

Activities at Alford Children's Centre

We would like to welcome all children under 5 years and their families to Alford Children's Centre.

Alford Children's Centre is part of East Lindsey Coastal Children's Centres which also include:

Mablethorpe, Stanley Ave: 01507 479412

Skegness, Brunswick Drive: 01522 555655

Wainfleet, Magdalen Rd: 01754 880500

Learning Through Play - This drop in session provides a variety of activities for children to explore supporting children's changing needs and interests, the session offers an opportunity for parents/carers and children to discover and explore a wide range of play activities together, encouraging children's independence, confidence and social skills.

Little Explorers - A sensory and messy play session providing materials of differing textures, temperatures and consistencies for children to explore, supporting their development and growing confidence. Suitable from 0-5

Health Visitor Health Clinic - Health Visitors are available to answer your questions and review your child's development. Appointments are sent out directly by the Health Visiting Team or you can contact them on: **01522 843000**

Midwife Clinic - Appointments for Antenatal and Post-Natal.

Call **01472 875548** to book an appointment

Top Tips for Babies - Advice from NHS staff about feeding, when to start solids, immunisation, oral health, healthy living, accident prevention, minor illnesses, how to access support and more. **Contact the Centre to book - 01507 463218**

Rhyme Time - A music and rhyme themed session where children can develop their language and communication skills by singing along to their favourite songs and nursery rhymes.

Stay and Play for Under 1's - This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their developmental milestones, following their interests and curiosities.

Alford Library

Open Tuesday 10-2, Friday 10-6, Saturday 10-1

Noise & Toys

A regular weekly session, Every Friday morning, 8.50-10am

At St Helena CE Primary School, Willoughby. For very young babies, toddlers and their parents and carers. Fun & friendly. Coffee on tap **Everyone welcome**

BreastStart Group - Come and join us in a relaxed friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group along with a parent volunteer. Pregnant ladies also welcome. Opportunity to self-weigh for Breastfeeding mums.

Movers and Shakers - Is a fun music and movement session which supports and develops children's communication and physical skills. The session includes using musical instruments and singing to support early language development and physical activities such as scarves, bubbles, balls and parachute games to develop co-ordination and physical awareness.

Keepsakes - This group will offer an opportunity for families to make a variety of 'keepsake' items with their children, combined with an opportunity to get to know the Children's Centre team and learn more about what the Children's Centre can offer.

Little Wishes Stay and Play - Bring your pre-schoolers, chat with other parents and have a cuppa as your children play in our themed weekly sessions. Children are given a drink and a healthy snack, and we also run a book swap. Fun, friendly and free, run by volunteer parents. Term time only. Themed sessions advertised on facebook.

Bumps to Babies - A session for pregnant and new parents and their babies. This session aims to introduce new families to the Children's Centre. A relaxed friendly session to support both pregnant mums and new parents. Activities include a tour of the centre and a meet and greet with staff. There are lots of resources such as Treasure Baskets, cosy areas and sensory materials which will allow new babies to develop individual curiosity

Alford Children's Centre

Farlesthorpe Road

Alford

LN13 9PS

01507 463218

WHAT'S ON GUIDE



March 2019

Email: alfordcc@lincolnshire.gov.uk

Like us on Facebook to stay in touch 

East Lindsey Children's Centre's - Coastal

For all up to date information please go to our web pages at:

www.lincolnshire.gov.uk/parents/childrens-centres

Opening Times

Monday - Thursday - 08:30-15.30

Friday - 08:30-12.30

Alford March 2019

Family Activities for all 0 – 5 years and 0 – 8 years in the school holidays (with a younger sibling)

For further information about any of our weekly activities please contact us on 01507 463218

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:30-10:30 Little Explorers	Midwife Clinic by Appointment Only Tel: 01472 875548	Little Wishes Stay and Play (Term Time Only) 9:15-10:45	Midwife Clinic by Appointment Only Tel: 01472 875548	9:30-10:30 Movers and Shakers
	Health Visitor Health Clinic Appointment only clinic on 01522 843000		9:30 – 10:30 Learning Through Play 0-5years (World Book day activities on the 7 th March)	11:00-12:00 Stay and Play for under 1's
13:00-14:00 Keepsakes	9:30-10:30 Bumps to Babies	Breaststart Group 6 th March 19 11:30-13:00 Top Tips for Babies 6 th March 19 13:30-15:00 Booking required on 01507 463218	9:30am – 12:30pm Quit51 Smoking Cessation Appointment Only Call 0800 622 6968	
If you haven't registered with our Children's Centre, then you can pick up a registration form from the centre or from one of the sessions that you attend.	11:00-12:00 Rhyme Time For 0-5's	Free Borrow Bags - There are lots of great items in the Centre for you to borrow and use at home with your children. Ask a member of staff for more information.		Find us on  Facebook: East Lindsey Children's Centres – Coastal

All activities are FREE and no booking is required unless stated otherwise

Please note that mobile phones and cameras are **NOT** permitted to be used in the centre. Thank you
You are more than welcome to come in after school drop off and wait for an activity to start.