


THURSDAY

9.00 am 'til 4.00 pm	Child Development Checks Appointments only with Health Visitors.
9.00 am 'til 1.00 pm	Antenatal Booking-in clinic Appointments only with Midwife.
10.00 am 'til 11.30 am Drop in	 Play Together Parent and toddler group for toddlers aged from 20 months. All welcome!
10.00 am 'til 12 noon	ESOL ESOL is a course for people who use English as a second language. Ask at reception for details.
1.00 pm 'til 3.00 pm	Community Legal Advice Free legal advice to clarify your rights and legal issues with regard to family matters. Make appointments to see a qualified solicitor from James Murray.
1.00 pm 'til 3.00 pm	Southport College/Connexions on Thursday 20th May. Drop in to see one of our professional advisors who are here to guide you on how to improve your job prospects and your future career.

FRIDAY

10.00 am 'til 12.00 noon	Post Natal Clinic Appointments with the Community Midwife.
Drop In at 11.30 am	NHS Smoking Cessation Do you want to stop smoking? Come along to our drop in clinic and have a chat with Maureen, Smoking Cessation Support Worker.
10.00 am to 11.30 am	Citizens Advice Bureau Do you need advice on benefits, council taxes, pension credits, rent, etc? Book an appointment at reception to speak to an advisor.
1.30 pm 'til 3.00 pm Drop in	Grandparents Group (Children 0 to 5 years old) A group for grandparents and their grandchildren to enjoy activities together.
<p>Small Steps make a BIG difference</p> <p>Small Steps is a programme being run by the Children's Centre over a number of months to help your child's health, well-being and development.</p> <p>Every month we will be having a theme. This month is "Be Active".</p> <p>You can find ideas displayed on our main notice board. If you would like to take part please collect your poster from reception, then collect your stickers as and when you have achieved your challenges. Come and collect your goody bag when your child has achieved all six challenges.</p> <p>Come and join the Linaker challenge !</p>	

M A Y

SMALL STEPS


Come and join the Linaker Challenge and have some fun

- see the notice board in the main corridor
- more information on the back of this leaflet
- open to everyone


See you soon.....

**Any courses that interest you?
Ask at reception for details.**


MONDAY

10.00 am 'til 11.30 am	Wobble To Toddle Parent and toddler group for toddlers aged from 9 months to 20 months.
11.30 am 'til 12.45 pm Drop In	Baby Talk Antenatal Education Group Drop-In for an informal chat and coffee with Jan, our Midwife. Jan is here to answer any questions you may have about your baby's birth.
1.00 pm 'til 3.00 pm	A.P.P.L.E. This is a programme of 10 sessions for young parents and parents-to-be run by Kristy, Teenager Worker and Nicky, Family Development Worker.
6.30 pm 'til 8.30 pm places must be booked	Parent Education Antenatal Information Classes. A five week course for mums-to-be and their birthing partners. Professionals give talks on your pregnancy and the birth & care of your baby.
6.30 pm 'til 8.30 pm	English - Skills for life Would you like to improve your English skills? This is an 8 week course where you can achieve a certificate which is similar to a GCSE level.
 6.30 pm 'til 8.30 pm starting 17th May	Maths - Skills for life Registration evening 10th May at 6.30 pm Would you like to improve your Maths skills? This is an 8 week course where you can achieve a certificate which is similar to a GCSE level. Places are limited please contact reception as soon as possible. Very popular!
6.30 pm 'til 8.30 pm	5 weeks CLAIT Taster course CLAIT stands for Computer Literacy and Information Technology. The course is for people with a basic knowledge of computers and would like to gain more experience using excel.

TUESDAY

9.30 am 'til 12 noon	Intermediate Computer Course Following on from the basis computer course the intermediate course develops your computer knowledge. Starts 4th May
11.00 am 'til 12.00 noon Drop in	Breastfeeding Cafe Get together for breastfeeding parents. Feeding advice and support. Victoria, Breast Feeding Support Worker is available for a 1:1 chat. Come along and have an informal chat & coffee.
12.00 noon 'til 2.00pm Drop in	P.I.P.S. (Peer Support, Information, Play, Socialisation) For parents/parents-to-be. Support is on hand from our Family Development Workers, Midwife & Connexions. The group is for Mums, aged up to 20 and Dads aged up to 24.
1.00 pm 'til 5.00 pm	NHS Smoking Cessation This group is for appointments only but there is a drop in session on Fridays at 11.30 a.m.
2.00 pm 'til 4.00 pm Drop in	Baby Clinic 0—5 year olds Clinic to get baby weighed with health advice available from the local Health Visitors. There are <u>NO IMMUNISATIONS</u> at this clinic.
2.00 pm 'til 3.30pm Drop in	Tiny Tots For new parents & carers with babies aged up to 9 months. A social group run by Nicky, Family Development Worker where you can meet new friends, chat and relax.
	MAIN CORRIDOR Please keep this area clear from prams and pushchairs in case of an emergency. THERE IS A PRAM STORE LOCATED AT THE ENTRANCE OF THE CHILDREN'S CENTRE. Locks are available from reception.

WEDNESDAY

9.30 am 'til 10.45 am booking required	Start Right Group (FAST) Outreach Workers offer group play sessions working with parents & pre school children to enhance their development through play activities. Ask for a referral form if interested.
10.00 am 'til 12.00 noon Drop in	International Parents For Parents with children aged 0—5 years. Advice and guidance is on hand for parents, come along and meet new friends, chat and relax.
10.00 am 'til 12.00 noon Next meeting 2nd June	Ante-Natal Breastfeeding Group Every first Wednesday of each month A group for mums-to-be run by support workers, Victoria and Katherine with advice on breastfeeding your baby. You are welcome to bring along partners/grandparents/friends. Come along and collect your free breastfeeding goody bag!
10.00 am 'til 11.30 am	 Weight Management— want to shed a few pounds! Starting on Wednesday 12th May a six week course for people who want to follow a weight loss plan. Come along and find out how different foods can affect your body weight.
VICTIM OF DOMESTIC VIOLENCE? SWACA is a group set up to provide support for women & children who have experienced domestic violence. SWACA's telephone numbers are 01704 500647 - 0151 922 8606 or you can speak confidentially to one of the Family Development Workers based in the Children's Centre, Michelle, Nicky or Kristy 01704 532343 (option 2)	
Praca z rodzinami z dziećmi pod Trabalhar com famílias com crianças com menos de 5 anos. Работа с семьями детей в возрасте до 5 лет. Travailed avec les familles ayant des enfants de moins de 5 ans The Children's Centre also provides full day care for children aged 3 months to 5 years. Please ring or call in for more information. We also have Kids Club providing care for children aged 5 to 11 years.	