

| THURSDAY                     |   |                              |
|------------------------------|---|------------------------------|
| 10.00 am<br>till<br>12 Noon  | <b>On Track</b><br>A one stop shop where you can get information & support from professionals to help you back to work or into training   | Free                         |
| 10.00 am<br>till<br>12 Noon  | <b>E.S.O.L.</b><br>A conversational English course for those whose second language is English<br>Places must be booked in advance   | Free                         |
| 1.00 pm<br>till<br>3.00 pm   | <b>Community Legal Advice Drop-In</b><br>Come along to access free advice sessions to clarify your rights on family & other legal issues  | Free                         |
| 1.00 pm<br>till<br>3.00 pm   | <b>Bump to Birth</b><br>Antenatal Parent Ed course from 19 weeks to birth. Find out about pain relief in labour, antenatal and postnatal care. No need to book—just come along at 1.00 pm   | Free<br>Drop-In              |
| 1.00 pm<br>till<br>3.00 pm   | <b>Weaning &amp; Family Cookery Courses</b><br>A variety of cookery courses<br>Ask at Reception for details   | Free<br>Booking<br>Essential |
| 1.00 pm<br>till<br>4.00 p.m. | <b>CITIZENS ADVICE BUREAU</b><br>Financial Advice/<br>Debt Management/Housing<br>Please ring to book an appointment   | Free                         |
| 2.00 pm<br>till<br>4.00 pm   | <b>DOMESTIC VIOLENCE ADVICE APPOINTMENTS/DROP-IN</b><br>(on alternative weeks)<br>Phone Reception to request available dates or call Bev at Sefton Women's & Children's Aid on 01704 500647 | Free                         |
| By<br>appointment            | <b>SMOKING CESSATION</b><br>by referral from the Health Visitor,<br>Midwife or Doctor   | Free                         |

| FRIDAY                       |   |                     |
|------------------------------|---|---------------------|
| 10.00 am<br>till<br>11.30 am | <b>The Friendship Lounge</b><br>A social group where parents or carers can meet for a chat          | Free<br>Drop-In     |
| 1.00 pm<br>till<br>3.00 pm   | <b>Incredible years</b><br>A course to help parents of 2 –6 year olds to manage difficult behaviour | Free by<br>referral |

### Praca z rodzinami z dziećmi pod

Trabalhar com famílias com crianças com menos de 5 anos.

Regular activities held at the Children's Centre

Antenatal Booking-In Clinic  
Child Development Clinics  
SWACA Appointments  
Family Support Meeting  
Core Group Meetings  
Staff & Partner Agency Training  
Arts Inclusion Project  
Sefton Fast

### COMING SOON

If you are interested in attending any of the courses in the future please ring the Centre

**Weaning 1 & 2**  
**Family Cookery**  
**Target Word**  
**On Track**  
**Making Choices**  
**Paediatric First Aid**

[www.linakerschool.co.uk/childrenscentre](http://www.linakerschool.co.uk/childrenscentre)

Travailler avec les familles ayant des enfants de moins de 5 ans

Работа с семьями детей в возрасте до 5 лет.

Centre Manager [Linda Caven](#)  
Headteacher [Colin Coleman B.Ed \(Hons\), MIPD](#)  
Deputy Headteacher [Lisa Brown B.Ed \(Hons\), NPQH](#)

   

# WHAT'S ON

## A LIST OF ACTIVITIES



Inside page has a detailed list of all the activities that go on at the Centre on a regular basis

### Health & Safety

The Health & Safety of all the Children in the Centre are given the highest priority  
Please take care of your children when in our building

Don't let them out of your sight!

We now have over a 1000 visitors a month using the Centre— below is a list of the activities— further information can be obtained from Reception at the Children's Centre

| After School Club  | Monday - Friday |
|--|-----------------|
| APPLE - Antenatal, Postnatal, Peer Support, Learning & Education | Wednesday       |
| Baby Massage   | Wednesday       |
| Birth to Walking   | Tuesday         |
| Breakfast Club   | Monday - Friday |
| Breast Feeding Café  | Tuesday         |
| Bump to Birth  | Thursday        |
| Childminder's Drop In  | Monday          |
| Community Legal Advice Drop-In                                   | Thursday        |
| Domestic Violence Advice   | Thursday        |
| E.S.O.L. - Conversational English Course                         | Thursday        |
| Healthy Child Course   | Tuesday         |
| Incredible Years   | Friday          |
| International Parent's Group                                     | Wednesday       |
| Making Choices   | Tuesday         |
| More Than Words  | Monday          |
| On Track   | Thursday        |
| P.I.P.S.   | Tuesday         |
| Parent Ed/Antenatal Evening Class                                | Monday          |
| Read & Rhyme Time  | Wednesday       |
| School Nurse   | Wednesday       |
| SOFFAS Drop-in   | Wednesday       |
| Speech & Language - You Make the Difference                      | Monday          |
| Start Right Group  | Wednesday       |
| The Friendship Lounge - Parents/Carers                           | Friday          |
| Toy Library  | Monday          |
| Weaning & Family Cookery Courses                                 | Thursday        |
| Wobble to Toddle   | Monday          |

| MONDAY                   |  |                                       |
|--------------------------|--|---------------------------------------|
| 9.00 am till 12 Noon     | <b>Childminder's Drop-In</b><br>A chance for childminders to meet, relax, chat, while the children play together | Free Drop-in                          |
| 9.30 am till 12 Noon     | <b>More Than Words</b><br>12 week course for children with social communication problems                         | Free must be booked in advance        |
| 10.00 am till 11.30 am   | <b>Wobble to Toddle</b><br>A Parent & Toddler Group for Toddlers aged from 1 to 3 years                          | Free Drop-in                          |
| 1.00 pm till 3.00 pm     | <b>Toy Library</b><br>Borrow quality toys at a nominal cost Stay & Play session included                         | Free Drop-in                          |
| 1.00 p.m. till 3.00 p.m. | <b>You Make the Difference</b><br>A course run by speech therapists for parents of pre-school children           | Free Place                            |
| 6.30 pm till 8.30 pm     | <b>Parent Ed/ Antenatal Evening Class</b>  | Free Places must be booked in advance |

| TUESDAY                |  |                  |
|------------------------|--|------------------|
| 9.30 am till 11.00 am  | <b>Healthy Child Course</b><br>Beginning in March  | Free by referral |
| 10.00 am till 11.30 pm | <b>Birth to Walking</b><br>Group for new parents & their babies under 12 months, with a Health Professional on hand for advice & support. A chance to meet other new parents & share ideas and relax.  | Free Drop-In     |
| 12 Noon till 2.30 pm   | <b>Breast Feeding Café</b><br>Get together with other breastfeeding Mums & a Health Visitor for infant feeding advice & support  | Free Drop-In     |
| 12 Noon till 1.00 pm   | <b>P.I.P.S.</b><br>(Peer Support, Information, Play, Socialisation) Informal lunch drop-in for any young parent/parent to be. Support on hand from our Family Development Worker, Midwife & Connexions | Free Drop-In     |
| By appointment         | <b>SMOKING CESSATION</b><br>by referral from the Health Visitor, Midwife or Doctor   | Free             |

| WEDNESDAY             |  |                       |
|-----------------------|--|-----------------------|
| 9.00 am till 10.00 am | <b>School Nurse</b><br>Term time only. A drop-in for parents of children at Linaker Primary School. Advice available on any of your concerns about your child's health   | Free                  |
| 9.30 am till 10.45 am | <b>Start Right Group</b><br>A Start Right Pre-School Family Learning Group run by FAST, where Outreach Workers offer group play sessions encouraging parents & children To play together. Ask for a referral form if interested  | Free                  |
| 9.30 am till 11.30 am | <b>SOFFAS Drop-In</b><br>1st Wednesday of every month. A support group for parents/carers of children with autism and related issues   | Free Drop-In          |
| 10.00 am till 12 Noon | <b>International Parents Group</b><br>A chance for parents with children aged up to 5 to get together, relax, share experiences & gain support. Advice on health, pregnancy, weaning, benefits, education & many other issues. Run by Midwife, Health Visitor or Family Development Worker | Free Drop-In          |
| 1.30 pm till 3.30 pm  | <b>A.P.P.L.E. Antenatal, Postnatal, Peer Support, Learning &amp; Education</b><br>A 10 week programme for young parents and parents to be  | Places must be booked |
| 1.00 pm till 3.00 pm  | <b>Baby Massage</b><br>A three week baby massage course for parents of babies aged between 8 weeks to 8 months—Please book place in advance  | Free                  |
| 3.00 pm till 4.00 pm  | <b>Read &amp; Rhyme Time</b><br>A weekly sing-a-long for parents and children  | Free Drop-In          |