

Westminster Children's Centre Activity timetable

All activities in the centre are Free of Charge

Westminster Children's Centre
Westminster Road, Blackpool
Tel: 01253 621703

Jan - Mar
2019

Dates for your Diary

- **Parents Voice:** Free coffee and cakes! Venue Westminster Children's centre 16th January at 2.30pm – Come and have your say on what you want at your Childrens Centre
- **Physical care of babies** – starting on 24th April This is a great course if you are looking to improve your knowledge and get hints and tips on the best way of caring for your baby
- **Children's Centre Advisory Group** Would you like to represent Children's centre parents and help to shape the groups and services on offer for children and families – next meeting to be confirmed so please speak to a member of staff.
- **Computer Use** – Need to use a computer to send an important email, complete a job search, make a discretionary application, update your CV? Then come and use out computer – Free of charge

Blackpool's children centres are provided in partnership by Blackpool Better Start and Blackpool Council.

CONTACT US

www.blackpoolbetterstart.org.uk

• Please check out our Twitter @CECDBlackpool
<http://cc.westminsterprimary.co.uk/>



J113621 0818

www.blackpool.gov.uk

Blackpool Council

CHILDREN'S CENTRES




MONDAY

Date/Time	Venue	Activity/Course
11.15am-12.15pm Starting 14th Jan	Westminster Children's Centre	Dancetastic: Aged walking – 4 years. Come along to these fun filled sessions, learn to move and groove and dance the morning away with music and props.
10:00am-11.30am Starting 4th March	Westminster Children's Centre	Forrest School: Join your Blackpool Park Rangers for 4 weeks of Forest School fun! We will explore our natural area, make natural crafts, build dens, play games, find mini beasts and much more! Refreshments will be provided during our snack time. Please wear weather appropriate clothing including wellies, coats, gloves and hats.
11:00am-3:00pm	Westminster Children's Centre	Sensory Room: Available for private family and friends bookings for 60 min slots. Call the Children's centre for more information *Booking Essential*

TUESDAY

Date/Time	Venue	Activity/Course
10:00am-11:00am Starting 26th Feb	Westminster Children's Centre	Move, Play and Grow with fit2go: 10-11am A fun 4 week programme of fun activities and games supporting your child social and physical development, improving motor skills while increasing your families health knowledge
12.45pm-2.45pm Starting 8th January	Westminster Children's Centre	Betterstart Baby Steps Antenatal Programme: Help mums to be and their partners prepare for being a parent. (for mums to be around the 28th week of pregnancy) Ask a member of the childrens centre team for more information. FREE 'healthy Start' vitamins available.  *Booking Essential*
1.00pm-2.00pm Starting 15th Jan	Westminster Children's Centre	Baby Massage: Enjoy special one to one time bonding with your baby, learning baby massage techniques and the benefits for you and your baby. For babies 0-12 months old. *Booking Essential*
11:00am-3:00pm	Westminster Children's Centre	Sensory Room: Available for private family and friends bookings for 60 min slots. Call the Children's centre for more information *Booking Essential*

WEDNESDAY

Date/Time	Venue	Activity/Course
10:00am-11:00am Starting 13th Feb	Westminster Children's Centre	Betterstart Park Rangers: Come and join the Park Rangers every week for a morning of nature based fun! We'll explore your local green space, read stories, make things and enjoy different activities each week including: messy play, nature tots, little explorers, and a range of themed sessions. All ages welcome. Grab your "50 things to do before your'e 5" booklet and come along to the sessions to see how many you can tick off! Wear warm clothes and waterproof footwear. 

10:00-11:15am Starting 6th Mar	Westminster Children's Centre	Talk Together: 5 weekly sessions. This group is for all parents/ carers and their children. The sessions are creative, fun and interactive and also encourage and support speech strategies. *Booking essential*
5:30pm-7:30pm Starting 13th Feb	Westminster Children's Centre	Betterstart Baby Steps Antenatal Programme: Help mums to be and their partners prepare for being a parent. (for mums to be around the 28th week of pregnancy) Ask a member of the childrens centre team for more information FREE 'healthy Start' vitamins available. *Booking Essential*
1:00pm-3:00pm Starting 16th Jan	Westminster Children's Centre	Safeguarding Course: Want to gain knowledge and experience in keeping your child/children safe in the community and at home? Come along to this 10 week course to find out more. Speak to a member of staff for details. *Booking Essential*
11:00am-3:00pm	Westminster Children's Centre	Sensory Room: Available for private family and friends bookings for 60 min slots. Call the Children's centre for more information *Booking Essential*

THURSDAY

Date/Time	Venue	Activity/Course
9.00am-11.00am	Westminster Children's Centre	Baby Weighing Clinic: Come along to see the Health Visitor, get your baby weighed and access general help or advice on all aspects of child health. Free 'Healthy Start Vitamins available'
9.00am-11.00am	Westminster Children's Centre	Open Sensory Session: Why not stay and play after having your baby weighed , Your baby will love exploring with our new bubblelight and black and white resporces that are specially designed for babies aged 0-5 years. Free 'Healthy Start Vitamins available'
9.00am-11.00am 21st February	Westminster Children's Centre	Communicate one off drop in session: Come along for an informal chat, advice and guidance around your child's speech and language needs.
11:00am-3:00pm	Westminster Children's Centre	Sensory Room: Available for private family and friends bookings for 60 min slots. Call the Children's centre for more information *Booking Essential*

FRIDAY

Date/Time	Venue	Activity/Course
9:30am-10:15am	St.Paul's Church Hall, Egerton Road	Little Kickers: A fun, physical activity session for children who are confident walkers to 5 years. Drop In
11:00am-3:00pm	Westminster Children's Centre	Sensory Room: Available for private family and friends bookings for 60 min slots. Call the Children's centre for more information *Booking Essential*