

# East Marsh Family Hub

North East Lincolnshire  
**Familiesfirst**  
Supporting children, young people & families

East Marsh

Central

A Sure Start Children's Centre

## Activity Timetable

January 2018 - March 2018

Victor Street, Grimsby, DN32 7QB

	Morning	Afternoon
Monday	<p><b>Ante-natal Clinic*</b> 9.00am - 5.00pm</p> <p><b>Child Health Clinic</b> 9.00 - 11.30am Come and get your baby weighed and discuss any health concerns with the health visiting team. A breast feeding support group is also available for you to pop in if you wish. No appointment necessary.</p> 	<p><b>Musical Monday (0-3 Years)</b> 1.30 - 2.45pm Come and join in a fun play session where your child can join in making music, sounds, and rhymes. Develops children's speech and language skills.</p> <p><b>Hope and Happiness Project* (9 - 16 Years)</b> 3.30 - 4.45pm (If interested please call reception 326860)</p>
Tuesday	<p><b>Ante-natal Clinic*</b> 9.00am - 5.00pm</p> <p><b>Messy Play (0-5)</b> 9:30 - 11:00am Come and have fun and enjoyment with a variety of messy activities, such as, play dough, paint, sand water and food play. Develops your child's imagination and confidence. Come in your old clothes!</p> <p><b>Child Health Clinic at Weelsby View (Health Visiting Team)</b> 9:00 - 12:00pm</p>	<p><b>Baby Massage* (from 6 weeks)</b> 1:00 - 2:00pm Enjoy some time with your new baby, learning how to gently massage baby, to soothe and relax them. Helps with colic, and eczema and can help your baby to sleep. A chance for you and your baby to bond, and get to know each other.</p> <p><b>Parenting and Health Support</b> 1:00 - 2:00pm A drop in session for you to pop in and speak to our friendly practitioners who can provide advice and support on many parenting and health related issues. See over for more information.</p>
Wednesday	<p><b>Ante-natal Clinic*</b> 9.00 - 5.00pm</p> <p><b>Once Upon a Story time (0-5)</b> 9.30 - 11.00am Encouraging your child to be school ready, developing early reading, waiting and listening skills and routines, A fun packed session, includes a story and related activities. Join in fun ways of sharing stories and making them come alive!</p> 	<p><b>Parenting Puzzle*</b> 3:30 - 4:15pm A four week programme to give you parenting ideas and advice on how to cope with your child's behaviour and understand what is usual for their age. Helps to guide your child to behave in positive ways and encourages a happy environment.</p> 
Thursday	<p><b>Ante-natal Clinic*</b> 9.00 - 5.00pm</p> <p><b>Language through listening*</b> Sessions by referral only. Sessions held in small groups or a one to one basis. Focused, structured activities to develop children's speech and language skills. Promotes turn taking, waiting and listening skills.</p> <p><b>Stop Smoking Programme*</b> 10.00 - 12.00pm To book call 01472 325500</p>	<p><b>Baby Yoga* (from 6 weeks)</b> 1:00 - 2:00pm A follow on session from baby massage. As your baby becomes more active, yoga provides songs and movements to help further their development. Yoga helps to strengthen muscles, and builds confidence whilst having fun.</p> <p><b>Bump to baby* Antenatal</b> 1:00 - 3:00pm</p>
Friday	<p><b>Ante-natal Clinic*</b> 9:00 - 4:30pm</p> <p><b>Baby Sensory Play (0-12 Months)</b> 9:30 - 11:00am A chance for you and your baby to explore a fun environment, as your baby develops in its first year. Includes, song time with Makaton, a variety of toys and activities, and messy play for your baby to discover.</p> 	

**All activities start week beginning 15th January 2018 unless stated  
Opening times. Monday-Thursday 8:30-5:00. Friday 8:30-4:30**

All sessions and activities marked with an asterisk\* require booking by calling the Centre on 01472 326860. Activities are for families in East Marsh and Central area, but if you are interested please contact us for more details

## Activity Timetable at Central January 2018 - March 2018

Edward Street, Grimsby, DN32 9HL

	Morning	Afternoon
<b>Monday</b>	<p><b>Ante-Natal Clinic *</b> 9.00- 4:30pm</p> 	<p><b>Baby Massage* (from 6 weeks) 1:00- 2:00pm</b> Come and enjoy some 1-1 with your baby. See over for more information.</p> <p><b>Parenting and Health Support 2:30 - 4:00pm</b> A drop in session for you to pop in and speak to our friendly practitioners who can provide advice and support on many parenting and health related issues. Such as, toilet training, weaning, behavioural issues, routines and boundaries, child development ,and more. No question is a silly question! No appointment necessary.</p>
<b>Tuesday</b>	<p><b>Ante-Natal Clinic*</b> 9.00 - 4.30pm</p> <p><b>Rhyme Time (12 months - 3 Years) 10.00 - 11.00am</b> Come and learn songs to help develop speech and language, physical development and social skills. Includes discussing a weekly health topic, e.g. weaning and toilet training.</p>	
<b>Wednesday</b>	<p><b>Ante-Natal Clinic*</b> 9.00 - 2.30pm</p> 	<p><b>Baby Yoga* (from 6 weeks) 1:00 - 2:00pm</b> A follow on session from baby massage. As your baby becomes more active, yoga provides songs and movements to help further their development. Yoga helps to strengthen muscles, and builds confidence whilst having fun.</p>
<b>Thursday</b>	<p><b>Ante-Natal Clinic* 9.00 - 4.30pm</b></p> <p><b>Messy Play (0-5 Years) 9.15-10.45am</b> Come and have fun and enjoyment with a variety of messy activities, such as, play dough, paint, sand water and food play. Develops your child's imagination and confidence. Come in your old clothes!</p>	<p><b>Teen Parent Drop in group with play* Run by YPSS 1.00 - 3.00pm</b> Contact 01472 326158 for further details</p> 
<b>Friday</b>	<p><b>Ante Natal Clinic* 9.00 - 4.30pm</b></p> <p><b>Sunflower Drop-in (Starting 26th Jan) 9.30 - 11:30am</b> To be confirmed.</p> <p><b>Home Options Drop In Session 9.00 - 12.30pm</b> Help with Housing.</p>	<p><b>Child Minders Group</b></p> 

**All activities start week beginning 15th January 2018 unless stated**

We have a fabulous allotment at Clee Allotments, where families can 'grow their own' and enjoy the conservation area and get that country feel!!! Find out more at the centre All sessions and activities marked with an asterisk\* must be booked in advance by calling the Centre on 01472 326830 or just pop in. Open 8.30-4.30 daily