

## Activities at Alford Children's Centre

We would like to welcome all children under 5 years and their families to Alford Children's Centre.

Alford Children's Centre is part of East Lindsey Coastal Children's Centres which also include:

Mablethorpe, Stanley Ave: 01507 479412

Skegness, Brunswick Drive: 01522 555655

Wainfleet, Magdalen Rd: 01754 880500

**Big Cook Little Cook** – Children and parents can work together to prepare and cook a nutritious meal. As well as promoting a healthy lifestyle, children will enjoy cooking alongside their parent/carer while developing their motor-skills. Suitable from 18 months.

**Little Explorers** – A sensory and messy play session providing materials of differing textures, temperatures and consistencies for children to explore, supporting their development and growing confidence. Suitable from 0-5

**Health Visitor Health Clinic** - Health Visitors are available to answer your questions and review your child's development. Appointments are sent out directly by the Health Visiting Team or you can contact them on: [01522 843000](tel:01522843000)

**Midwife Clinic** - Appointments for Antenatal and Post-Natal.

Call [01472 875548](tel:01472875548) to book an appointment

**Top Tips for Babies** – Advice from NHS staff about feeding, when to start solids, immunisation, oral health, healthy living, accident prevention, minor illnesses, how to access support and more. [Contact the Centre to book - 01507 463218](#)

**Rhyme Time** – A music and rhyme themed session where children can develop their language and communication skills by singing along to their favourite songs and nursery rhymes.

**Stay and Play for Under 1's** - This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their developmental milestones, following their interests and curiosities.

**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 along with a parent volunteer. Pregnant ladies also welcome. Opportunity to self-weigh for Breastfeeding mums.

**Movers and Shakers** - Is a fun music and movement session which supports and develops children's communication and physical skills. The session includes using musical instruments and singing to support early language development and physical activities such as scarves, bubbles, balls and parachute games to develop co-ordination and physical awareness.

**Keepsakes** - This group will offer an opportunity for families to make a variety of 'keepsake' items with their children, combined with an opportunity to get to know the Children's Centre team and learn more about what the Children's Centre can offer.

**Little Wishes Stay and Play** - 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, friendly and free, run by volunteer parents. Term time only. Themed sessions advertised on facebook.

**Meet and Greet** – Meet Steph our Parent Champion, who is happy to show you around the centre.

Our skills development service, works with parents who want to make positive changes for themselves and their families. The service offers encouragement and practical support with trying new things and getting more involved, often leading to Learning, Training, Volunteering and Employment.

## Alford Children's Centre

Farlesthorpe Road

Alford

LN13 9PS

01507 463218

## WHAT'S ON GUIDE



## February 2020

Email: [alfordcc@lincolnshire.gov.uk](mailto:alfordcc@lincolnshire.gov.uk)

Like us on Facebook to stay in touch   
East Lindsey Children's Centre's - Coastal

For all up to date information please go to our web pages at:  
[www.lincolnshire.gov.uk/parents/childrens-centres](http://www.lincolnshire.gov.uk/parents/childrens-centres)

### Opening Times



Monday - Thursday - 08:30-15.30

Friday - 08:30-12.30

## Alford February 2020

### Family Activities for all 0 – 5 years and 0 – 8 years in the school holidays (with a younger sibling)

For further information about any of our weekly activities please contact us on 01507 463218

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>9.30-10.30</b> Little Explorers	Health Visitor Health Clinic Appointment only clinic on 01522 843000	Little Wishes Stay and Play (Term Time Only) <b>9.15-10.45</b>	Midwife Clinic by AM Appointment Only Tel: 01472 875548	<b>9:30-10:30</b> Movers and Shakers
Health Visitor Health Clinic Appointment only clinic on 01522 843000	<b>10.00-11.00</b> Rhyme Time For 0-5's	Breaststart Group Every Week 11:30-13:00	<b>10.00 – 11.30</b> Big Cook Little Cook	<b>11:00-12:00</b> Stay and Play for under 1's
<b>13.00-14.00</b> Keepsakes	Midwife Clinic by PM Appointment Only Tel: 01472 875548	Top Tips for Babies 5 <sup>th</sup> February 20 <b>13.30-15.00</b> Booking required on 01507 463218	Find a Friend Event 6 <sup>th</sup> February only <b>1.00-2.30pm</b>	
<b>Free Borrow Bags - There are lots of great items in the Centre for you to borrow and use at home with your children. Ask a member of staff for more information</b>				Find us on  <b>Facebook:</b> East Lindsey Children's Centres – Coastal

All activities are FREE and no booking is required unless stated otherwise

Please note that mobile phones and cameras are **NOT** permitted to be used in the centre. Thank you  
 You are more than welcome to come in after school drop off and wait for an activity to start.