



# Cambridge Children's Centre Autumn Term Sessions

From Tuesday 1<sup>st</sup> September- Friday 23<sup>rd</sup> October 2015

Day & Times	Session	Information & Booking
Mondays 10.00-11.30am	Children with Additional Needs Stay and Play	A friendly drop in session for children with additional needs and their families.
Mondays (Term time only) 10.00-10.45am- this day may change please call the centre to see if it is on.	Rhyme Time	Fun singing and story group. Use songs, rhymes and games to develop your child's speech, language and communication skills. No need to book this is a drop in group.
Mondays 7 <sup>th</sup> , 21 <sup>st</sup> Sept, 5 <sup>th</sup> , 19 <sup>th</sup> Oct 1.00-2.30pm	International Group	A friendly group that introduces international families to the centre. Join Paula and Diane in meeting families from all over the world and sharing their culture. No need to book this is a drop in group.
Mondays 14 <sup>th</sup> , 28 <sup>th</sup> Sept, 12 <sup>th</sup> Oct 1.00-2.30pm	Tots with Tinies	A group especially for parents/carers with a baby or mums to be who already have an older child aged 2-4 yrs. Come and meet other families and have fun in this special play session. No need to book this is a drop in group.
Mondays all year round 1.30-3.00pm	Baby Health Club	This session is run by the health visitors, it includes information and advice on development and health issues, also available baby and toddler weighing and measuring. No need to book this is a drop in group.
Tuesdays (Term time only) 9.15-10.15am <b>Please call the centre to confirm this group is on and location.</b>	Adult Fitness Class with crèche	Join Colette, our fitness instructor for this hour long fitness session. Activities vary from aerobics, to pilates, to body conditioning, to zumba and all of the latest fitness crazes. This is a drop in session no need to book but crèche places must be booked on a weekly basis
Tuesdays all year round 11-12.30	Bumps and Babes	Fun, informal group for parents to be and parents/carers with babies up to 1 year old. Advice, support and activities to help you bond with your baby and record their 1 <sup>st</sup> year of life. No need to book this is a drop in group.
Tuesdays all year round 11-12.30	Toddler Play	A play session with activities aimed at children aged 12-36 months and their parents/carers. A chance to play and social with your child.

To book on any courses/groups or for more information please call 0151 282 5467, check out our website [www.cambridgenurseryschoolandchildrencentre.co.uk](http://www.cambridgenurseryschoolandchildrencentre.co.uk) or like us on facebook- just search for Cambridge Nursery School and look for the logo



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Tuesdays all year round 1.30-2.30pm	Baby Massage Course	Join Paula, our qualified baby massage instructor, for 5 weeks to teach you the skills to massage your baby. Courses suitable for babies up to 9 months old. Places are limited so please register your interest and you will be invited to attend the next course.
Wednesday 9 <sup>th</sup> September 9.30-11.45am	Think Differently, Cope Differently	This 4 week session support you to improve your emotional well-being, learn the techniques to manage stress, learn about how food and exercise improves your mood. There is limited crèche available. Please book your place and crèche place in advance.
Wednesdays (Term Time only) 11.30-12.30	Fruit & Veg Stall	Every Wednesday Brighter Living Partnership will be selling fabulous fruit, vegetables, salad, eggs, cheese and other local produce at Cambridge. Why not pop in and see what seasonal produce there is on offer at great affordable prices! Healthy Start and 5-a-day vouchers accepted.
Wednesday starting 16 <sup>th</sup> September 12.45-1.45pm	Time to Talk Twos	Are you worried about your two year olds' speech and language development? Is your child on the waiting list for speech and language support? Would you like to learn tips and techniques to help with your child's speech and language? A fun, informal session with our speech and language champion who will work with you and your child. So you and your child get the best services classes are small so must be booked in advanced- please register your interest with the session.
Wednesday starting 16 <sup>th</sup> September 2.15-3.00pm	Time to Talk Threes	Are you worried about your three year olds' speech and language development? Is your child on the waiting list for speech and language support? Would you like to learn tips and techniques to help with your child's speech and language? A fun, informal session with our speech and language champion who will work with you and your child. So you and your child get the best services classes are small so must be booked in advanced- please register your interest with the session.

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<b>Starting soon...</b> please call the centre to see if it's on Wednesdays all year round 1.30-3.00pm	Venue to be confirmed	This play session is all about keeping active! We will be playing with bikes, cars, slides, balls, hula hoops and soft play. Suitable for toddling children up to 4 years old.
Thursdays starting 21 <sup>st</sup> September 1.30-2.25pm	Play 2 Learn	A 12 week structured play session which focuses on your child's brain development, attachment and bonding. It will help your child read, write and become ready for school/nursery. Please register your interest with the centre.
Thursdays starting 1 <sup>st</sup> October 9.30-11.30am	Triple P Parenting Course	When it comes to raising children, everyone has an opinion. There are so many ideas out there- so how do you know what's best and what works? This course takes the guess work out of parenting, it gives simple tips to help manage the big and small problems of family life. There is limited crèche available. Please book your place and crèche place in advance.
Fridays 10.00- 10.30am & 10.30am-11.00am	Little Ducklings @ Bootle Leisure Centre	Come along to our FREE swimming session at Bootle Leisure Centre. An ideal opportunity for you and your child to enjoy fun games and songs in the water. A qualified instructor leads all sessions. Suitable for babies from 12 weeks old. All children must be accompanied by an adult on a one:one basis. This is a 6 week bookable session- please register your interest and you will be invited to attend the next course.

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Fridays all year round 1.00-3.00pm	Stay and Play	Come along to this play session with different activities to take part in and resources to use, e.g dressing up, arts and crafts, sand and water, outdoor play. A healthy snack is provided and all sessions are led by a qualified member of staff. This is a drop in session- no need to book.
Fridays starting 18 <sup>th</sup> September. 9.30am-11.30am	Functional Skills English	A course to support to gain level 1 & 2 qualifications in English. There is limited crèche available. Please book your place and crèche place in advance.
Saturdays 10-12 Please call the centre to confirm dates and venues.	Dad's Club	Calling all dads/granddads/uncles and male carers! We have a monthly dad's club open to all dad's with children from birth -11 years old. Each session is different with great activities such as cooking, story telling, trips, BBQs, football, boxing, arts and crafts. Some sessions are bookable so please contact the centre for more information. Please call the centre to confirm dates and venue.

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## **FREE childcare for children the term after their 2<sup>nd</sup> birthday.**

Your child may be eligible for 15 hours of FREE childcare the term after their 2<sup>nd</sup> birthday at a variety of settings across the local area. To be eligible you must meet at least one of the following criteria: be claiming:

- Income Support
- Job Seeker's Allowance (Income based)
- Employment Support Allowance (Income related- ESA IR)
- Support under PART VI of the Immigration and Asylum Act 1999
- Guaranteed element of State Pension Credit
- Working Tax Credits and an annual gross earning of no more that £16,190 per year. (This will need to be verified by the sight of your HM Revenue & Customs Tax Credit Award Information, i.e form TC602)

Or your child meets any of the following criteria:

- Local Authority "Looked After" Child
- Child of a Care Leaver (Under age of 25)
- Child attracts Disability Living Allowance
- Child has a current statement of Special Educational Needs or an Education, Health and Care Plan.

To apply please speak to a member of staff, your health visitor or call the School Readiness Team on 0151 933 6021

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## **FREE nursery education for children the term after their 3<sup>rd</sup> birthday.**

All children are eligible for 15 hours per week (term time only) of free education the term after their 3<sup>rd</sup> birthday. This is offered at Cambridge via the nursery school- please call in to find out more.

## **Day Care.**

We offer full day care from 8am-6pm for 50 weeks of the year- please enquire for more information, availability and prices.

## **FREE safety equipment.**

If you live in Sefton and have children under 5 you may be eligible for large items of safety equipment, which includes fireguards, safety gates (for families with children under 2) and FREE fitting via the ROSPA scheme- please ask a member of staff.

## **Healthy Start Vitamins.**

You can collect your FREE Healthy Start vitamins for children and mums-to-be from the centre. To claim your vitamins please ask your health visitor or midwife for a card.

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