

October 2016  
01507 463218

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <p>3<sup>rd</sup> <b>Little Explorers</b><br/>9.30-11.00<br/><b>Big Cook Little Cook</b><br/><b>(Booking Essential)</b>1.30-3.00</p>  | <p>4<sup>th</sup> <b>Antenatal Clinic</b><br/>9.10-1.00<br/><b>Baby &amp; Child Clinic</b> - 9.15-10.30<br/><b>Learning Together Toddlers</b><br/>2.00-3.00</p>  | <p>5<sup>th</sup> <b>Little Wishes Stay and Play</b><br/>9.15-10.45<br/><b>Top Tips @ 3-4months Group Session</b><br/>11.30-1<br/>Booking Essential on 01507 463218</p> | <p>6<sup>th</sup> <b>Let's Get Crafty</b><br/>9.30 - 10.30<br/><b>*Strengthening Families,<br/>Strengthening Communities<br/>Parenting Programme</b><br/>12.30-3.00<br/><b>Meet the Schools Event</b><br/>3-5.30 (see back for more info.)</p> | <p>7<sup>th</sup> <b>Learning Together Babies</b><br/>10.00-11.00</p>  |
| <p>10<sup>th</sup> <b>Little Explorers</b><br/>9.30-11.00<br/><b>Big Cook Little Cook</b><br/><b>(Booking Essential)</b>1.30-3.00</p> | <p>11<sup>th</sup> <b>Antenatal Clinic</b><br/>9.10-1.00<br/><b>Baby &amp; Child Clinic</b> - 9.15-10.30<br/><b>Learning Together Toddlers</b><br/>2.00-3.00</p> | <p>12<sup>th</sup> <b>Little Wishes Stay and Play</b><br/>9.15-10.45<br/><b>Breaststart Group</b><br/>11.30-1</p>   | <p>13<sup>th</sup> <b>Everything Autumn</b><br/>9.30 - 10.30<br/><b>*Strengthening Families,<br/>Strengthening Communities<br/>Parenting Programme</b><br/>12.30-3.00</p>  | <p>14<sup>th</sup> <b>Learning Together Babies</b><br/>10.00-11.00</p> |
| <p>17<sup>th</sup> <b>Little Explorers</b><br/>9.30-11.00<br/><b>Big Cook Little Cook</b><br/><b>(Booking Essential)</b>1.30-3.00</p> | <p>18<sup>th</sup> <b>Antenatal Clinic</b><br/>9.10-1.00<br/><b>Baby &amp; Child Clinic</b> - 9.15-10.30<br/><b>Learning Together Toddlers</b><br/>2.00-3.00</p> | <p>19<sup>th</sup> <b>Little Wishes Stay and Play</b><br/>9.15-10.45</p>  | <p>20<sup>th</sup> <b>Re Use and Re Make</b><br/>9.30 - 10.30<br/><b>*Strengthening Families,<br/>Strengthening Communities<br/>Parenting Programme</b><br/>12.30-3.00</p>   | <p>21<sup>st</sup> <b>Learning Together Babies</b><br/>10.00-11.00</p> |
| <p>24<sup>th</sup> <b>Little Explorers</b><br/>9.30-11.00<br/><b>Big Cook Little Cook</b><br/><b>(Booking Essential)</b>1.30-3.00</p> | <p>25<sup>th</sup> <b>Antenatal Clinic</b><br/>9.10-1.00<br/><b>Baby &amp; Child Clinic</b> - 9.15-10.30<br/><b>Learning Together Toddlers</b><br/>2.00-3.00</p> | <p>26<sup>th</sup> <b>No Little Wishes Stay and Play today</b><br/><b>Breaststart Group</b><br/>11.30-1</p>   | <p>27<sup>th</sup> <b>Pumpkins</b><br/>9.30 - 10.30<br/><b>*Strengthening Families,<br/>Strengthening Communities<br/>Parenting Programme</b><br/>12.30-3.00</p>   | <p>28<sup>th</sup> <b>Learning Together Babies</b><br/>10.00-11.00</p> |
| <p>31<sup>st</sup> <b>Little Explorers</b><br/>9.30-11.00<br/><b>Big Cook Little Cook</b><br/><b>(Booking Essential)</b>1.30-3.00</p> |  |   |  |  |



Mablethorpe Alford Children's Centres

\*Booking Essential on 01507 463218. See back for more details.

Please note that the centre will be holding a Paediatric First Aid course on the 16<sup>th</sup> December 2016. You can ring us on 01507 463218 to express your interest in joining this course. We will then contact you to let you know if you have your place.

## Activity Information

### Little Explorers :

Play and exploration using lots of different messy materials which can be found in the home. This will stimulate your child's senses and give them an opportunity to discover a range of materials. All of the activities contribute to developing your child's everyday skills. Don't forget to bring a set of clean clothes.

### Big Cook Little Cook **Booking only**

A chance to promote healthy lifestyles with your child in a fun way as well as cooking up affordable and nutritious food to share. All food made during the session is taken home.

### Baby and Child Clinic

You will get a 15 minute private appointment with the Health Visitor or Nursery Nurse which you need to book first. The number to book is:-  
**01754 763081**

Lets Get Crafty – Come along and explore all things crafty . This session will help your child to develop their imagination through open ended resources and practise their fine motor skills.

Everything Autumn – As the season changes come and explore the natural environment along with some activities to warm the senses.

Re-Use and Re-Make – Take part in some very low cost activities with your child that will give you inspiration and ideas for those cold wet days at home.

Pumpkins – All things pumpkins, looking at the full cycle of pumpkins from planting seeds to scooping out the flesh and carving. **BOOKING ESSENTIAL ON ALL!**

If you haven't registered with our Children's Centres then you can pick up a registration form from Alford Children's Centre or from one of the sessions that you attend.

### Learning Together Sessions (PEEP)

Supports you as parents and carers to get the best out of playing and learning with your child.

#### Learning Together Baby:

Birth to 1 year Every Friday AM

#### Learning Together Toddler:

1-3 years **Every Tuesday PM**

### Little Wishes Stay and Play

Come along and bring your pre-schoolers, chat with other parents and have a cuppa as your children play in our themed weekly sessions. Children are given a drink and a healthy snack and we also run a book swap. Fun and friendly, a free group run by volunteer parents. Dress code: Casual for parents and children. Term time only. Wednesdays setting up from 9am-10.45.

### Strengthening Families, Strengthening Communities Parenting Programme

A range of strategies that you can use to communicate better with your children, such as how to enhance relationships, positive discipline and managing conflict.

### Meet the Schools Event

Will your child be starting school in Reception in September 2017? Come along and meet the teachers from local schools and find out how to complete the online application

### Top Tips.

We will cover lots of information around your 3-4 month olds development and health. This is provided by Lincolnshire community health NHS trust. Please ring 01507 463218 to book your place.

### Breaststart Group

### Individual Needs Session

Did you know that every school in England provides children in reception, year 1 and year 2 with a free meal at lunchtime? This will save you time and money, improve your child's health and help them concentrate in class

# Alford Children's Centre October 2016 What's On Guide



**ALL ACTIVITIES ARE FREE!**

At Alford Children's Centre we want to make sure we are delivering services that support you and your children. We value your comments, so if you would like to comment on any of our services then please do so, by coming into the centre, on our Facebook page or at  
[www.lincolnshire.gov.uk/commentorcompliment](http://www.lincolnshire.gov.uk/commentorcompliment)



Please like our Facebook Page.  
Visit: [MablethorpeAlfordChildrensCentres](https://www.facebook.com/MablethorpeAlfordChildrensCentres).  
We have regular updates on sessions happening at Mablethorpe and Alford Children's Centres

Farlethorpe Road  
Alford  
LN13 9PS  
Tel 01507 463218  
Email: [alfordcc@lincolnshire.gov.uk](mailto:alfordcc@lincolnshire.gov.uk)

## Activities in the Community

### Parent & Toddler Group

Huttoft: Monday;s and Wednesdays 1.30 - 2.40, 'Tiny Tofts' Huttoft Primary School, Church Lane, Huttoft (for details contact Sarah White on 01507 490284)

### Noise & Toys

Regular weekly session, Every Friday morning , 8.50-10am

At St Helena CE Primary School, WilloughbyFor very young babies, toddlers and their parents and carers.  
Fun & friendly. Coffee on tap **Everyone welcome**