Additional Services available at Norfolk Lodge 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.

Norfolk Lodge Children's Centre is part of Boston North Children's Centres which also include: Carlton Road: 01205 355056. Fishtoft Road: 01205 356410. St. Christopher's: 01205 357608

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

Growing Talk: A music and rhyme session focusing on developing children's growing language skills. Children will meet Mikey the puppet and sina alona to their favourite songs.

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.

Learning Together: A 6 week programme offering a variety of activities as well as a Talk Time, songs and stories to support children's development by building their confidence as they learn to explore.

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: 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. Pregnant ladies also welcome. Opportunity to self-weigh for breastfeedina 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.

Norfolk Lodge Children's **Centre and Maternity Hub** WHAT'S ON GUIDE



Timetable From 21st Feb - 31st March 2022

Address:

Norfolk Lodge Children's Centre **27 Norfolk Street** Boston, **PE21 6PW** Tel 01522 843135

Opening Times: Monday to Thursday 09:00 - 17:00 Friday 09:00 - 16:30



Email: NorfolkLodgeCC@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/





Norfolk Lodge Children's Centre and Maternity Hub – From 21st February to 31st March 2022

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Midwife Clinic *Appointment only call 01205 445414*	Midwife Clinic *Appointment only call 01205 445414*	Midwife Clinic *Appointment only call 01205 445414*	Health Visitor Assessment Clinic *Appointment only call 01522 843000*	Midwife Clinic *Appointment only call 01205 445414*
10:00am – 11:00am Baby Massage To book for our 5 week programme, please call or e-mail <u>NorfolkLodgeCC@lincolnshire.gov.uk</u> or call us on Tel No 01522 843135	10:00am – 11:00am Growing Talk Toddler (1-5 yrs.) To book for our 6 week programme, please call or e-mail <u>NorfolkLodgeCC@lincolnshire.gov.uk</u> or call us on Tel No 01522 843135			
	10.00 – 11: am Opening Doors to Employment This four-week employability course is for parents who are ready to look for a job but could do with a helping hand. To find out more e-mail: beststart@eyalliance.org.uk	1.00pm – 2.30pm Virtual 'Preparation for Parenting' Wednesday_23 rd February 2022 To register <u>Click here</u> And 1.00pm – 2.30pm Virtual 'Preparation for Parenting' Wednesday_23 rd March 2022 To register <u>Click here</u> Any problems registering please email <u>beststart@eyalliance.org.uk</u>	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	12.30 – 2:00pm GROW Your Own Confidence A friendly and relaxed 4 week course for parents who would like to build their own confidence. Run in partnership with Lincolnshire Adult Skills and Family Learning Service. Please e-mail beststart@eyalliance.org.uk to find out more or when the next course begins
	1:00pm – 2:00pm Learning Together Baby (0-1 year) To book for our 6 week Programme, please e-mail <u>NorfolkLodgeCC@lincolnshire.gov.uk</u> or call us on Tel No 01522 843135	1:00pm – 2:00pm Learning Together Toddler (1-5 yrs.) To book for our 6 week programme, please call or e-mail <u>NorfolkLodgeCC@lincolnshire.gov.uk</u> or call us on Tel No 01522 843135		
				Sensory Room now available To book please e-mail <u>NorfolklodgeCC@lincolnshhire.gov.uk</u> or call us on Tel No 01522 843135

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