



Mereside Primary School and Children's Centre



Information Pack

01253 839739



**Mereside Children's Centre
Mereside Primary School,
Langdale Road,
Blackpool, FY4 4RR**

What is a Children's Centre?

hello



- ❖ Children's Centres aim to support and meet the needs of children and their families living in the local area.
- ❖ For Mereside Children's Centre this covers Clifton Ward and other areas close by. We work closely with Mereside Primary School as we are part of the school organisation.

family



- ❖ The Government asks us to provide most support for children, and families with children, under school age.
- ❖ Some activities are available for families with older children, up to 12 years of age (or 16 in special circumstances)

information pack



- ❖ This Welcome Pack introduces the range of activities and groups we offer. We are constantly adding to our range of services so be sure to check our notice boards regularly for updates.
- ❖ We would like your ideas about what you and other parents would like us to offer, and your comments on the services currently available.

idea



Crèche & Activity Team

Our Crèche & Activity Team...
runs friendly and relaxed groups where
your child can:

Children



- ❖ Become more independent and make friends. Both in term time and through out the holidays.

Play



- ❖ Enjoy playing and learning new skills. Our Little Treasures group is for children who are learning to separate from their carers and to develop their social skills

Family Fun
Sessions



- ❖ Be part of our Family Fun Sessions. We run activities during the day after school as well as at weekends

Outreach and Family Support

Welcome



- ❖ Family Support is available to help you in your every day life:

I need help



- ❖ We provide a range of information and support for families e.g.
 - Accessing groups/services/courses.
 - Housing Issues
 - Benefit Advice
 - Support/represent families with appointments

Information

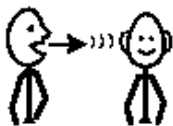


Meeting



- ❖ We work with our partner agencies.

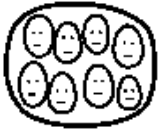
I want to talk to you



- ❖ If you need our help or support, please do not hesitate to ring or call in and see us. We can usually help, or we know someone who can!

Parent/Carer and Toddler Groups

Family



Play and fun activities for children.
A chance to meet and chat with other
parents in a relaxed, informal group.

Baby Club a group for the youngest
babies up to walking every Tuesday.
The Link Health Visitors holds a
weighing session and provide advice.

Bumbles is on every term time
Thursday morning 10am- 11.30am at
Tarnside Community Centre Tarnside
opposite the school.

Next Steps Group is on a Wednesday
morning at Mereside Youth &
Community Centre for young children
who are just walking.

telephone



Check Timetable for more details or
ring 839739 for more information.

Coffee morning

People



- ❖ We welcome the involvement of families in planning services and activities.

I have something to say



- ❖ Share ideas on what you would like to see at Mereside Children's Centre.

Sharing Ideas



- ❖ Meet new people and share ideas and news in a relaxed and informal setting.

People



- ❖ Have a chat or ask advice from our staff

Speech and Language Activities

Information



Every other term a Speech and Language Therapist provides an activity session to promote communication skills...

Children



- ❖ Information about what to expect from children at different ages

Say



- ❖ Tips to help your child listen and talk.

What



- ❖ Information and support on what to do if you are worried about your child's communication skills

look out



- ❖ Look out for Speech and Language Sessions in groups on the timetable.

Health

Our Link Health Visitors and
Community Midwife can provide...

Antenatal



- ❖ Information and advice on all aspects of care before and after the birth of your baby

Postnatal



- ❖ Advice on all aspects of baby and childcare in our groups or at your home.

Groups for
Parents



- ❖ Other services include breastfeeding advice and support, help to stop smoking dietary advice etc...just ask!

Our Baby club runs every Tuesday
afternoon and we now have a Parents
Ante-natal group where you have your say
about what specialists can come in a have
chat to the group

Training and Learning Opportunities

We run many courses and programmes including...

numeracy Literacy



budgeting



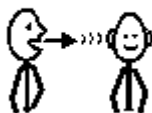
baby massage



interview skills



talk to us



- ❖ Numeracy & Literacy
- ❖ Budgeting
- ❖ Health and Safety course
- ❖ Tiddley-om-pom-poms music sessions
- ❖ Food Hygiene
- ❖ Parenting
- ❖ Cook and Eat
- ❖ Baby Massage
- ❖ Debt advice
- ❖ Career planning
- ❖ Job seeking and CV writing skills
- ❖ Tatty Bumpkins and Baby Bumpkins Yoga programme

We are always adding new courses... please talk to us if you have any ideas for courses we may be able to offer.

Volunteers

We have many opportunities for volunteers to work within the Centre.

volunteers help



Our volunteers currently help with crèches; help with parent and toddler groups and at family sessions.

pay



Volunteering can help you to decide whether you might like to work in a paid capacity in the future.

work



It can provide you with valuable work experience and enable us to give you a reference when you decide to apply for a job.

hour a week



Volunteer at any level of involvement – just for an hour a week or over several days.

food hygiene



We can provide access to other kinds of training (e.g. basic food hygiene and first aid)

We also have a new Learning Passport to record your achievements and progress as you complete courses throughout the year.

Other people you can **access through** **Mereside** **Children's Centre...**

- Outreach workers
- Star Buddies for Breast Feeding Support
- Job Centre Plus
- Welfare/Benefits Advisors
- Adult and Family Learning Tutors
- Blackpool Parenting Team
- Breast Feeding Support
- Budgeting Advice
- Advice on Housing Issues
- Credit Union
- Career advice
- Stopping Smoking Advice
- Reed in Partnership: Families Programme
- NSPCC: Pregnancy, Birth and Beyond
- The Together Centre: specialist disability advice
- Horizon: Integrated Treatment for Substance and Alcohol Misuse
- The Hub: for young people up to 24 years for specialist substance misuse support

Getting Involved

If you would like any additional information about any of the services in this booklet or you would like advice or support about anything, please contact us on...

01253 839739

Where our staff will deal with your enquiry and/or refer you to someone who will be able to help. Ask for a copy of a latest timetable to see the current range of activities and training we are offering.