

Family Learning

First Aid Awareness Course

Tuesday 20th March 1:00-2:30pm

Learn vital but basic First Aid skills.

Booking Essential. £5 per person to be paid upon booking.



Story & Rhyme Time- 3 Weeks starting

Wed 21st February 2:00-3:00pm

A session focused around stories, rhymes and promoting speech and language through various activities including Bookstart and Makaton.



Events

Easter Messy Play Bake Off- Tuesday

20th March 10:00-11:00am

Come and join us for some Messy Bake off Easter Fun! Get messy, scooping, stirring and squishing.

Remember to dress for mess. **Booking Essential**

Outreach- Thursday 15th

February & 5th April

1:00-3:00pm Tyne green, Hexham

Come and join us for fun and Games at Tyne Green (Weather permitting) No need to book just turn up!



Whats New



Taster session Thursday

25th January

1:00-2:30pm Course to start Thursday 1st Feb

12:30-3:00pm

An 8 week course aimed

at Parent/Carers with children aged 0-5 years, delivered by Early Years Practitioners. Covering 5 themes including parenting confidence, Physical activity, Balanced diet, Lifestyle Habits and enjoying life as a family. **FREE Creche- Booking Essential**

Recovery Toolkit-12 week course starting

Monday 8th January For women who have experienced domestic abuse. The programme aims to provide women with the knowledge they need to recover from the effects of living with domestic abuse. Creche available. For further information contact HexhamCC.

C-Card- Every Monday starting 5th

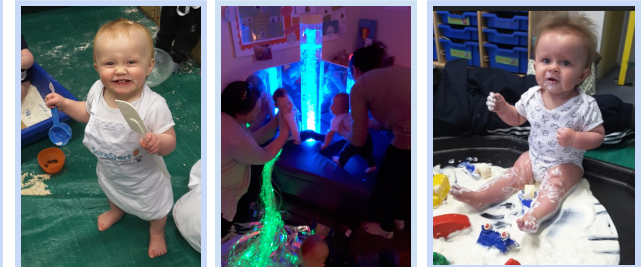
February 3:30-4:30 or drop in throughout Children's Centre opening hours if you already have a C-Card. If you are 24 years old or younger you are entitled to FREE condoms and sexual health advice- Contact the Children's Centre for more information.

Happy Easter!

Hexham Children's Centre will be closed on Friday 30th March & Monday 2nd April and will reopen Tuesday 3rd April

Hexham Children's Centre

What's on Guide January-April 2018



Opening Hours
Monday- Thursday 9:00am to 5:00pm
Friday- 9:00am to 4:30pm

Website
www.westchildrenscentres.org.uk
Email
hexhamcc@northumberland.gov.uk
Address
Hexham Children's Centre, Beaufront
Avenue, Hexham, NE46 1JD
Telephone
01434 601698



Like us on Facebook
Hexham Children's Centre Parents Group &
Hexham Young Families

Check out our Facebook
& Website for
Half Term Activities



Hexham Children's Centre
Parents Group

www.westchildrenscentres.org.uk

Babies

Learning Together Through Play- Every Monday 1:30-3:00pm Meet and interact with other parents and babies. Activities include baby massage, weaning, bonding and attachment. *No need to book, £1 per family*

Baby Clinic- First Monday of every month 1:30-2:30pm Come and get your baby weighed by one of your Local Health Visitors.

Baby Yoga-3 Sessions starting Monday 16th April 10:00am-11:00am Promotes your baby's physical development, can also help with a range of issues such as colic, digestive problems. **Booking Essential**

Music & Movement- 3 Sessions starting 16th January 1:30-2:30pm Come and join us for singing, using makaton signs, moving to music and playing with musical instruments **Booking Essential**

Baby Massage/ Weaning- Enquire at Hexham Children's Centre to book onto Baby Massage and Weaning with your Local Nursery Nurse

Messy Play- Tuesday 6th, 13th, 20th Feb 10:00am-11:00am Come and join us for Messy Play where your child can experience new sensory experiences. For babies who are not yet walking. **Booking Essential**

Birth Registrar @ Hexhamcc

Every Tuesday- 1:30-4:00pm. No need to book just turn up! Register your new baby at the Children's Centre and receive your free gift. Along with finding out about all the activities you and your new baby can get involved with at the Centre

Toddlers

Learning Together Through Play (0-5yrs)- Every Friday 10:00am-11:30am Fun activities and information around dental health, child safety, speech, language and communication. *No need to book, £1 per family*

Krafty Kids (18 months+)- Wednesday 14th February 2:00pm-3:00pm A chance for children to come and enjoy lots of Valentine crafty fun **Booking Essential**

Music & Movement- Wed 17th Jan, 28th Feb, 28th March & 25th April 10:00am-11:00am Come and join us for musical activities, singing, using makaton signs moving to music and playing musical instruments. **Booking Essential**

Children's Centre Groups

Time for Me- 1st Tuesday of every month 1:00-3:00pm Take time out from the children and join us for these 2hr sessions which provide a relaxed environment of learning and creativity, whilst your child socialises in our FREE creche. Sessions 1-3pm

Young Families- 2nd Tuesday of every month 1:00-3:00pm. An open and informal group for young parents to share experiences and learn new skills while making new friends along the way. FREE creche and light lunch- **Booking Essential**



Sensory Room

Sensory Room Hire- Our sensory room is a great way for your child to explore in a safe environment- **Booking Essential**

Centre Support Services

Home from Home- Do you find getting to the Children's Centre a challenge? Why don't we come to you? We can offer tailor made play sessions for you and your little one in the comfort of your own home. Sessions include lots of tips, advice and most importantly FUN!

Early Help Family Workers- When your child or family needs extra support we want to find the best way forward as soon as possible. Please speak to one of our team members if you would like support and guidance

Legal Advice- Available at a time and date that suits you best- Make an appointment through the Centre for a **FREE consultation**

Staff can also offer a range of advice and guidance around issues including housing, benefits, finance, breastfeeding, speech and language, child development/ behaviour Management etc

Food Bank- Northumberland Food Bank Service is available at the Children's Centre for families with children under 5 yrs who may be facing financial hardship. Contact the Centre for more info.

Work Clubs-Drop ins- Every Wednesday 9:30am-11:30am & Every Friday 12:30pm-2:30pm at the Gatehouse, Wanless Lane, Hexham Every Thursday 11:30am-1:30pm The Cedar Tree Community Church, Hexham