Additional Services available at Holbeach 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.

Holbeach Children's Centre is part of South Holland Children's Centres which also include:

Spalding 01775 767475, Crowland 01773 211609, Sutton Bridge 01406 359327

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

Stay play (under ones) - For children under one, or not yet walking this drop-in play and learning session offers a variety of activities that are based upon the likes and interests of the children attending. Giving the children attending the opportunity to develop their growing skills while having lots of fun.

**Learning Together -** 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.

Little Explorers— A sensory & messy play session providing materials of different textures, temperatures and consistencies for children to explore, supporting their development & growing confidence

**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 Service. After the course we would be pleased to help you with next steps.

## **Our Health Services**

**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. Preanant 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. To book a place, please call 01522 843000.

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



**Spring Term Timetable** 21st February to 31st March

Address -**Boston Road South.** Holbeach. **PE12 7LZ** Tel 01406 426064

**Opening Times** 

Monday - Thursday: 08.30-16.30

Friday: 08.30-16.00 **Closed Bank Holidays** 



Email: holbeachcc@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-achildrens-centre/





## Holbeach Children's Centre

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:00 – 4:30pm Ante-Natal Midwifery Clinic *Appointment only call 01775 652155*	9:00 – 4:30pm Ante-Natal Midwifery Clinic *Appointment only call 01775 652155*	9:00 – 4:30pm  Health Visitor Assessment Clinic  *Appointment only call 01522 843000*	9:00 – 4:30pm  Health Visitor Assessment Clinic  *Appointment only call 01522 843000*	9:00 – 4:00pm Health Visitor Assessment Clinic *Appointment only call 01522 843000*
	10.00am-11.00am Stay and Play (0-1's) A session to give babies the opportunity to develop their growing skills whilst having lots of fun.	10.00am-11.00am  Learning Together Baby  Learning together offers 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 (For children aged 0-12m)  To book for our 6 week programme please email holbeachcc@lincolnshire.gov.uk	10.00am-11.00am  Learning Together Toddler  Learning together offers 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 (For children aged 12m-5yrs)  To book for our 6 week programme please email holbeachcc@lincolnshire.gov.uk	9.30am-12.30pm KIDS - ESLP Providing support for children and families living with additional needs Booking only Contact Della on 07760309309 Della.Smith@Kids.org.uk
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.	Top Tips for Babies  For babies 3-4 months - 2nd Tuesday of the month. Session includes starting solids, accident prevention and managing minor illnesses.  Next session 8th March 2022 *Booking required: 01522 843000*  10.00 – 11.00am  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. 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 beststart@eyalliance.org.uk	1.00-2.00pm Little Explorers A sensory & messy play session providing materials of different textures, temperatures and consistencies for children to explore, supporting their development & growing confidence For children 0-5years	12.45 – 1.15pm Growing Talk Baby (For children aged 0-12m) 1.45 – 2.30pm Growing Talk Toddler (For children aged 12m-5years) Have fun together at Growing Talk, where your child will meet Mikey, our Growing Talk puppet, play with sounds, sprinkle magic and go flying on a carpet. This fun session focuses on enhancing children's communication and language development and growing children's 'talk' To book for our 6 week programme please email holbeachcc@lincolnshire.gov.uk	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. To find out more email beststart@eyalliance.org.uk
	12.30-4.30pm Health Visitor Assessment Clinic 2 year Reviews *Appointment only call 01522 843000*	1.00pm – 2.30pm  Virtual 'Preparation for Parenting' Sessions run on Wednesday's  Wednesday 23 <sup>rd</sup> February To Register Click here  Wednesday 23 <sup>rd</sup> March To Register Click here Any problems registering email beststart@eyalliance.org.uk	ESCO Virtual appointments available 09:00 – 4:30pm (Thursdays) Next dates available: 10 <sup>th</sup> March *Appointment only call 01522 7821111*	1.00 – 2.00pm  Breast feeding group Drop in  Advice and support from health visiting professionals on breast feeding and feeding in a welcoming and relaxed atmosphere as well as an opportunity to weigh your child.  You do not need to book onto a Breastfeeding Session and can just attend on the day. Please make sure you are familiar with building safety guidance