

Ockendon Children's Centre

Afton Drive, South Ockendon, RM15 5PA

email: ockendoncc@thurrock.gov.uk

What's on in February 2018

phone: 01375 413 936

Mondays

Start	End	Activity	Age groups	How to join in
9am	10am	from 26 Feb: Fun, Food and Fitness	18 to 60 months	Book in advance
1:30pm	2:30pm	St Mungo's Floating Support - Housing support and advice for council and non-council tenants		Book in advance
1pm	4pm	Midwife Appointments		Book in advance
1:30pm	2:30pm	Stay and Play - Messy Play	24 to 60 months	All welcome
2pm	3:30pm	Child Health Clinic (Baby Weighing) at Ockendon Health Centre, Darenth Lane, South Ockendon RM15 5LP	0 to 60 months	All welcome
3:30pm	4:30pm	From 26 Feb: Bookstart Corner	18 to 60 months	Book in advance

Tuesdays

9am	1pm	Midwife Appointments		Book in advance
9am	11am	Blood Testing at Ockendon Health Centre, Darenth Lane, South Ockendon		All welcome
9:30am	1pm	1 Year Development Assessment Checks		Referral only
9:30am	10:30am	Stay and Play	12 to 24 months	All welcome
10:45am	11:45am	Stay and Play	24 to 60 months	All welcome
12:30pm	5pm	2 Year Development Assessment Checks		Referral only
1:30pm	2:30pm	from 26 Feb: Baby Massage	0 to 12 months	Book in advance £12 for 6 sessions
1.30pm	2.30pm	from 13 Feb: PATCH		
2:45pm	3:45pm	from 26 Feb: Baby Massage	0 to 12 months	Book in advance £12 for 6 sessions

Wednesdays

9am	1pm	Midwife Appointments		Book in advance
9am	11am	Parents 1 st offering peer support during Midwife Appointments		Book in advance
9:30am	11:15am	Child Health Clinic (Baby Weighing) at Ockendon Health Centre, Darenth Lane, South Ockendon RM15 5LP	0 to 60 months	All welcome
9:30am	11am	7 Feb: Introduction to Solids	0 to 8 months	Book in advance – Call Di Marson 0300 300 1541

Thursdays

9am	11:30am	GTT and Antenatal Bloods	24 to 60 months	Book in advance
9:30am	11am	Chatterbox	18 to 60 months	Referral only
1pm	2pm	Stay and Play	0 to 12 months	All welcome
1pm	4pm	1 and 15 Feb: Teenage Midwife Appointments		Book in advance
1pm	5pm	New-born Screening	New-borns	Book in advance
1pm	4pm	Infant Feeding Drop-In	0 to 12 months	All welcome
3:30pm	4:30pm	Let's Talk With Your Baby	0 to 12 months	Book in advance

Fridays

9am	1pm	Midwife Appointments		Book in advance
9am	midday	Benefit Advice Service		Book in advance
9:30am	10:30am	from 16 Feb: Stay and Play Rhyme Time	0 to 12 months	All welcome
11am	midday	From 9 Feb: Go Girls		Book in advance
10am	midday	Meet our Local Area Coordinator		All welcome
Midday	2pm	Changing Pathways		Book in advance 0787 534 2015
1:30pm	2:30pm	from 16 Feb: Stay and Play Story Sacks	12 to 24 months	All welcome
3.30pm	4.30pm	From 9 Feb: Play and Learn		Book in advance

Brighter Futures –Children's Centre Offer

CORE OFFER					
Activity	Description	Ages	Details	Delivered by	Booking
Stay and Play	Fun activities for you and your baby. The sessions promote social skills and stimulation to support your baby's development. The session also aims to offer ideas to support your child's learning at home	0 to 12 months	Individual sessions	Children's Centre staff	All welcome- no booking needed
Stay and Play	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child's development. The session also aims to offer ideas to support your child's learning at home	12 to 24 months	Individual sessions	Children's Centre staff	All welcome- no booking needed
Stay and Play	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child's development. The session also aims to offer	24 to 60 months	Individual session	Children's Centre staff	All welcome- no booking needed

	ideas to support your child's learning at home				
Play and Learn	A structured six week programme for families to support their child's learning through play. The sessions will also provide you with ideas on how to support your child's learning at home.	24 to 60 months	6 week programme	Children's Centre staff	Contact the Children's Centre to book a place.
Baby Massage	The baby massage course offers a wonderful opportunity for you to bond and learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.	0 to 12 months	6 week programme	Children's Centre staff	Contact the Children's Centre to book a place.
Fun, Food and Fitness	Fun, physical activities and ideas to keep your child healthy and fit. An opportunity for your child to try different types of food each week and for parents to receive advice on healthy eating including fussy eating and portion sizes.	18 to 60 months	6 weeks programme	Children's Centre staff	Contact the Children's Centre to book a place.
Patch	A parenting course which provides support with everyday challenges of parenting young children. The sessions will cover topics such as being a parent, play, temper tantrums and praise. Parents have the opportunity to discuss other areas of concern if they wish to do so.	Parents and carers who have children between the ages of 18 to 60 months	6 weeks programme	Children's Centre staff	Contact the Children's Centre to book a place.
Pyramid Parenting	A parenting course which raises parent's awareness of the role they play in promoting a positive self-image and resilience in their children. The course also provides parents with the knowledge, skills and positive experiences that can be used to enhance their relationship with their children.	Parents and carers who have children between the ages of 5-11 years	6 week programme	Children's Centre staff	Contact the Children's Centre to book a place.
Chatterbox	A structured language group running for six to eight weeks providing support, advice and guidance to help your child develop their communications skills.	18 to 60 months	6 to 8 weeks programme Referral only	Children's Centre staff	Contact the Children's Centre for more information
Bookstart Corner	A Booktrust programme to support families to develop a love of stories, books and rhymes to help their children's early reading skills.	18 to 60 months	4 week programme	Children's Centre staff	Contact the Children's Centre for more information
Parent Outreach	Parent Outreach Workers provide	Parents	Visits to the	Children's	Contact the

Service	high quality support and parental outreach services to families in their own home with a series of home visits. Parent Outreach Workers will also support parents to access and use services at the Children's Centre and in the community.	and Carers	home.	Centre staff	Children's Centre for more information
Speech and Language Drop in	Speech and language therapists will be available to provide advice and support to families who feel their child might be experiencing some delay in their speech and language development.	18 to 60 months	Individual sessions	Speech and Language Therapists	All welcome- no booking needed
Let's Talk With Your Baby	A programme to promote positive adult-child interaction and communication skills, attachment, stimulation in a rich environment through interactive, fun activities.	0 to 12 months	6 weeks course	Children's Centre staff	Contact the Children's Centre for more information
Language Focused Play	An evidence based therapy for children with expressive or receptive language delay	24 to 60 months	Individual sessions Referral only	Speech and Language Therapists	Contact the Children's Centre for more information
SEND Sessions	Sessions specially designed to support parents with children with SEND	0 to 60 months	Individual sessions	Staff from various teams	Contact the Children's Centre for more information
PEEP	A programme to support parents and carers to value and build on the home learning environment and relationships with their children, by making the most of everyday learning opportunities – listening, talking, playing, singing and sharing books and stories together.	Parents and carers	6 weeks course	Children's Centre staff	Contact the Children's Centre for more information
Go Girls	A programme to support parents and carers with practical approaches for supporting girls' emotional development and building their self-esteem. Packed with ideas for activities, exercises, group-work, games and helpful hints on supporting girls' and young women's personal development.	Parents and Carers	6 weeks course	Children's Centre staff	Contact the Children's Centre for more information

ESOL Conversation Club	A club for parents and carers to develop their speaking and listening skills in English with friends.	Parents and Carers	Individual sessions	Children's Centre staff	Contact the Children's Centre for more information
Dental Sessions	Sessions to help families gain knowledge and understanding about supporting their children with good dental hygiene the frequency of sugars, the importance of brushing teeth and how to manage dental visits.	0 to 60 months	Individual sessions	Children's Centre Staff	Contact the Children's Centre for more information
Special Events	Events throughout the year to support families with learning and playing with their children.	0 to 11 years	Individual sessions	Children's Centre staff	Contact the Children's Centre for more information
Child minder Led Session	Sessions led by Child minders to support children's learning and development who are in the care of a child minder.	0 to 11 years	Individual sessions	Child minders	Contact the Children's Centre for more information
Phonics Workshop	A one hour workshop to help parent and carers develop their children's early reading and writing skills	24 to 60 months	One hour	School Improvement Team Officer	Contact the Children's Centre for more information
Anglian Water-Keep It Clear Campaign	Sessions to support families to learn about the correct disposal of waste, such as fats, oil, grease and un-flushable items, wipes, nappies and sanitary waste and to support financial awareness by avoiding big repair bills.		Individual sessions	Anglian Water	Contact the Children's Centre for more information
Adult/Family Learning Courses	Accredited and non-accredited training courses which aim to help families return to volunteering and/or employment		Individual to each course	Children's Centre staff and Thurrock Adult Community College	Contact the Children's Centre for more information
Volunteering Project	If you would like to volunteer at the Children's Centre, please contact us to find out more.				Contact the Children's Centre for more information
Food Bank Vouchers	Food Bank Vouchers. Please contact the Children's Centre to speak to a member of staff to arrange a visit and for more information.				Contact the Children's Centre for more information
Blood screening	Blood screening for those in the early stages of pregnancy	Ante natal up to 10 weeks	Individual sessions	Community Maternity Assistants	Community Maternity Assistants

		gestation			
Midwife Clinic	Antenatal midwife checks, advice and support	Ante natal up to birth	Individual sessions	Midwife	Contact your midwife
Glucose Tolerance Test	Blood Screening	Antenatal 24-28 gestation if applicable	Individual sessions	Community Maternity Assistants	Community Maternity Assistants
Blood test 28 weeks	Blood Screening	Antenatal 28 Weeks	Individual session	Community Maternity Assistants	Contact Maternity Bloodline 01268 524900 ext 8300
New Born Screening	Postnatal new born screening includes baby weighing and heel pricks	Postnatal day 5 to day 8	Individual sessions	Community Maternity Assistants	Contact your midwife/ Community Secretaries
Teenage Midwife Clinic	Antenatal checks , advice and support	Antenatal up to birth for mums to be under the age of 19.	Individual sessions	Midwife	Contact your midwife
Introduction to Solids	A programme to support parents and carers with introducing solid foods to their baby.	0 to 8 months	Individual sessions	Health Service Nursery Nurses	Contact the Children's Centre for more information
Infant Feeding	Support sessions for you to discuss any matters relating to feeding your baby, e.g. breastfeeding, formula feeding and introducing solid foods.	0 to 12 months	Individual sessions	Health Visitors	Contact the Children's Centre for more information
1 and 2 year old Developmental Assessments Checks	Health and development assessment to check your child's weight, height, learning, diet and behaviour etc.	12 to 24 months	Individual sessions	Health Visitors	Contact the Children's Centre for more information
Child Health Clinic (Baby Weighing)	Baby Weighing and support advice and guidance on your child's health	0 to 60 months	Individual sessions	Health Visitors	Contact the Children's Centre for more information.

SERVICES WE REFER TO

Activity	Description	Details	Delivered by	Booking
Mind The mental	Counselling services are available to make sure no one has to face a mental health problem	Individual sessions	Mind	Contact the Children's

health charity	alone.			Centre for more information
Emotional Wellbeing and Mental Health Service (EWMHS Nelft)	If at any time you feel that you cannot cope with life and things around you can ask for support.	Individual sessions	EWMHS Nelft	Contact the Children's Centre for more information
St Luke's Hospice Bereavement Service	A bereavement and Counselling Support service for young people	Individual sessions	St Luke's Hospice	Contact the Children's Centre for more information
CAB	Free, confidential information and advice to assist people with money, legal, consumer and other problems.	Individual sessions	CAB staff	Contact the Children's Centre for more information
Benefit Advice	To support council tenants who have rent arrears and are struggling financially.	Individual sessions	Financial Inclusion Officers	Contact the Children's Centre for more information
St Mungo's Floating Support Service	St Mungo's helps people recover from the issues that create homelessness, such as rent arrears, debt and benefits, and support families with employment and education.	Individual sessions-appointment only	St Mungo's staff	Contact the Children's Centre for more information
Thurrock Healthy Lifestyles Service	Thurrock adults who may need health improvement intervention. Includes mental health screening, alcohol and consumption screening. There are 3 main health improvement programmes from Thurrock Healthy Lifestyle Service: Smoking Cessation, NHS Health Checks and Weight Management.	A range of sessions available	Thurrock Healthy Lifestyles Service	Contact the Children's Centre for more information
Local Area Coordinators (LAC's)	Local area coordinators (LACs) help people find ways to make a better life. Based in towns and villages around Thurrock, they know the local people – those who need help, and those who can offer different types of help.	Individual sessions	LAC's	Contact the Children's Centre for more information
Parenting Programmes	Helping parents who need additional support with parenting – parents of children aged 0 to 19	13 week parenting programme (once per week)	Coram	Referral only via Children's Services – should be discussed with Children Centre staff
Domestic abuse and violence support	Supporting victims (female and male) of domestic abuse and violence	Drop-in sessions / telephone help and advice	Changing Pathways	01268 729707
Sexual abuse and violence support	Supporting victims of sexual abuse and violence	Variety of support available	SERICC	01375 380609

WORK PLACEMENTS

Activity	Description	Details	Delivered by	Booking Arrangements
Prince's Trust	The Prince's Trust provide free programmes that give young people the practical and financial support they need to stabilize their lives. The Prince's Trust helps them develop key skills while boosting their confidence and motivation. The Children's Centres support the Prince's Trust programmes by having work placements/volunteer opportunities.	Arranged according to the need of the individual	Prince's Trust	Contact the Children's Centre for more information
TCHE	Private Company that run government initiatives and programmes to support families back into employment. Work in partnership with Thurrock. Children's Centres will support work placements/volunteer opportunities	Arranged according to the need of the individual	TCHE	TCHE