

Additional Services available at Spalding 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.

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

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

Chat and Chill Volunteer-led Group: Run by parent volunteers; time for parents to share thoughts and ideas and be of support to one another.

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

Skills Development Service – How Can We Help? Find out how we can support parents with their own Confidence Building, Adult Learning, Volunteering and Employment.

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.

Stay play (under ones) For children who are 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.

Toddler Outdoor Group – Let's Get Active: This exciting new session is for confident movers with younger siblings welcome.

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

Our Health Services

Breastfeeding 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. To book a place, please call 01522 843000.

Spalding Children's Centre WHAT'S ON GUIDE



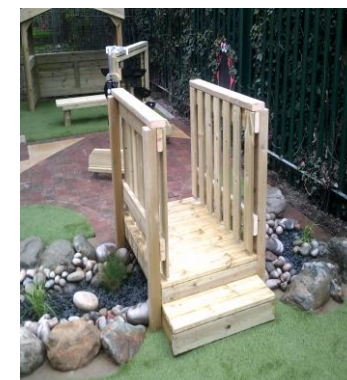
From 21st February 2022

Address

Banks Avenue, Spalding
PE11 2JG
Tel 01775 767475

Opening Times

Mon to Thurs 09.00 to 17.00
Fridays 08.30 to 16.00



Email: Spaldingcc@lincolnshire.gov.uk

Like us on Facebook 'South Holland Children's Centres' to stay in touch 

For all up to date information please go to our web pages at:

<https://www.lincolnshire.gov.uk/childcare-and-familia>
[a-childrens-centre](#)



Lincolnshire
COUNTY COUNCIL
Working for a better future

Spalding Children's Centre and Maternity Hub from February 2022

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Midwife Clinic *Appointment only call 01775 652155* Health Visitor Assessment Clinic *Appointment only call 01522 843000*	Midwife Clinic *Appointment only call 01775 652155* Health Visitor Assessment Clinic *Appointment only call 01522 843000*	Health Visitor Assessment Clinic *Appointment only call 01522 843000*	Midwife Clinic *Appointment only call 01775 652155* Health Visitor Assessment Clinic *Appointment only call 01522 843000*	Health Visitor Assessment Clinic *Appointment only call 01522 843000*
Virtual Drop-In Appointments Early Support Care Co-ordination (ESCO) Provides an opportunity for a parent or carer of a child with a disability to meet with a skilled professional for friendly and confidential consultation. Call 01522 782111 to book an appointment	10.00am-11.00am Learning Together Baby (0-1year) These sessions offer a variety of activities such as Talk Time, songs and stories to support children's development, by building their confidence as they learn, explore and grow. To book for our 6 week programme please email: Spaldingcc@lincolnshire.gov.uk	1.00pm – 2.30pm Virtual 'Preparation for Parenting' Sessions run on <u>Wednesday's</u> Wednesday 23rd February To Register Click here Wednesday 23rd March To Register Click here Any problems registering email beststart@eyalliance.org.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	9.30am-10.30pm Early Explorers (0-1 year) A sensory and messy play session providing lots of fun filled opportunities each week for babies to explore using their senses.
	1.00pm-2.00pm Little Explorers (0-5 years) A sensory and messy play session providing lots of fun filled opportunities each week for babies to explore using their senses.	TUESDAYS Open Doors to Employment 4-week Course 10.00 to 11 am Please email beststart@eyalliance.org.uk	1.00pm-2.00pm Learning Together Toddler (1-5years) These sessions offer a variety of activities such as Talk Time, songs and stories to support children's development, by building their confidence as they learn, explore and grow. To book for our 6 week programme please email: Spaldingcc@lincolnshire.gov.uk	Virtual-GROW Your Own Confidence 4-week Course 12.30-2.00pm Please email beststart@eyalliance.org.uk to find out more or when the next course begins
1.00pm-2.00pm Learning Through Play (0-5 years) A session to discover and explore a wide range of play activities together, encouraging children's independence, confidence and social skills.	1.00pm-2.00pm Movers and Shakers (0- 5 years) A session to support children's physical development and skills, through movement and dance <u>Outreach at Pinchbeck Community Hub and Library</u> <u>48 Knight Street PE11 3RU</u>			
	1.00pm -3.00pm Top Tips for Babies <i>For babies 3-4 months – 1st Tuesday of the month. Session includes starting solids, accident prevention and managing minor illnesses. Next sessions 2nd March</i> *Booking required: 01522 843000*	1.00pm -2.00pm Breast Feeding Group You do not need to book onto a Breastfeeding session and can just attend on a Wednesday between 1-2.00pm		Please note no sessions on Friday 25th March

All our activities are FREE and booking IS NOT required unless stated otherwise
Please note that the use of mobile phones and cameras are NOT permitted in the centre. Thank you