

## Additional Services available at Sutton Bridge 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.

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

Spalding: 01775 767475 Holbeach: 01406 426064 Crowland: 01733 211609

**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 5-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

**Early Explorers:** A sensory and messy play session providing lots of fun filled opportunities each week for babies to explore using their senses

**Growing Talk:** A 6 week programme of music and rhyme sessions focusing on developing children's growing language skills. Children will meet Mikey the puppet and sing along to their favourite songs.

### 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. 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.

## Sutton Bridge Children's Centre WHAT'S ON GUIDE



### From 21<sup>st</sup> February 2022 Timetable

**Address: Sutton Bridge  
Westmere Community Primary  
School  
Anne Road  
Sutton Bridge  
PE12 9TB  
Tel: 01406 359327**

**Opening Times  
Monday – Thursday: 08.30-16.30  
Friday: 08.30-16.00  
Closed Bank Holidays**



Email: [SuttonBridgeCC@lincolnshire.gov.uk](mailto:SuttonBridgeCC@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/>



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## Sutton Bridge Children's Centre

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>09:30am – 2:00pm</b> <b>Health Visitor Assessment Clinic</b> <b>*Appointment only call 01522 843000*</b>	<b>09:30am – 2:00pm</b> <b>Health Visitor Assessment Clinic</b> <b>*Appointment only call 01522 843000*</b>	<b>09:30am – 2:00pm</b> <b>Health Visitor Assessment Clinic</b> <b>*Appointment only call 01522 843000*</b>	<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>09:30am – 12:00pm</b> <b>(Every other week)</b> <b>Health Visitor Assessment Clinic</b> <b>*Appointment only call 01522 843000*</b>
<b>10.00am-11.00am</b> <b>Learning Together Baby</b> (For children aged 0-1yr)  <i>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</i> A 5 week programme <b>*Booking required*</b> <b>suttonbridgecc@lincolnshire.gov.uk</b>	<b>10.00am – 11.00am</b> <b>Opening Doors to Employment</b> <i>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 <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a></i>			<b>10.00am – 10.45am</b> <b>Growing Talk Baby</b> (For children aged 0-1yr)  <i>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'</i> A 6 week programme <b>*Booking required*</b> <b>suttonbridgecc@lincolnshire.gov.uk</b>
		<b>1.00pm – 2.30pm</b> <b>Virtual 'Preparation for Parenting'</b> Sessions run on <u>Wednesday's</u>  <b>Wednesday 23<sup>rd</sup> February</b> To Register <a href="#">Click here</a>  <b>Wednesday 23<sup>rd</sup> March</b> To Register <a href="#">Click here</a>  Any problems registering email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a>		
<b>1.00pm-2.00pm</b> <b>Learning Together Toddler</b> (For children aged 1-5yrs)  <i>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</i> A 5 week programme <b>*Booking required*</b> <b>SuttonBridgeCC@lincolnshire.gov.uk</b>	<b>1.00pm-2.00pm</b> <b>Early Explorers</b> (For children aged 0-1yr)  A sensory and messy play session providing lots of fun filled opportunities each week for babies to explore using their senses		<b>1.00pm-2.00pm</b> <b>Little Explorers</b> (For children aged 0-5 years)  <i>A sensory &amp; messy play session providing materials of different textures, temperatures and consistencies for children to explore, supporting their development &amp; growing confidence</i>	
		<b>2.30pm-3.30pm</b> <b>Top Tips for Babies</b> <i>For babies 3-4 months – 1<sup>st</sup> Wednesday of the month. Session includes starting solids, accident prevention and managing minor illnesses.</i> <b>*Booking required: 01522 843000*</b>		<b>12.30pm – 2.00pm</b> <b>GROW Your Own Confidence</b> <i>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 <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a></i>

**All activities are FREE and no 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**