



**Corpusty & Holt Children's Centre
Stibbard Children's Centre
Wells-next-the-Sea Children's Centre**

April to August 2019 Programme

**Sure Start
Children's Centres**

Welcome to our group of Children's Centres!

Our centres are 'one-stop-shops' for families with children 0-5 years old. We work with a range of other services to provide;

- Support with early development and education
- Health services (helped by Health Visitors and Midwives)
- Parenting programmes
- One to one family support in the home
- Support to help manage family finances
- Volunteering
- Gaining qualifications and work skills

Our Children's Centres helps all parents and carers provide their children with the best possible start in life. We run regular play sessions and holiday activities for families and we can help put you in touch with many other services. You may be looking for a childminder, a nursery place, or you may want information and support for a child with special needs. Perhaps you would like to discuss parenting, relationship or development issues for your children one to one with a family support worker or you may be thinking of training or returning to work. Our Children's Centre can help you with these things, and much more, so please do get in touch because we would love to see you.

New for 2018

Please download the Children's Centre app, search for *Action for Children Services* on either Google apps or iPhone apps and look out for this symbol and download for free. You can then access all information about groups, clinics, latest news events, push notifications and much more. We can also keep you up to date with the latest group updates and news via our Facebook page.



<http://www.facebook.com/HoltStibbardWellsChildrenCentreActionforChildren>

If you have any ideas for other activities or would like to become involved in our Advisory Groups (a bit like a school's Board of Governors) please feel free to contact me at beverley.boulter@actionforchildren.org.uk

Bev Boulter
Service Co-ordinator

Family Support

We provide practical and emotional support for families with children aged 0-5 years old, and their Mums, Dads and Carers. The types of help we provide will depend on the individual needs of you and your family. Some of the things we may be able to help with include:

- Parenting support
- Understanding your child's development and behaviour
- Working directly with children—learning in the home
- Finding and accessing childcare and starting school
- Advocacy—help with rights and entitlements
- Practical support—housing, money, work, daily routines etc.
- Breastfeeding support
- Special Educational Needs—using the Portage model
- Support to find and access other services
- Emotional support
- Forming good relationships, enjoying your children and having a happy family life

If you ask us to support you, a Family Support Practitioner will work alongside you to identify what support is needed and draw up a plan as to how best this can be provided. Together, we will review this plan on a regular basis, to check that progress is being made, and to take account of any changing circumstances.

Parenting Groups

These are for bad parent's right? - WRONG!

Parenting is really difficult sometimes and we are all doing the best we can for our children. One thing that parents say helps them to feel more confident and capable as a Mum, Dad or Carer is coming along to a

parenting course. It can really help to meet other parents, gain new ideas and have some time to reflect on what kind of parent you would like to become. We offer a range of parenting groups that parents say have the power to make a real difference to their family, helping them to cope and their children to be happier.

These include:

Triple P—"Positive Parenting Programme"

Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you.

Solihull Approach—"Understanding Your Child's Behaviour"

The course includes finding out about your child's brain development and how it affects behaviour. It helps you understand more about why your child behaves a certain way when they are angry, having a temper tantrum or trouble sleeping. You will also learn the importance of playing for your child's development.

About Boys Course

This course for parents of boys from 2-5 years old covers boy's development, the differences between boys and girls, discipline and boundaries for boys, how to understand why boys do what they do and what motivates them. It also looks at male role models, responding to emotions and preparing boys for school.

If you would like to attend one of these courses please contact the Children's Centre and speak to us about coming along. Sometimes we are able to help with a crèche, childcare and transport to enable you to attend, just ask about this when you call and we'll do our best to help.

Library Information

Library Events

Norfolk Libraries really do have something for everyone, from console games to the latest best-sellers. We lend out a huge range of books suitable for all ages including toys and books for children in our brilliant Story Sacks, as well as books packed with helpful advice on child care in our Positive Parenting collection. We don't charge for damaged or overdue books for children under 5, so you and your little ones can borrow and enjoy our great range safe in the knowledge that there will be no cost attached.

Opening hours:

Sheringham Library

New Road, Sheringham, NR26 8EB

Email: libraries@norfolk.gov.uk

Monday	08.00-19.00 (Staffed 10.00-19.00)
Tuesday	08.00-19.00 (Staffed 10.00-19.00)
Wednesday	08.00-19.00 (Staffed 13.00-19.00)
Thursday	08.00-19.00 (Open Libraries access only)
Friday	08.00-19.00 (Staffed 13.00-19.00)
Saturday	08.00-16.00 (Staffed 11.00-16.00)
Sunday	10.00-16.00 (Open libraries access only)

Wells-next-the-Sea Library

Station Road, Wells-next-the-Sea, NR23 1EA

Monday	08.00-19.00 (Staffed 11.30-19.00)
Tuesday	(during school term) 08.00-13.00 & 17.00-19.00 (Open Libraries access only)*
Wednesday	08.00-19.00 (Staffed 09.00-19.00)
Thursday	(during school term) 08.00-13.00 & 17.00-19.00 (Open Libraries access only)*
Friday	08.00-19.00 (Staffed 0900-19.00)
Saturday	08.00-16.00 (Staffed 10.00-16.00)
Sunday	10.00-16.00 (Open libraries access only)

*Tuesday and Thursdays (School holidays): Open 08.00-19.00 (Open Libraries access only)

Holt Library

9 Church Street, Holt, NR25 6BB

Monday	08.00-19.00 (Open Libraries access only)
Tuesday	08.00-19.00 (Staffed 10.00-19.00)
Wednesday	08.00-19.00 (Staffed 14.00-19.00)
Thursday	08.00-19.00 (Open Libraries access only)
Friday	08.00-19.00 (Staffed 1300-19.00)
Saturday	08.00-16.00 (Staffed 13.00-16.00)
Sunday	10.00-16.00 (Open libraries access only)

Register for Open Libraries service for easy extended access to the unstaffed library outside normal opening hours using your library card and PIN.

Useful telephone numbers

Domestic Violence Support Line—Leeway	0300 561 0077
Children & Young Peoples Health Service	0300 300 0123
Young dads MAP	01603 766994
Jobcentre Plus	0800 1690190 www.jobcentreplus.gov.uk
Norfolk Police	101
Family Information Service	0344 800 8001 www.norfolk.gov.uk/fis
North Norfolk District Council	01263 513811
Local Childcare providers	www.norfolk.gov.uk/fis
Victory Housing	0330 1231860
Medicom Service	01603 481222
Norfolk County Council General Enquiries	information@norfolk.gov.uk
	www. Norfolk.gov.uk/fis

Local Childcare Providers

Corpusty & Holt Area

Gresham's Pre Prep School	01263 714575
Ladybird Pre School Nursery	01263 824325
Spring Day Nursery Holt	01263 712442
Sheringham School Nursery	01263 823848
The Owl Playschool	01263 715617
The Strawberry Patch	01263 711229
Lucy's Childcare Childminder	07810 337015
Sally Clare	01263 710736

Stibbard Area

Briston Community Nursery	01263 861356
Little Snoring Pre School	07733 144466
Pebbles Day Nursery	01328 829885
All Saints Nursery and Childcare Centre	01328 829426
Valley Farm Nursery Sharrington	01263 861065

Wells Area

Burnham Market Nursery School	07985 905178
Polka Day Care	01328 711699
Wells School Nursery	01328 710320

Pregnancy and Postnatal support services

We offer a range of services to you whilst you are pregnant and in the early days after having your baby.

These include:

Baby Massage

Massaging your baby provides a wonderful opportunity to express your love whilst meeting the need for touch and affection that is so essential for the healthy development of babies. Amongst other things massage can help to strengthen the bond with your baby, provide relaxation for you and your baby and relieve discomfort associated with wind and colic. Our fully trained and experienced massage instructors run courses across the area. There is a charge of £25 per set of 5 sessions which will be waived for those on means tested benefits or low incomes. Please contact your local Centre to express your interest in attending.

Bumps to Babies

Sessions for parents to meet other parents and receive information and advice on Car Seat Safety, Save a Baby's Life (fees apply) and Weaning. These are session based at

Corpusty & Holt Children's Centres. Please follow the centres Facebook page or App for updates on dates and times.

Self-weighing

As well as getting your baby weighed at the Health Visitors groups and clinics across the area, you can also do this yourself at all of our Children's Centres. We have baby weighing scales available and can help you to do this if you haven't done it before. This service is available at Corpusty & Holt, Stibbard and Wells Children's Centres during opening hours as well as some groups as specified on the programme.

TENS Machine

You can hire a TENS machine to help with pain relief when you go into labour. The hire charge is £10 and you must be a minimum of 37 weeks pregnant.

Breast Pumps

Electric Breast Pumps are available for hire from all centres to help maintain breastfeeding in difficult circumstances. We provide all the equipment and support you will need to use the pump. There is a hire charge of £25 for this service and hire will only be granted if this is supported by your Health Visitor or Midwife.

Thought about becoming a volunteer?

Would you like a new challenge?

You will be highly supported within the friendly teams.

Got some time on your hands now your children are at school?

If you are interested please apply through the Action for Children website, www.actionforchildren.org.uk, where you can also find answers to FAQ's. If you have any other queries please feel free to call your local Children's Centre (phone numbers are across other page).

Why not come and volunteer for your local Children's Centre? There are many different ways to come and get involved, help others and gain experience.

Other Local groups

Description	Dates/Times
Parent & Toddler Group Salvation Army Hall, Sheringham—01263 826059 £1..20 per family	Mondays Term Time Only 9.15am—12noon
Briston Parent & Toddler Group Salvation Army, Holt Road, Briston 01263 861645 £1.50 per family	Mondays Term Time Only 10am—11.30am
Play Van Play Group Baconsthorpe Village Hall—Lesley Gurney 07918 027092 £2 per family	Tuesdays Term Time Only 10am—12 noon
Toddler Group YESU Sheringham Catherin McColl 01263 825516 £1 per family	Tuesday Term Time Only 10am—11.30am
Little Nippers Stay & Play Blakeney Village Hall—Marny Ryder 07746 455982 £3 per family	Every Tuesday 9.30am - 11.30am
Play Van Play Group Walsingham Primary School—Lesley Gurney 07918 027092 £1 per family	Wednesday Term Time Only 9am—11am
Noah/s Arch Toddler Group St Peters Church Sheringham—Constance Tyce 07919 883938 £1 per family	Every Wednesday 10am—12 noon
Jigsaw Toddler Group Lighthouse Community Church, 62 Cromer Road, Sheringham, 01263 669012 £1.20 per family	Thursdays Term Time Only 9.30am—11am
Corpusty & Saxthorpe Parent & Toddler Group in the Village Hall £2	Fridays Term Time only 9.30am—11.30am
Play Van Play Group £1 per family Hindringham Primary School—Lesley Gurney 07918 027092	Fridays Term Time Only 9am—11am
Little Fishes Toddler Group St. Andrews Church, Wells—Kate Clodd 01328 711312	2nd & 4th Friday of the month 2pm—3pm

What areas do we cover?

Holt areas – Baconsthorpe, Beeston Regis, Bodham, Corpusty, Edgefield, Hempstead, High Kelling, Holt, Itteringham, Kelling, Letheringsett, Lt. Barningham, Lt. London, Plumstead, Salthouse, Saxthorpe, Sheringham, Upper Sheringham, Weybourne, West Beckham, West Runton.

Stibbard areas – Barney, Brinningham, Brinton, Briston, Fulmodeston, Gt. Ryburgh, Guist, Gunthorpe, Hindolveston, Hunworth, Kettlestone, Lt. Snoring, Melton Constable, Sharrington, Stibbard, Stody, Swanton Novers, Thornage, Wood Norton.

Wells areas – Binham, Blakeney, Burnham Market, Burnham Norton, Burnham Overy Staithe, Burnham Thorpe, Cley-next-the-Sea, Cockthorpe, Egmere, Field Dalling, Glandford, Hindringham, Holkham, Langham, Morston, North Creake, Saxlingham, South Creake, Stanhoe, Stiffkey, Walsingham, Warham, Waterden, Wighton, Wiveton.

Dates for your Diary

Corpusty & Holt Children's Centres

Charles Road, Holt, Norfolk, NR25 6DA
Tel: 01263 712442

We are open from 8.30-5-00 Monday to Thursday and 8.30-4.00 on Friday

Off road car park is available.

Stibbard Children's Centres

Fulmodeston Road, Stibbard, Norfolk, NR21 0EL
Tel: 01328 829426 or 01263 712442.

This centre is staffed on Monday's and Wednesday's during term time, please feel free to ring our Holt office to make other arrangements for a visit.

Car parking available at this site.

Wells-next-the-Sea Children's Centre

Polka Road, Wells-next-the-Sea, Norfolk, NR23 1JG
Tel: Please call our main Holt office on 01263 712442

This centre is not staffed, please feel free to ring our Holt office to make arrangements for a visit.

Due to limited parking at the school please park along the roadside.

Activities for Children aged 0-5 years and their families

If you have any difficulties accessing sessions at any of our centres please call and speak to a member of staff and we will do what we can to help.

Holt, Stibbard & Wells Children's Centres

April —August 2019

Activity	Time	Venue	Description	Dates	
Monday	Briston Parent & Toddler Group	10.00—11.30am	Salvation Army, Briston Weekly during term time £1.50	A local parent & toddler group session -focus provided at session by Holt Children's Centre once a month	2nd Monday of the month Term Time Only
Tuesday	Play Land Stay & Play	10.00 -11.30am	Play Land above Pop-In Leisure Wells next the sea	A indoor adventure stay and play run by Holt Children's Centre FREE for families registered in Holt/Wells & Stibbard	Term Time Only
	Baby Massage	tbc	tbc on demand Call to book 01263 712442	5 week course-infant massage techniques £25 full course all materials included. Payable in advance by credit/debit card	Please call for next dates
	Pathway to Parenting	6.00 - 8.00pm	Holt Children Centre 01263 712442	Pathway to Parenting ante-natal 4 x 2 hour classes to help in your preparation for birth and the early weeks with your baby.	Next course in May and July 2019
	Drop in baby clinic	9.30 - 11.30am (Birth -1 year)	Sheringham Methodist Church, Cromer Road, Sheringham	Health Visitors available for advice and support 1st Tuesday of the month.	1st Tuesday of the Month Exceptions being: 9.7.19, 13.8.19
Wednesday	Stibbard Stay & Play	10.00 -11.30am	Stibbard Children's Centre	Indoor & outdoor stay & play session—bring your wellies if its raining. Healthy snack provided.	Term time only
	Lt Lambs Toddler Group	9.30 -11.00am	Church Hall, Church Street, Holt NR25 6BB	Focus provided at session by Holt Children's Centre once a month—Group meets weekly term time	1st Wednesday in the month Term time only
Thursday	Baby Clinic—Health Visitor & CC Staff	10.00 –11.30am	Garden Room Wells Community Hospital, Mill Road. Wells	Drop in baby clinic, run by health visitors and children's centre staff for advice and support . Tel: 0300 300 0123	2nd Thursday of the month
	Jigsaw Toddler Group	9.30—11.00am	Lighthouse Community Church, Sheringham	Toddler group with focus provided once a month from Holt Children's Centre	3rd Thursday of the month Term Time Only
	Sensory Group 0-5's with special educational needs	1.30-2.30pm	Holt Daycare Centre (next door to the Children's Centre)	Sensory session for children with special educational needs/ disability	Last Thursday of each month
Friday	Bumps to Babies	9.30 -11.00am	Holt Children's Centre 01263 712442	A FREE 0-12 months baby group, come along and have a chat and meet others. Run by Holt Children's Centre.	Term Time Only
	Baby Clinic—Health visitor	9.30 -11.00am	Holt Children's Centre 01263 712442	Drop in baby clinic, health visitors available for advice and support.	4th Friday of the month
	Little Fishes Toddler Group	2.00-3.00pm	St Nicholas Church, Church St., Wells - 01328 711312	Focus provided at session by Holt Children's Centre once a month - Group meets 2nd and 4th Friday.	2nd Friday of the month