













SureStart Children's Centres - Solihull

ACTIVITY GUIDE for **MILL LODGE** and **BURMAN** CHILDREN'S CENTRES

19 April - 23 July 2010

Mill Lodge	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Homemade Home ** 10/05/10 - 19/07/10 9:15 - 11:15 	Support Group * Drop-in group for families with children with Additional Needs 9:15 - 11:00 <hr/> Citizens ** Advice Bureau Fortnightly 27/4/10 By appointment only 9:15 - 12:30	Drop-in Baby Clinic 9:30 - 11:30 <hr/> Baby Café 9:45 - 11:15 	Life in Mind ** Fortnightly from 22/4/10 10:00 - 11:30 <hr/> Points of View ** 29/04, 27/05 & 24/06 9:15 - 11:15 <hr/> Relate ** Free Counselling & Relationship Support 9:30 - 12:30	Baby Massage * (6 weeks to 6 months) 07/05/10 - 28/05/10 9:45 - 11:15 	
	Stay & Play 1:45 - 3:15 £1 Voluntary Donation	Team Meeting 1:00 - 3:00 	Understanding Your Child's Behaviour Support Group Invite Only 21/04/10 to 26/05/10 1:00 - 2:30		Jo Jingles * Baby Session 1:30 - 2:00 Toddler Session 2:15 - 2:45 23/4, 30/4, 7/5 & 14/5 50p per child	
Burman	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Nappuccino Coffee morning First Monday of each month 9:15 - 11:15 <hr/> Autism Parent Support Group * Last Monday of each month 10:00 - 11:00	Childminders' * Stay and Play 9:30 - 11:00 £1:00 per session 	Drop-in Clinic Run by Midwife 1 st and 3 rd Wednesday of each month 10:00 - 12:00 <hr/> Understanding Your Child's Behaviour ** 5/05/10 - 14/07/10 Contact CAMHS on 788 4700	Time for You ** Taster Course 20/05/10 - 27/05/10 9:15 - 11:15 	Stay & Play 9:15 - 10:45 £1 Voluntary Donation	
		Parentcraft Antenatal Group Midwife Invite only	Understanding Your Child's Autism * 6:00 - 8.00pm			

Please turn over for further details about the activities/courses we are running this term!

* Please book a place for these activities and courses on 0121 248 7646

* These activities have a separate crèche

ACTIVITY GUIDE

Drop in

Stay and Play - An informal group where you can play with your child/ren & meet other parents/carers & children. You can give a £1 voluntary donation towards healthy snacks for the children.

Baby Café - Drop in with your new baby/babies & meet other parents.

Childminders' Stay & Play - An informal group where childminders & children can play & meet together.

Support Group - Drop-in group for children with additional needs.

Drop-in Baby Clinics - Are run by Health Visitors & supported by Children's Centre staff. Come along to weigh & measure your baby & get advice.

Drop-in Clinic run by Midwife - Informal group to meet other mums-to-be & new mums.

Nappuccino - Want information about washable nappies? Informal coffee morning to meet & chat to experienced users. Run by Real Nappy Network.

Book weekly/monthly

**** Points of View** - (Formally Parent User Group) Come & let us know what you think about the services on offer at Children's Centres.

**** Life in Mind** - A supportive group for parents/carers looking at ways of promoting good mental health & well being for the family.

*** Jo Jingles** - Music centred activity for you & your child/ren to enjoy.

Book before it begins

*** Baby Massage** - Come & learn how to massage your baby in a relaxed, friendly environment. Age 6 weeks to 6 months. Partners welcome.

**** Time for You** - We all get more out of life when we feel good - come along to learn the benefits of various relaxation techniques.

**** Homemade Home** - Learn a variety of craft techniques to personalise items in your home such as glass painting, beadwork, mosaics, paper mache, decorative hand painting, embroidery and weaving.

External bookings and Invitation only

**** Citizens Advice Bureau** - Free and Confidential Welfare Advice for all Children's Centre members (eg Benefits, Debt, Housing, Employment Rights & more). Please call the Centre on 0121 248 7646.

*** Autism Parent Support Group** - Provides parents with children with an ASD an opportunity to meet & share experiences. Run by Julie Keen on 0121 450 7590.

*** Understanding your Child's Autism** - A 7 week course to help parents who have recently had a diagnosis of their child's autistic spectrum disorder. Book through Julie Keen on 450-7590.

Post-Natal Clinic & Parentcraft Classes - Are run by Health Visitors & Midwives. Invitation only.

**** Relate** - Free counselling & relationship support for parents and families. Please call the Children's Centre to complete a booking form so an appointment can be arranged.

**** Understanding Your Child's Behaviour** - This group is run by the Solihull Child and Adult Mental Health Service. Please call the CAMHS office on 0121 788 4700 for more information & to book a place.

Understanding Your Child's Behaviour Support Group - A group for continued support for those who attended Understanding Your Child's Behaviour last term. Invite only.

We also have a public computer available for use at our Children's Centre for all parents & carers. Just ask at reception!

SureStart Children's Centres - Solihull

SHIRLEY CHILDREN'S CENTRES

What is a Children's Centre?

A place in your local community providing services for parents and carers with children under 5 years (children under 8 years with additional needs/disabilities)

What's on offer in Children's Centres?

- Information and advice about services for under 5's
- Stay and Plays plus other group activities
- Child and family health services and advice
- Parenting courses
- Family support services
- Family and adult learning courses and advice
- Effective links to Jobcentre Plus and much more...

Shirley Children's Centres located at:

Mill Lodge
Aqueduct Road
Shirley
B90 1BT



Burman
Velsheda Road
Shirley
B90 2JW



Tel: 0121 248 7646



Disabled parking only



as long as it takes