## Training Timetable

### Term time only

**9th September - 13th December 2019**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
| ESOL (English for Speakers of Other Languages)  
9.30am - 11.30am  
**At Immingham** |
| **Afternoon**  |
| **English - Functional Skills**  
12.30pm - 2.30pm  
**At Immingham** |
| **Maths - Functional Skills**  
1.00pm - 3.00pm  
**At Immingham** |
| **Working in schools**  
9.30am - 2.30pm  
**At Immingham** |

### Counselling Services

For parents and carers.

Contact Vickie Kent at any of the centres to book an appointment.

### Live Well Services

This service helps people to achieve their health goals.

Contact Jan Wilson on either - 07768718828 or 01472 325500
You can also email at: [wellbeing.service@nelincs.gov.uk](mailto:wellbeing.service@nelincs.gov.uk)

### For more information on courses please contact Vickie or Jacqui at the Family Hubs on:

- 01472 326830 or email;
  - Jacqui.chester@nelincs.gov.uk
  - Vickie.kent@nelincs.gov.uk
### Activity Timetable
#### Locality 3 - Immingham, Queensway, Broadway

**9th September - 13th December 2019**

**Term time only**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
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<tr>
<td>Midwifery Clinic</td>
<td>Midwifery Clinic</td>
<td>Midwifery Clinic</td>
<td>Midwifery Clinic</td>
<td>Child Health Clinic</td>
</tr>
<tr>
<td>At Queensway</td>
<td>At Broadway,</td>
<td>At Queensway</td>
<td>At Broadway,</td>
<td>9.30 - 11.30 am</td>
</tr>
<tr>
<td>Appointment only</td>
<td>Immingham</td>
<td>Appointment only</td>
<td>Immingham</td>
<td>At Freshney Green</td>
</tr>
<tr>
<td>Messy Play</td>
<td>Bump to Babies</td>
<td>Midi Rhyme Time</td>
<td>Bumps to Baby</td>
<td>2nd &amp; 4th Friday</td>
</tr>
<tr>
<td>10.00 - 11.30am</td>
<td>(Invite Only)</td>
<td>9.30 - 11.30am</td>
<td>(Invite Only)</td>
<td>Krakajaks</td>
</tr>
<tr>
<td>Delivered by One Voice.</td>
<td>At Immingham</td>
<td>At Queensway</td>
<td>At Immingham</td>
<td>Healthy Active Play</td>
</tr>
<tr>
<td>At Immingham</td>
<td></td>
<td></td>
<td></td>
<td>Session</td>
</tr>
<tr>
<td>Stay &amp; Play</td>
<td>Health and Parenting</td>
<td>Sleep Clinic</td>
<td>Health and Parenting</td>
<td>9.30 - 10.30am</td>
</tr>
<tr>
<td>9.30 - 11.00am</td>
<td>Drop-In</td>
<td>(Invite Only)</td>
<td>Drop-In</td>
<td>At Riverside</td>
</tr>
<tr>
<td>At Queensway</td>
<td>9.30 - 11.30am</td>
<td>9.30 - 11.30am</td>
<td>9.30 - 11.30am</td>
<td>12months +</td>
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<tr>
<td>(18 months plus)</td>
<td>At Immingham</td>
<td>At Queensway</td>
<td>At Immingham</td>
<td>Younger siblings</td>
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<tr>
<td>Starts 16/9/19</td>
<td></td>
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<td></td>
<td>Welcome</td>
</tr>
<tr>
<td>Language through Listening (Invite Only)</td>
<td>Mini Rhyme (Look, Say, Sing, Play)</td>
<td>Baby massage</td>
<td>Baby massage</td>
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<tr>
<td>10.00 - 11.00am</td>
<td>10.00 -11.00am</td>
<td>(Invite Only)</td>
<td>(Invite Only)</td>
<td>10.00 - 11.00am</td>
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<tr>
<td>At Queensway</td>
<td>At Queensway</td>
<td>At Queensway</td>
<td>At Queensway</td>
<td>At Queensway</td>
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<tr>
<td><strong>Afternoon</strong></td>
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<tr>
<td>Well baby Clinic</td>
<td>Baby Massage</td>
<td>Health and Parenting</td>
<td>Sleep Clinic</td>
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<tr>
<td>1.00 - 3.30pm</td>
<td>(Invite Only)</td>
<td>Drop-In</td>
<td>(Invite Only)</td>
<td>1.00 - 3.30pm</td>
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<tr>
<td>1st &amp; 3rd Monday</td>
<td>At Broadway</td>
<td>1.00 - 2.30pm</td>
<td>At Broadway</td>
<td>At Immingham</td>
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<tr>
<td>At Pilgrim Primary Care Centre</td>
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<tr>
<td>Immingham</td>
<td>Girls Group</td>
<td>Health and Parenting</td>
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<tr>
<td>(Invite Only)</td>
<td>3.30 - 5.30 pm</td>
<td>Drop-In</td>
<td>1.00 - 3.30pm</td>
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<tr>
<td>At Immingham</td>
<td>At Immingham</td>
<td>1.00 - 2.30pm</td>
<td>At Queensway</td>
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<tr>
<td>(Starts 15/10/19)</td>
<td>At Immingham</td>
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<tr>
<td>Girls Group</td>
<td>Sleep Clinic</td>
<td>Young Carers Project</td>
<td>Health and Parenting</td>
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<tr>
<td>3.30 - 5.30 pm</td>
<td>(Invite Only)</td>
<td>3.00 - 5.00pm</td>
<td>Drop-In</td>
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<td>At Immingham</td>
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<td>9.30 - 11.30am</td>
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<td>(Starts 15/10/19)</td>
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<td>At Immingham</td>
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<tr>
<td>Girls Group</td>
<td>Girls Group</td>
<td>Girls Group</td>
<td>Sleep Clinic</td>
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<tr>
<td>3.30 - 5.30 pm</td>
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<td>3.30 - 5.30 pm</td>
<td>(Invite Only)</td>
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<td>At Immingham</td>
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<td>At Immingham</td>
<td>At Immingham</td>
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<td>(Starts 15/10/19)</td>
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<tr>
<td><strong>For activities in your local community see:</strong></td>
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<tr>
<td><a href="mailto:fis@nelincs.gov.uk">fis@nelincs.gov.uk</a></td>
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<tr>
<td><a href="http://www.nelincsfis.co.uk">www.nelincsfis.co.uk</a></td>
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<tr>
<td><a href="http://www.facebook.com/FamiliesFirstNEL">www.facebook.com/FamiliesFirstNEL</a></td>
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**Locality 3 Family Hubs:**

- **Immingham**
  - Margaret Street
  - DN40 1LD
  - 01469 514848

- **Queensway**
  - Binbrook Way
  - DN37 9AS
  - 01472 325737

- **Broadway**
  - Broadway
  - DN34 5RS
  - 01472 326840

**Sensory Room Available for booking Monday to Friday at Immingham Family Hub**