



Sefton Council
www.sefton.gov.uk

Linaker Children's Centre Sept to Dec 2017

What's On



Groups restart the week beginning Monday 11th September.

Linaker Children's Centre, Linaker Street, Southport PR8 5DQ

Tel No. 01704 532343 Option 2 (Option 1)

Monday 8.30 to 6.00 p.m. Tuesday to Friday 8.30 a.m. to 5 p.m.

Canning Road Chapel, Canning Road, Southport PR9 7SS

Wednesday and Friday 9.00 a.m. to 11.30 a.m. term time only

The Atkinson, Lord Street, Southport PR8 1DB

Monday, Thursday and Friday 10.00 a.m. to 2.00 p.m. term time only

Please remember groups are on TERM TIME ONLY.

Half Term dates : Monday 23rd to Friday 27th October





What's new....

Over the next few months, we will be having a change of focus in the Children's Centre. In line with Sefton's priorities, we will be increasing the number of services available to families with children from birth to 11 years.

This may mean you will notice some changes over the next few months.

Our priority will be ensuring our new parents/carers get support early on as we know having a new baby is an exciting time but it comes with lots of challenges. To ensure our new parents know about all the courses, groups and support in and around Southport, we will hold a monthly drop in session called **Baby and You**. All our new parents will receive a postcard with the dates and time of our drop in's.

The staff have also been doing work with local schools and nurseries including sessions such as Relax Kids and Sunshine Circles as well as supporting parent Champions in our nurseries and preschools.

You will have noticed an increase in the courses, activities and services that support children and family's wellbeing, this work is a priority for us as we are increasingly seeing more children and parents experiencing poor mental health and low self-esteem.

*We are very excited by the introduction of our new Nurture and Thrive Programme – this will see the introduction of a number of new programmes including:

Theraplay based practice – Play based sessions involving parent and child to strengthen their relationship or to support a more positive approach to managing behaviour.

Theraplay based practice (**for children with additional needs**) – to enable parents/carers to enjoy each being with each other in a safe space

Nurture Parent – 4 week course for parents which aims to develop parents/carers understanding of their child's wellbeing

Relax Kids – Group sessions particularly beneficial for children who may be experiencing anxiety, low self-esteem or lack of confidence

Young Minds Parents Group - Volunteer led group to support parents and carers.

Linda (Caven), Children's Centre Manager

**Services start in October*



MONDAY

Linaker Children's Centre

9.00 to 1.00 p.m.	Community Midwife , Antenatal & Postnatal clinics	By appointment
9.30 to 11.30 a.m. or 12.30 to 2.30 p.m.	ESOL Course, English as a Second Language English conversation course for adults aged 19 yrs + Two classes available.	Book a place (Crèche available in the morning only).
9.30 to 11.30 a.m. (Crèche available)	Maths Key Skills 1 and 2 English conversation course for adults aged 19 yrs +	Book a place
10.00 to 11.30 a.m.	Wobble to Toddle Stay & Play (8 months -2 yrs)	Drop in
1.00 to 2.30 p.m.	Early Support Group Stay & Play (0—5 yrs) For families with children with additional needs	Drop in
1.30 to 3.30 p.m.	Sefton@Work supporting parents to gain employment skills ~ alternate Mondays	Via Job Centre
1.00 to 5.00 p.m.	Children's Dietician , referrals by Health Visitor/GPs	By appointment
6.30 to 8.30 p.m.	Antenatal Parent Educational Classes for parents-to-be (telephone for booking in dates) with Infant Feeding Advice Breastfeeding information for parents-to-be	Book a place through Linaker Children's Centre

THE
ATKINSON

The Atkinson

10.00 to 11.00 a.m.	Tiny Tots (0-24 months) Sensory play session	Drop in
10.45 to 2.45 p.m.	Hospitality Course (4 weeks) includes customer service, communication etc.	Book a place
11.30 to 12.30 p.m.	Breastfeeding Group	Drop in
1.30 to 2.30 p.m.	Baby Mindful (0 — 6 months) A nurturing course for you & your baby to enjoy through nursery rhymes, sensory and relaxation activities	Book a place
1.00 to 2.00 p.m.	Weaning Course Weaning class with tips, advice & ideas	Book a place 11th Sept & 13th Nov

TUESDAY

Linaker Children's Centre

10.00 to 11.30 a.m.	International Group Stay & Play (0—5 yrs)	Drop in
12.30 to 3.00 p.m.	Family Planning (3rd Tuesday of the month) An alternative to going to the Doctors surgery.	By appointment 19th Sept & 17th Oct
12.30 to 3.30 p.m.	Cath's Café for parents dropping children off at nursery. A drop in café for a chat and a drink for parents with a variety of activities throughout the year.	Drop in
1.00 to 2.30 p.m.	Well Baby Clinic with advice from a Health Visitor (with effect from September)	Drop in
1.00 to 3.00 p.m.	Parenting Advice Service If you require advice on child development, housing, relationships, child behaviour etc. Please call in.	Drop in
4.00 to 5.30 p.m.	Mellow Bump for first time Mums to be (approx. 16—30 weeks pregnant) 6 weeks	Book a place starts 12th Sept

Have you collected your **BABY BOOKLET**, just pop in, email or telephone to get in touch and receive your baby booklet.

THE
ATKINSON

10.30 to 11.30 a.m. **Story & Rhyme Time in the Library** Drop in *with The Atkinson staff*

WELL BABY CLINICS

IN SOUTHPORT

Monday 10—12 noon

Ainsdale Centre for Health & Wellbeing
Sandbrook Road

Tuesday 1.00 — 2.30 p.m.

Linaker Children's Centre

Wednesday 1.30—3 p.m.

Baby Health Club, First Steps
Farnborough Road

Thursday 1-2 p.m.

The Atkinson, Lord Street

Friday 9.30-10.30 a.m.

Canning Road Chapel

VITAMIN DROPS & TABLETS WITH VITAMIN D

FREE for children up to the age of 5, for mums-to-be and breastfeeding mums. For more information please pick up an information Unicef leaflet from the Centre or speak to your Health Visitor.

FAMILY PLANNING provides contraceptive pills, patches, implants, injections, appointment for coils, condoms, screening and treatments for STIs, pregnancy testing, referrals to partner agencies and advice.

19th Sept & 17th Oct

HOME SAFETY CHECKS AND EQUIPMENT

available for families with children under the age of 2 years, criteria applies please phone the Children's Centre for further details.

ADDICTION ~ is a means of help for those who are experiencing problems with alcohol or drugs. The Addaction workers help families with problems and set up a "safety net" of support to get you back on track. If you would like to confidentially speak to someone, Mike is at Linaker Children's Centre on Tuesdays and Thursdays. For further info visit Addaction

website <http://www.addaction.org.uk>

WEDNESDAY

Linaker Children's Centre

9.30 to 11.30 a.m.	Maths Key Skills 1 and 2 (Aged 19+)	Book a place (Crèche available)
9.30 to 11.30 a.m.	Counselling Sessions Adults who are experiencing low-moderate depression, anxiety etc.	Referral only
10.00 a.m. ~3.00 p.m.	James Murray Solicitors (Alternate weeks) Free family legal advice	Book an appointment
10.30 to 11.30 a.m.	Baby and You for new mums with babies 0-6 months Meet new parents and find out more about the services on offer to you and your baby.	Monthly 27th Sept (contact Cathy at Linaker to book on).
12.30 to 2.30 p.m.	English Key Skills 1 and 2 (Aged 19 +)	Book a place (Crèche available)
1.00 to 3.30 p.m.	Community Midwife Antenatal and Postnatal clinics	Appointments through Midwives
1.00 to 2.00 p.m.	Baby Massage (4 weeks) (from 8 weeks & pre-crawling)	Book a place
2.00 to 3.00 p.m.	Baby Mindful (0 — 6 months) A nurturing course for you & your baby to enjoy through nursery rhymes, sensory and relaxation activities	Book a place
4.00 to 5.00 p.m.	Relax Mums (4 weeks) de-stress course for mums-to-be to help you through your pregnancy	Book a place

Parenting 2000

9.30 to 11.30 a.m.	Special Time Support group for parents/carers with children with additional needs	Drop in
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with The Atkinson Staff

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10.30 to 11.30 a.m.	Story & Rhyme time in the Library	Drop in
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Canning Road Chapel

9.30 to 11.00 a.m.	Little Explorers (aged 2-4 yrs) (6 weeks term time only)	Drop in Stay and Play
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THURSDAY

Linaker Children's Centre

9.00 to 4.00 p.m.	Community Midwife Antenatal and Postnatal clinics	By appointment
9.30 to 2.30 p.m.	Mellow Baby (starting after October half term). 14 week parenting programme	For info contact Family Development Worker
10.30 a.m.	Pramble Walks	Meet at Linaker CC
10.00 to 12 noon	Parenting Advice Service If you require advice on child development, housing, relationships, child behaviour etc. Please call in.	Drop in
1.00 to 2.00 p.m.	Weaning Course Weaning class with tips, advice & ideas	Book a place 12th Oct & 14th Dec

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10.00 to 11.30 a.m.	Babbling Babies 5 weeks (0 — pre-crawling)	Book a place
10.00 to 11.30 a.m.	Talk Together Speech & Language Group For parents with children who have a speech & language delay.	For further details contact the Centre. Referral only
1.00 to 2.00 p.m.	Well Baby Clinic	Drop in

with The Atkinson Staff

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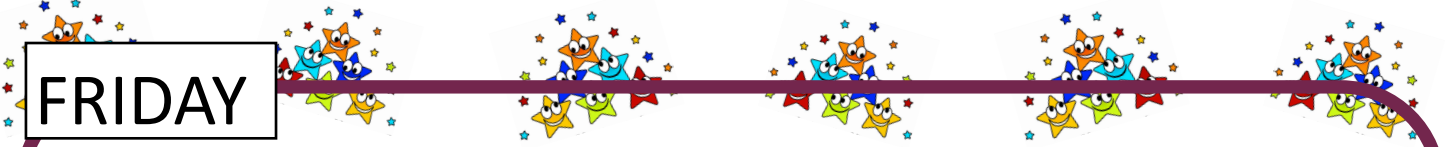
2.00 to 3.00 p.m.	Story & Rhyme Time in the Library	Drop in
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Dunes & Larkfield Primary School

9.45 to 10.45 a.m.	Active Totz Splash at Splash World (£3.50) (0—5 years)	Drop in
1.45 to 3.00 p.m.	Stay & Play at Larkfield Primary School (0 to preschool) a chance for your child to play, explore and meet new friends	Drop in

Canning Road Chapel

10.00 to 11.30 a.m.	Homestart Group Family group Volunteer service for families with children under 5 years who are isolated, vulnerable & require additional support.	Referral only
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FRIDAY

Linaker Children's Centre

9.00 to 1.00 p.m.	Community Midwife Antenatal and Postnatal clinics	By appointment
10.00 to 11.30 a.m.	Play to Learn ~ Beautiful Beginnings 10 week course with School Readiness Team (aged 0—3 years)	Book a place starts 11th September

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12.45 to 2.45 p.m.	Baby Safe Workshop Basic first aid for baby. Are you eligible for a free place? Criteria applies. Cost £10 per adult	Book a place
1.00 to 3.00 p.m.	ESOL for Beginners	Book a place

Dunes

9.45 to 10.45 a.m.	Active Totz Splash at Splash World (£3.50) (0—5 years)	Drop in
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Canning Road Chapel

9.00 to 12.00 noon	SWACA	By appointment
9.30 to 10.30 a.m.	Well Baby Clinic with advice from a Health Visitor	Drop in
9.30 to 11.00 a.m.	Tiny Tots Stay & Play (0-12 months)	Drop in
10.00 to 11.00 a.m.	Dinky Dancers Active dancing group (aged 2-4 yrs)	Book a place



PARENTING COURSES

Triple P (Positive Parenting programme) aims to make

parenting easier, and is designed to support you in your parenting role. Course covers positive parenting, helping children develop, managing misbehaviour and planning ahead.

Mellow Parent Programme

Mellow Bump

Mellow Baby

Mellow Mum/Dad

Mellow Toddlers

Think Differently/Cope Differently A five week course designed to increase well being through building resilience and coping skills

Five to Thrive 5 things you can do every day with your child that will promote brain development.

Solihull Parenting Programme ~ 10 week programme focusing on child development, healthy

FAMILY SUPPORT / DROP IN SESSIONS

If you need support with relationship breakdown, domestic violence support, housing, finance or if you feel isolated please phone to speak to one of our family development workers. Or call in at the drop in Parent Advice groups, at Linaker Children's Centre 1—3 pm on Tuesdays or Thursday 10 - 12 noon.

SOUTHPORT COLLEGE.. Run a number of short courses from the Centre please see our website and facebook for up to date information

Are you entitled to **FREE childcare for your two year old?**

Visit **2yearolds@sefton.gov.uk** and

complete the form on line

or **telephone 0151 933 6021** for further information.



Email address : childrenscentre@linaker.org.uk

facebook.com/linakerchildrenscentre

@linakercc

