Monday – Friday: 09:00 – 15:00  
Closed Bank Holidays



Email: [FishtoftRDCC@lincolnshire.gov.uk](mailto:FishtoftRDCC@lincolnshire.gov.uk)

Like us on Facebook to stay in touch 

For all up to date information please go to our web pages at:  
<https://www.lincolnshire.gov.uk/childcare-and-family-support/find-a-childrens-centre/>



## Fishtoft Road Children's Centre

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call 01522 843000*</b>	<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call 01522 843000*</b>	<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call 01522 843000*</b>	<b>Health Visitor Assessment Clinic</b> <b>*Appointment only call 01522 843000*</b>
<b>Rhyme Time Baby</b> <b>10:00-10:45am</b> <b>0-18 MONTHS OLD</b> <b>No Booking Required</b> <i>A lovely session for families with activities based around popular nursery rhymes</i>	<b>10.00am – 11.00am</b> <b>Opening Doors to Employment</b> 4-week employability course for parents. To find out more email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a>			
<b>1:00-2:00PM</b> <b>Baby Massage</b> <b>To book for our 5 weeks programme, please call or e-mail <a href="mailto:FishtoftRDCC@lincolnshire.gov.uk">FishtoftRDCC@lincolnshire.gov.uk</a></b>		<b>1.00pm – 2.30pm</b> <b>Virtual 'Preparation for Parenting'</b> <b>Wednesday 23<sup>rd</sup> February 2022</b> <b>To register <a href="#">Click here</a></b> And <b>1.00pm – 2.30pm</b> <b>Virtual 'Preparation for Parenting'</b> <b>Wednesday 23<sup>rd</sup> March 2022</b> <b>To register <a href="#">Click here</a></b> Any problems registering please email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a>	<b>Learning Through Play</b> <b>0-5years old</b> <b>13:00-14:00</b> <b>No Booking Required</b> This drop-in 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.	
<i>Please note that by following the 'click here' links you will be directed to a third-party website called Zoom, and you will complete your registration process via Zoom.</i>				<b>GROW Your Own Confidence</b> 4-week Course 12.30 – 2.00pm Please email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a> to find out more or when the next course begins

**All our activities are FREE no booking required unless stated.**  
**Please note that the use of mobile phones and cameras are NOT permitted in the centre. Thank you**