



Cleethorpes Family Hub Reynolds & Highgate



Term Time Activity Timetable (September - December 2019) Starts week commencing Monday 9th September

	Morning	Afternoon
Monday	<p>Ready for Nursery (at Reynolds) 2 yrs onwards By invitation only</p> <p>These sessions are for children, who are identified with speech and language needs, to come along with their parent/carer. Relevant information is also given to families around toilet training, sleep advice, healthy eating and behaviour.</p> <p>Please contact Reynolds / Highgate Family Hub for more details.</p>	<p>Breastfeeding Support Group (at Reynolds) 1.00 pm - 2.00 pm</p> <p>Drop in to Reynolds Family Hub, where you can receive support and friendly advice.</p> 
Tuesday	<p>Look Say Sing Play (formally Mini Rhyme Time) (at The Pavilion, Sussex Recreational Ground) 10.00 am - 11.15 am For ages 0-7 months.</p> <p>Parents have the opportunity to discuss and share new experiences within a supportive environment. Learn rhymes and songs to encourage your baby's early language skills.</p>	<p>Child Health Clinic (at Clee Medical Centre) 2nd and 4th Tuesday of the month 1.00 pm - 2.30 pm</p> <p>Bump to Baby (at Reynolds) Invite only (by midwife) 3.00 pm - 5.00 pm</p>
Wednesday	<p>Active Tots (at Reynolds) 9.45 am - 10.45 am</p> <p>For ages 8 months - 2 years (older siblings welcome) Fun, active session. Come along with your child and develop coordination and movement through a variety of physical activities, songs and rhymes.</p> <p>Stop Smoking 10.00 am - 12 noon (at Reynolds) By invitation only</p>	
Thursday	<p>Child Health Clinic (at Beacon Medical Centre) 1st and 3rd Thursday of the month 10.00 am - 12.00 noon</p> <p>Breastfeeding Support Group (at Beacon Medical Centre) 10.00 am - 11.30 am</p> <p>Health and Well Being Sessions (Adults only) (at Reynolds) 9.30 am - 12 noon By Invitation only</p> <p>Do you want to improve your health and well being? Do you want to make positive changes in your life? If yes, you can benefit from our free and confidential service. Please enquire at Reception for further details.</p>	<p>Parenting Advice and Support (Drop In) (at Reynolds) 1.00 pm - 3.00pm</p> <p>Support for parents, carers and families for children and young people (0-19) Information, advice and guidance around behaviour, sleep, and any other issues. <i>Children welcome.</i></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Sensory Room (at Highgate) available Monday - Friday Donations welcome Please contact or ask at reception to book</p> </div>
Friday	<p style="text-align: center;">Community Midwives Tel: 0303 330 5231</p>	<p style="text-align: center;">For activities in your local community see; fis@nelincs.gov.uk; www.nelincsfis.co.uk; www.facebook.com/FamiliesFirstNEL</p>

Health checks and midwifery appointments run throughout the week, these are invite only.

Highgate Family Hub, Trinity Road, Cleethorpes, DN35 8UL - 01472 324323
 Reynolds Family Hub, Machray Place, Cleethorpes. DN35 7LJ - 01472 324902
 Beacon Medical Centre, St. Hugh's Avenue, Cleethorpes, DN35 8EB - 01472 694054
 The Pavilion, Sussex Recreational Ground, Brereton Avenue, Cleethorpes, DN35 8AB






Cleethorpes Training Timetable

Term Time (September - December 2019)

Starts week commencing Monday 9th September



	Morning	Afternoon
Monday		<p><u>Sleep Workshop</u> 5 week programme Please ring for further information and dates.</p> <p>A programme designed to help parents support their children in gaining a goodnight's sleep and provides positive approaches to bedtime, routines and understand causes of sleep issues.</p>
Tuesday	<p><u>Functional Skills – Maths Level 1 & 2</u> 9.30 am – 12.00 noon</p> <p><u>Helping in Schools SEND 14 weeks</u> 9.30 am - 12 noon, then 1.00 pm - 2.30 pm</p>	<p><u>ESOL (English for speakers of other languages)</u> 1.00 pm - 3.00 pm 11 week course</p> <p><u>Bump to Baby</u> 3.00 pm – 5.00 pm Invite only - Book through your midwife</p>
Wednesday	<p><u>Functional Skills English Level 1 & 2</u> 9.30 am – 12.00 noon A relaxed and friendly environment to help you learn. The groups are small and supportive, allowing you the opportunity to update your skills and knowledge</p> <p><u>GCSE English</u> 9.30am - 12.00 noon</p>	<p><u>GCSE Maths</u> 12.30pm - 3.00pm</p>
Thursday		
Friday	<p><u>Stepping Stones</u> 9.30 - 11.30 am Invite Only Parenting course for those with children who have disabilities. Please ring for further information and dates.</p>	

All training courses/sessions are held at Reynolds Family Hub, Machray Place, Cleethorpes, DN35 7LJ. Please call 01472 324902 for more information.