

East Marsh Family Hub

Victor Street, Grimsby, DN32 7QB

Activity Timetable September to December 2019

	Morning	Afternoon
Monday	<p>Ante-natal Clinic* 9.00-4.30pm <i>Pre-booked appointments only</i></p> <p>Child Health Clinic 9:00 - 11:30am <i>(2nd & 4th Monday of every month)</i></p> <p>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.</p>	<p>Health Development Checks* 1.00-4.30pm</p> 
Tuesday	<p>Ante-natal Clinic* 9.00-4.30pm - <i>Pre-booked appointments only</i></p> <p>Ready For Nursery* - <i>(2 years- younger siblings welcome)</i> 9.15-10.45am</p> <p>Have fun with a variety of learning activities, developing your child's imagination & confidence. Preparing your child for nursery through learning.</p> <p>Health Development Checks* - 9:00 - 12:00</p>	<p>Parenting and Health Support 1.00-4.00pm <i>Supported by NSPCC</i></p> <p>Drop in session for you to talk with our friendly practitioners who can provide advice & support on many parenting and health related issues.</p> <p>Health Development Checks* 1.00-4.30pm</p>
Wednesday	<p>Ante-natal Clinic* 9.00-4.30pm <i>Pre-booked appointments only</i></p> <p>Health Development Checks* 9:00 - 12:00</p>	<p>Parenting Puzzle Course* 1.00-3:00pm</p> <p>A four week course to give parenting ideas and advice for your child's behaviour and development. For parents with children 3 years and under. Positive ways, happy lives. Booking essential.</p>
Thursday	<p>Ante-natal Clinic* 9.00-4.30pm <i>Pre-booked appointments only</i></p> <p>Parents Supporting Parents - 9.30-11.30am</p> <p>For parents who have children with additional needs, providing emotional support, and guidance</p> <p>Stop Smoking Programme 10.00- 12.00 (appointment only) To book call 01472 325500</p>	<p>Bump to baby* Antenatal 1.00-3.00pm. Prepare for your new arrival, bookings are made through your midwife.</p> <p>Health Development Checks* 1.00-4.30pm</p>
Friday	<p>Ante-natal Clinic* 9.00-4.30pm <i>Pre-booked appointments only</i></p> <p>Health development checks* 9.00-12.30pm</p>	<p>Sleep Practitioner Clinic* <i>(Bookings only)</i> 1.00-4.00pm A clinic to offer expertise, guidance and support around sleep issues.</p> 

Opening times - Monday-Thursday 8:30-5:00. Friday 8:30-4:30

All sessions and activities marked with an asterix* require booking by calling the Centre on 01472 326860.



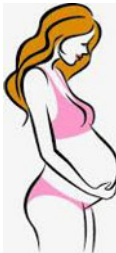
Central Family Hub

Edward Street, Grimsby, DN32 9HL

North East Lincolnshire
Familiesfirst
Supporting children, young people & families

East Marsh Central
A Sure Start Children's Centre

Activity Timetable September to December 2019

	Morning	Afternoon
Monday	<p>Ante Natal Clinic 9.00- 4.30pm* Pre-booked appointments only</p> <p>Language Through Listening* Booking essential</p> <p>Health development checks* 9.00-12.00pm</p>	<p>Toddle Tots 1:00pm - 2:00pm <i>(From Toddling - 2 Years)</i> Fun active session, meet new friends and develop your child's social skills</p> 
Tuesday	<p>Ante Natal Clinic 9.00-4.30pm* Pre-booked appointments only</p> <p>Child Health Clinic <i>(1st & 3rd Tuesday of every month)</i> 9:00 - 11:00am Weelsby View, Ladysmith Road Health development Checks* 9:00 - 12.30pm</p>	
Wednesday	<p>Ante Natal Clinic 9.00-4.30pm*</p> <p>Parenting and Health Support 9:00am - 10:30am Drop in session for you to talk with our friendly practitioners who can provide advice & support on many parenting and health related issues.</p>	<p>Baby Massage* <i>(from 6 weeks old)</i> Pre Booking essential 1.00-1.30pm. Come and enjoy some 1-1 time whilst bonding and securing attachments over gentle massage</p> <p>Mini Rhyme Time Baby Group (0 - 12 months) 1.30 - 2.30pm Session to help baby's confidence, improve language and communication with their world around them.</p>
Thursday	<p>Ante Natal Clinic 9.00-4.30pm* Pre-booked appointments only*</p> <p>Ready For Nursery - (2 years- but younger siblings welcome) 9.15-10.45am Have fun with a variety of messy activities, developing your child's imagination and confidence. Preparing your child for nursery through learning.</p>	
Friday	<p>Ante Natal Clinic 9.00- 4.30pm* Pre-booked appointments only*</p> <p>Sunflower Group 9.30- 10.30am *Referrals only Come along for a chat and play time -help your child to develop play skills while enjoying time with children. Health Development Checks* 9.00- 12.00</p>	<p>Best Start Support Group 1:30 - 2:30pm <i>(For parents with babies under 6 months)</i> Recently had a new baby? Pop in relax, have a drink, chat and meet with other new parents</p>

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 asterix* must be booked in advance by calling the Centre on 01472 326830 or just pop in. Open 8.30-4.30 daily, 8.30-4.00pm Friday