

Weekend/Special Events

Saturday Daddy Cool at Central Library

11.00am - 11.30am

9th April 2016, 7th May 2016, 4th June 2016
2nd July 2016, 13th July 2016, 27th August 2016

Monthly Saturday Craft Session

11.30 - 12.15pm

On the dates listed above the children's centre will be providing a range of fun filled craft session which all families with children Under 5 are welcome to attend

One off Special Events

The centres will be delivering a number of one off events throughout April - July.

Please contact your local centre or keep up to date via our Facebook page.

FAMILY FUN DAY - Sat 23rd July 2016 - Save the date

<u>Chelmsford West</u>	<u>Perryfields CC</u>	<u>Larkrise CC</u>
Open 8.30-4.30	Open 9am - 5pm	Open 9am - 5pm
Dixon Avenue, Chelmsford CM1 2AQ 01245 283254	Lawn Lane, Springfield, CM1 7PP 01245 359310	Dorset Avenue, Great Baddow, CM2 9UB 01245 475915

Chelmsfordwestchildrenscentre2@4children.org.uk

Perryfieldschildrenscentre2@4children.org.uk

Larkrisechildrenscentre2@4children.org.uk

Sunflower Children's Centre

Broomfield Library
CM1 7AH
01245 440042

Galleywood Children's Centre

Galleywood Library
CM2 8PU
01245 263055

Beeches Children's Centre

Beeches Close
CM1 2SB
01245 355217

Central Children's Centre

Chelmsford Library
CM1 1LH
01245 283396



Chelmsford City Cluster Children's Centres's

Chelmsford West, **Perryfields**, Larkrise, **Galleywood**,
Beeches, **Central** & **Sunflower**
April - July 2016 Timetable

Your local children centres provide a range of activities and services for you and your family. This is a programme of what your centres currently offer for families with a child aged 0 -5 Years



www.facebook.com/chelmsfordchildrenscentres



Centre bookable courses

English or Math's, Functional Skills

You will develop your confidence, skills and knowledge, and you can gain a nationally recognised qualification.

For adults who not currently hold a Level 2

Bookable Course
01245 359310

Big Cook, Little Cook

4 Week Course

Aged at families with a child 2 years +

Fun cooking session to support healthy lifestyles and cooking on a budget

Please call
01245 359310
01245 475915

Baby Massage

Courses & Workshops

For families with a child Under 6 months to enhance bond and attachment

Please call your
local centre to book

Domestic Abuse Support

Please contact your local centres for information on courses & support available

Please call: 01245 283254



Toddler Incredible Years & Just a Phase

Parenting Course to support behaviour strategies and setting routines.

Aimed at families with a child 2+ years

Referral Only
01245 283254
01245 475915

Mums Matter

8 Week Course

Postnatal support group for new parents to support self esteem & mental wellbeing

Please speak to your Health
Visitor to book onto a course

Internet Safety Workshop

Workshop on how to keep your child safe on the internet
Contact centre for more details

To reserve space on waiting list
call 01245 359310

Self Esteem Course

12 Week Course

Focusing on self esteem, self confidence and raising aspirations

Bookable Course
01245 475915



In your Community...

Other services delivered in your local children's centre

- Newborn Hearing Screening appointments
- Antenatal Support and appointments
- School Nurse Drop In
- Childcare funding applications
- Health Development checks

Toddler Groups & Community Sessions

Within the Chelmsford area there is a large number of toddler groups and sessions which run on a weekly basis. For a list of the sessions and groups near you or for further information please contact your local centre and a member of staff will be happy to help you.

Early Years Settings & Schools

For information or support on funded Childcare and settings within your area please contact a Children's Centre who will be able to provide you with the most up to date information.

Your Local Children's Centre will be able to provide you with up to date information on services within your Community and signpost you to relevant agencies to ensure your families needs are met.

We have been OFSTED inspected receiving a 'GOOD' grading in 2014 if you would like to read our report please visit the OFSTED website



Health Clinics

Health Teams are available at Clinics for weighing baby's, giving advice and guidance. No booking required- please pop along! There is an area available to stay and play with your child at each clinic.

Mondays

- Boreham Weighing Clinic 11.30am-1.00pm @ Boreham Village Hall, CM3 3JD (1st Monday of the month)
- Central Weighing Clinic 1.00pm-2.30pm @ Central Library, CM1 1LH
- Weigh and Stay 1.00pm-3.00pm @ Chelmsford West, CM1 2AQ
- School Nurse Drop In 3.00pm - 4.30pm @ Chelmsford West, CM1 2AQ

Tuesdays

- Weighing Clinic 9.30am-11.00am @ Moulsham Lodge Clinic, CM2 9NY (2nd and 4th Tuesday of the month)
- Weighing Clinic 9.30am - 11.00am @ Meadgate Scout Hut, CM2 7LY

Wednesdays

- Writtle Stay, Play and Weigh 10.00am-12.00pm @ Longmeads House, CM1 3LY (2nd and 4th Wednesday of the month)
- Weighing Clinic 1.00pm-2.30pm @ Perryfields CC, CM1 7PP (Until End of April) Clinic then delivered from Springfield Women's Institute, CM1 7HR from May 16
- Weighing Clinic 9.15am - 11.15am @ Keene Hall, Galleywood, CM2 8PT (1st & 3rd of the month)
- Whitley House Clinic 1.00pm-3.00pm @ Whitley House Surgery, CM1 3RW (1st Wednesday of the month)

Thursdays

- Springfield Health Clinic 1.30pm-3pm @ Springfield Parish Centre, CM1 6GX

Fridays

- Great Leigh's Clinic 9.30am-11am @ Great Leigh's Village Hall, CM3 1NH (1st and 3rd Friday of the month)
- Broomfield Clinic 10am-11.30am @ Broomfield Library, CM1 7AH (2nd and 4th Friday of the month)



Drop in services on next page...

Talk With Me Course

6 Week course for children aged between 2 -3 Years
Strategies to support and develop children's Speech and Language prior to therapy
[Please call 01245 283254](tel:01245283254) or [01245 4775915](tel:012454775915)
[to refer/book or for more information](#)

Weaning Courses

Aimed at families with a child under 6 months in preparation for weaning your child
[Please call 01245 283254](tel:01245283254) or [01245 4775915](tel:012454775915) to book or for [more information](#)

First Aid Workshops

Baby and Toddler First Aid workshops delivered throughout the year as a one off workshop.
[Please call 01245 359310](tel:01245359310) for the [next dates and to book](#)

Coming Soon...

Please contact your local centre to express an interest in

- ❖ ESOL
- ❖ Help your child with phonics
- ❖ Mental Health Awareness
- ❖ Healthy Living & Lifestyles
- ❖ Range of Adult Learning Courses

New Parents Course

4 Week new parents course delivered by your local health team or Children's Centre
[Call for more information](#)
[01245 283254](tel:01245283254)
[01245 475915](tel:01245475915)

Antenatal Courses

A range of courses and support is delivered from the centres.
[Please call 01245 283254](tel:01245283254) for [further details and dates of courses.](#)

Bookstart Programme

Courses delivered within your local libraries, encouraging stories, communication and interaction. With FREE Goodie bag to take home
[Booking - 01245 283254](tel:01245283254)

Brighter Futures

10 Week Accredited Course
Work based skills and Learning. [Please call 01245 283254](tel:01245283254) to book.

2 Year Funding Childcare

Are you entitled to 15 hours free childcare a week? Contact your local centre to find out more details



Monday

Breastfeeding Drop In

10.00am - 11.30am

Health Visitor & Peer Supporters available to offer breastfeeding advice.

@ Chelmsford West

Under 1's Sensory Explorers

10.00am - 11.15am

4 Week course looking at how Sensory play can support your child's learning & development. Please call the centre to book 01245 359310

@ Chelmsford Central

Play & Learn

10.00 - 11.30am

A play session for 0 - 5's to support children's ages and stages of development through crafts, activities, singing and more! (2ND & 4TH monthly Health Team available for Weighing)

Weekly @ Church of the Holy Spirit, Forest Drive.

Rhyme Time

10.00 - 11.30am

(Term Time Only)

Come and join us to support children's communication skills through singing, interaction and movement.

@ Great Baddow Library

Tuesday

Tools for School

An informal, fun filled session for children and their carers to access, in preparation for starting school in September 2016.

To book please contact

Chelmsford West - 31.05.16

1.30 - 3.00pm

01245 283254

Perryfields - 01.06.2016

10.00 - 11.30am

01245 359310

Larkrise -02.06.2016

10.00 - 11.30am

01245 475915

Play & Learn

1.30 - 3.00pm

(Term Time Only)

A play session for 0 - 5's to support children's ages and stages of development through crafts, activities, singing and much more!

@ Chelmsford West

Soft Play Events

Children's Centres will be delivering a number of soft play sessions throughout Chelmsford on various days in a range of venues. To find out more please contact your local centre for dates of when a session is coming near you.

Wednesday

Play & Learn

10.00 - 11.30am

(Term time only)

A play session for 0 - 5's to support children's ages and stages of development through crafts, activities, singing and much more!

@ Perryfields

Writtle Library

10.30 - 11.00am

(Term Time Only)

1st Wednesday monthly

Come and join us support children's communication skills through singing, interaction and movement.

@ Writtle Library

Breastfeeding Drop In

10.00am-11.30am

Children's Centre staff attend monthly to provide support.

Peer Supporters attend weekly.

@ Springfield Green, CM1 7HR

Writtle Stay, Play & Weigh

10.00 - 12.00pm

2nd & 4th monthly

Play session for children aged 0-5 with the opportunity to get babies weighed by a Health Visitors.

@ Longmeads House, Writtle

Friendship + Toddler Group

9.15 - 11.15am

Children's Centre attends weekly.. Session for families with children under 5 with fun activities

@ Keene Hall, Galleywood

Thursday

Rhyme Time

(Term Time Only)

Come and join us support children's communication skills through singing, interaction and movement.

11.00am-11.30am

@ Chelmsford Central

2.00 - 2.30pm

@Springfield Library

Play & Learn

10.00 - 11.30am

(Term time only)

A play session for 0 - 5's to support children's ages and stages of development through crafts, activities, singing and much more!

@ St Pauls Church, Loftin Way

Under 1's Sensory Explorers

1.30 - 3.00

4 Week course looking at how Sensory play can support your child's learning & development. Please call the centre to book 01245 475915

@ Galleywood Library

Baby, Bump and Me

1.30pm-3.00pm

Weekly group parents with bumps and under 1's to form new friendships, learn about child development whilst babies play

@ Chelmsford West

Friday

Play and Learn

(Term Time Only)

10.00am-11.00am

Parent & Childminder led Children's Centre support monthly.

@ Trinity Primary School

Baby, Bump & Me with Breastfeeding support

10.00 - 11.30am

Weekly group for parents to form new friendships, learn about child development whilst babies play.

Health Visitor & Breastfeeding peer supporters available to offer support if required.

@ Galleywood Children's Centre

Information, Advice & Guidance

Please drop in to one of our main sites Monday - Friday Support & information

- Routines & Parenting
- Returning to work
- Healthy Lifestyles
- Further Education
- Childcare & Funding
- Volunteering
- Outreach Support
- And much, much more

