

## ACTIVITY GUIDE

### Drop in

**Stay and Play** - An informal group where you and your child can play with a variety of toys and activities. Healthy snack available for your child.

**Childminders Coffee Morning** - An informal group where registered childminders & children can meet & play.

**Little Discoverers** - Parents/carers with babies on the move, drop in for a play, chat and fun activities to help your child to develop. (Children 8 months - 18 months)

**Baby Stay and Weigh** - Drop in Clinic. Weighing and informal advice available from the Community Nursery Nurse, Jenny. You and your baby also have the chance to stay and meet others.

**Dad's Zone** - A Stay and Play group for dads/male carers and their children - an opportunity to enjoy quality time with your child with lots of fun activities

**Colin's IT Drop in** - Use the internet, research courses, jobs, careers and lots more!

### Book weekly/monthly

\* **Jo Jingles and Rhythmn Time** - Activities centred around music for you and your Child to enjoy.

\* **Top Tots** - Watch how your child/children build confidence, independence and recognition of colours and shapes. 6 Weeks of physical fun! Now at the Community Centre in Kingshurst.

\* **Get Crafty with Janet** - Come along and let you and your child/children be creative

\* **Story Sacks** - Bring your child's favourite book to life !

### Book before it begins

\* **Life in Mind** - A supportive group for parents looking at ways of promoting good mental health.

\* **Understanding Your Child's Behaviour** - A 10 week course for parents who want to know more about parenting, how children develop & understand their behaviour.

\* **Craft and Chat with Laura** - An opportunity to meet others and let your creative imagination run loose.

**Other Support available: Please ask at the Centre if you would like more information of the following**

**Family Support** - Support to families for various reasons, including; housing, domestic violence, benefits, relationships etc

**One to One Speech and Language Support** - Offers fun ways and helpful advice in how to encourage your child's communication skills

**Relate Relationship Counselling** - Free and confidential service. Contact Chelmsley Wood Children's Centre on 248 7606 for more information.

**Breast feeding Support** - Available through Chelmsley Wood Children's Centres Baby Cafe

**Support Group** - For families with children with additional needs.

Wednesday mornings 9:30 - 11:00 am at Chelmsley Wood Children's Centre. Crèche Available. If needed. Just drop in.

**Employment and Training** - one to one support available. Contact Colin on 248 7631

# Kingshurst and Yorkwood SureStart Children's Centres



### What is a Children's Centre?

A place in your local community providing services for children under 5 years and their parents/carers (children up to 8 years with additional needs/disabilities)

### What's on offer in Children's Centres?

- Information and advice about services for under 5's
- Stay and Plays plus other group activities
- Child and family health services and advice
- Parenting courses
- Family support services
- Family and adult learning courses and advice
- Effective links to Jobcentre Plus

And much more

If you would like more information please call us on the numbers below.

Thank you.

## WELCOME TO OUR CENTRE'S



Kingshurst Children's Centre  
Kingshurst Primary School  
School Close, B37 6BN  
0121 248 7659

Yorkwood Children's Centre  
Yorkwood Primary School  
Kingshurst Way, B37 6HA  
0121 248 7638

