


















SureStart Children's Centres - Solihull

ACTIVITY GUIDE for **SHIRLEY HEATH** and **OPEN AWARD** CHILDREN'S CENTRES

19 April - 23 July 2010

Shirley Heath	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Wobbly Walkers (10 months to 2 years) 10:00 - 11:30 	Baby Café (0 to 10 months) 9:45 - 11:15 	Drop-in Baby Clinic 9:30 - 11:30 	Childminders' Friday Fun * 9:30 - 11:00 <hr/> Parentcraft Antenatal Group Midwife invite only	
PM	Post-natal Clinic Health Visitor invite only 1:00 - 3:00 	Team Meeting 1:00 - 3:00 <hr/> Drop-in Baby Clinic 3:00 - 4:00 <hr/> Baby Massage * (6 weeks to 6 months) 25/05/10 - 15/06/10 6:00 - 7:30	Story Time * 5/05/10 - 26/05/10 1:30 - 2:30 <hr/> Financial Futures ** 09/06/10 - 14/07/10 1:00 - 3:00 	Introduction to Literacy ** 21/01/10 - 01/07/10 (Group continuing - ongoing) 1:15 - 3:15 <hr/> Relate ** Free Counselling & Relationship Support 1:15 - 3:15	Stay & Play 1:15 - 2:45 £1 Voluntary Donation 	Activ Dad's* 10:00 - 11:30 Last Saturday of each month
Open Award	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Mellow Parenting ** 20/04/10 - 20/07/10 9:30 - 2:00				
PM		Team Meeting 1:00 - 3:00 	Baby Massage ** 05/05/10 - 26/05/10 1:15 - 2:45	Young Parents Group (Parents under 25 years) 1:15 - 2:45		

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 7666

* 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.

Wobbly Walkers - Parents with babies on the move, drop in for play & chat.

Young Parents Group - A group for parents/parents-to-be who are under 25. A chance to meet new friends & access support for you & your child/ren.

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

Book weekly/monthly

* **Story Time** - Story telling session for you & your child/ren.

* **Childminders' Friday Fun** - An informal group where childminders & children can play & meet together.

* **Activ Dad's** - A group for dads/male carers - an opportunity to make new friends & enjoy quality time with your child/ren.

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.

** **Financial Futures** - A 6 week course aimed at sharing information with parents to enable them to make the most of their money.

** **Introduction to Literacy** - This group is currently underway & all spaces have been filled. This course will be ongoing until July.

External bookings and Invitation only

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

** **Mellow Parenting** - 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 and to book a place.

** **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.

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:

Shirley Heath
Coombe Road
Shirley
B90 3DS



Open Award
Brownley Road
Shirley
B90 4QP



0121 248 7666



Disabled parking only



as long as it takes