

Thameside Children's Centre

Manor Road, Grays, RM17 6EF

What's on in January 2020

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Monday

Start	End	Activity	Age groups	How to join in
9:00am	10:00am	13th and 20th January Stay and Play - Rhyme Time Warren Primary – Gilbert Road Chafford Hundred RM16 6NB	12 to 24 months	All Welcome Term Time Only
9:15am	10:15am	Go Girls	Parents/Carers	Book in Advance
9:30am	10:30am	Child Health Clinic Brooke Road Health Centre Brooke Road Grays RM17 5BY	0 to 60 months	All Welcome
9:30am	1:00pm	Midwife Clinic Stifford Children's Centre Parker Road Grays RM17 5YN	Antenatal up to birth	By Appointment
1:30pm	2:30pm	Let's Talk With Your Toddler	12 to 24 months	Book in Advance
3:00pm	4:00pm	Let's Talk With Your Toddler	12 to 24 months	Book in Advance
3:30pm	4:30pm	Stay and Play – Rhyme Time	12 to 24 months	All Welcome

Tuesdays

9:00am	12:30pm	2 Year Development Assessment Checks		Referral Only
9:30am	10:30am	7th, 14th and 21st January Stay and Play	24 to 60 months	All Welcome
10:45am	11:45am	7th, 14th and 21st January Stay and Play	12 to 24 months	All Welcome
9:00am	1:00pm	GTT and Antenatal Bloods Stifford Children's Centre Parker Road Grays RM17 5YN	Antenatal	Book in Advance
1:00pm	4:00pm	Language Focused Play	24 to 60 months	Referral Only
1:15pm	2:15pm	Stay and Play	12 to 24 months	All Welcome
1:15pm	2:15pm	Bookstart Corner	12 to 24 months	Book in Advance
3:30pm	4:30pm	Stay and Play	24 to 60 months	All Welcome

Wednesdays

9:00am	11:30am	GTT and Antenatal Bloods	Antenatal	Book in Advance
9:00am	11:30am	Parents 1 st Breastfeeding Support	Ante natal up to 3-6 months	All Welcome Call for Dates
9:00am	1:00pm	Midwife Clinic	Antenatal up to birth	By Appointment
9:30am	11:00am	Chatterbox	18 to 60 months	Referral Only
9:30am	10:30am	Child Health Clinic Stifford Clays Health Centre Crammavill Street RM16 2AP	0 to 60 months	All Welcome
1:00pm	4:00pm	New Born Screening	Postnatal day 5 to day 8	Book in Advance
1:00pm	3:30pm	Infant Feeding Drop in	0 to 12 months	All Welcome
1:30pm	2:30pm	Stay and Play Sensory Play	0 to 12 months	All Welcome
3:00pm	4:00pm	Child health Clinic	0 to 60 months	All Welcome

Thursdays

9:00am	12:00pm	Early Interaction Advice Session	24 to 60 months	Referral Only
9:15am	10:15am	Let's Talk With Your Baby	0 to 12 months	Book in Advance
9:30am	10:30am	16th and 30th January Stay and Play Drake Road Community Centre Drake Road Chafford Hundred RM16 6BZ	12 to 24 months	All Welcome
10:00am	11:00am	23rd January Introduction to Solids	0 to 8 months	Book in Advance
10:30am	11:30am	2nd, 9th, 16th and 23rd January Just For You - Stay and Play SEND For Children with Additional Support Needs	0 to 60 months	All Welcome
1:00pm	4:00pm	9th and 23rd January Teenage Midwife Clinic	Antenatal Up to birth	By Appointment
1:00pm	4:00pm	2yr Development Assessment Checks		Referral Only
1:00pm	2:45pm	Child Health Clinic Beacon Church Drake Road Chafford Hundred RM16 6RW	0 to 60 months	All Welcome
1:15pm	2:15pm	Let's Talk With Your Toddler	12 to 24 months	Book in Advance
1:30pm	2:30pm	16th and 30th January Stay and Play – Rhyme Time Acorns Community Centre Headon Hall Crawford Avenue Stifford Clays RM16 2AS	0 to 12 months	All Welcome
3:30pm	4:30pm	2nd, 9th, 16th and 23rd January Stay and Play – Messy Play	24 to 60 months	All Welcome

Fridays

9:00am	10:00am	17th, 24th and 31st January Stay and Play Warren Primary – Gilbert Road Chafford Hundred RM16 6NB	24 to 60 months	All Welcome Term Time Only
9:00am	1:00pm	Midwife Clinic Stifford Children's Centre Parker Road Grays RM17 5YN	Antenatal Up to birth	By Appointment
9:30am	11:00am	3rd and 17th January – Speech And Language Drop In Session	18 to 60 months	All Welcome
10:00am	11:00am	3rd and 17th January Stay and Play	24 to 60 months	All Welcome
9:30am	10:30am	10th and 24th January Stay and Play – Community House Seabrooke Rise Grays RM17 6FJ	12 to 24 months	All Welcome
1:00pm	2:00pm	Play and Learn	24 to 60 months	Book in Advance
1:00pm	2:00pm	Fun, Food and Fitness	24 to 60 months	Book in Advance
3:00pm	4:00pm	Baby Massage	0 to 12 months	Book in Advance £12 for 5 sessions

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	24 to 60 months	Individual session	Children's Centre staff	All welcome-

	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				no booking needed
Play and Learn	A structured four 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	4 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	5 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	4 weeks 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.	5-11 years	4 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	4 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	4 week programme	Children's Centre staff	Contact the Children's Centre to book a place
Empowering Parents Empowering Communities	EPEC is a parenting group delivered by parents to parents. Parents will learn how to use a range of parenting skills, understand their children's	Parent and carers who have children 2-11 years	8 week programme	EPEC Parent Facilitators	Contact the Children's Centre to book a place

	feelings and develop a closer parent-child relationship.				
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.	12 to 24 months	4 week programme	Children's Centre staff	Contact the Children's Centre for more information
Parent Outreach Service	Parent Outreach Workers provide 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.	Parents and Carers	Visits to the home.	Children's Centre staff	Contact the 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	4 weeks course	Children's Centre staff	Contact the Children's Centre for more information
Let's Talk With Your Toddler	A programme that supports your child's communication and language skills. The programme includes advice and strategies that you can use in the home to support your child's language development.	12 to 24 months	6 week course	Children 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

Early Interaction Advice Sessions	The advice sessions provide parents with practical strategies to use at home with your child to help develop their early interaction skills/ social skills which includes attention and listening, eye contact, turn taking, copying and body language.	24 to 60 months	Individual sessions Referral only	Speech and Language Therapists	Contact the Children's Centre for more information
SEND-ADHD Group	This group is to support parents who have children with ADHD, ADD, Asperger and autistic spectrum disorders.	Parents of children 0-19 years	Individual sessions	Prevention and Support Service	Contact the Children's Centre for more information
SEND- Early Years Communication Group for Sensory Impaired Children	A session for families with children who have hearing impairment or visual impairment.	0 to 60 months	Individual session Referral only	Thurrock Sensory Service staff	Contact the Children's Centre for more information
SEND- Just For You Stay and Play Group	An informal play and activity session for you and your child with additional support needs. The sessions will have visitors from other support agencies and services in Thurrock	0-60 months	Individual sessions	Children's Centre staff	All welcome no booking needed
SEND - PATT drop In	Staff from Parent Advisory Team Thurrock (PATT) will be available to meet to advise and support with issues around education, in particular your child/young person's SEN Support, Education Health and Care Plan, annual reviews, exclusion from school.	Parents with children 0-25 years and their child/young person	Individual sessions	Parent Advisory Team Thurrock (PATT)	All welcome-no booking needed. For details contact PATT 01375 389894
SEND – CaPa Parent Group	A session for parents to meet other parents of children with difficulties so parents can support parents.	Parents with children 0-25 years and their young person	Individual sessions	Members of the Parent Participation Forum (CaPa)	All welcome-no booking needed. For details contact PATT 01375 389894
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	4 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	4 weeks course	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	36 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 and Family Learning	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
Job Centre Plus	Information, advice and guidance for families who are receiving working age benefit. Appointments with a work coach are on an individual basis.	Families who have children aged 0-5 years.	Individual sessions	Job Centre Work Coaches	Contact the Children's Centre for more information

On Track	A programme to support families back into training and employment through individual sessions and mentoring support.	16-29 year olds	Individual sessions	TCHC	Contact the Children's Centre for more information
Employment and Work Related Support	Thurrock Council community based employment and work-related support and guidance provision, to help people towards getting into paid employment, volunteering, training or education. CV support	18 years upwards (working aged adults to pension age)	Individual sessions	Community Support Employment Officer	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
Breastfeeding Support- Parents 1 st	Peer support and information focused on pregnancy, birth and becoming a parent. For families who are due to have their baby or who are new parents.	Ante natal up to 3- 6 months	Individual sessions	Parent 1st Peer Support workers	All welcome- no booking needed
Blood screening	Blood screening for those in the early stages of pregnancy	Ante natal up to 10 weeks gestation	Individual sessions	Community Maternity Assistants	Community Maternity Assistants
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	Individual sessions	Midwife	Contact your midwife

		age of 19.			
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.
Child Immunisations	Vaccinations for children of school age	4 to 11 years	Individual sessions	Immunisation Team	Contact the Children's Centre for more information
Sexual Health and Wellbeing Drop In	This is a one- to- one advice and guidance service provided by specialists for anyone needs information about their sexual health and wellbeing	13 to 25 years	Individual sessions	Brook Education Health and Wellbeing Specialists	All welcome- no booking needed

SERVICES WE REFER TO

Activity	Description	Details	Delivered by	Booking
Mind The mental health charity	Counselling services are available to make sure no one has to face a mental health problem alone.	Individual sessions	Mind	Contact the Children's 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
Careers Advice	Providers, such as Go Train and National Careers work in partnership with Thurrock Children's Centres to provide information, advice and guidance to families to support them to return to work.	Individual sessions		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
Well Homes	A project to improve the health and wellbeing of the residents in the borough who are home owners or non-council tenants to support with repairs and safety in the home as well as referrals to a range of health and lifestyle services e.g. stopping smoking, free NHS health checks, exercise, debt advice etc.	Variety of support available	Thurrock Council's Private Housing Team	Contact the Children's Centre for more information
Housing Solutions Team	For all those of risk of homelessness aged 16 and above. The sessions include assessment of housing needs, provision of housing advice and sign posting to relevant services.	Individual sessions	Thurrock Councils Housing Solutions	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

Wize Up	Substance misuse service for young people using substances and support for young people whose lives are affected by parental/carers substance misuse	Structured intervention and hidden harm interventions.	Wize Up Recovery Workers	Contact the Children's Centre for more information
Breastfeeding Support- BRAS	A breastfeeding and reassurance support group for families who are due to have their baby or who are new parents.	Individual sessions	Qualified BRAS Volunteers	Contact the Children's Centre for more information
Thurrock Carers Service	Information, advice and support for unpaid carers caring for someone in Thurrock to help with carer assessments, signposting to relevant organisations, returning to work, volunteering, support groups, respite, training and counselling.	Individual sessions	Thurrock Carer Service	Contact the Children's Centres for more information
Royal Opera House	The Royal Opera House offers a variety of opportunities for residents to engage in and contribute to the Thurrock arts community such as joining the Community Chorus and volunteering.	Individual sessions	Royal Opera House Staff	Contact the Children's Centre for more information

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
TCHC	A private company that work in partnership with Thurrock Council to run government initiatives and programmes to support families back into training and employment. Children's Centres will support work placements/volunteer opportunities	Arranged according to the need of the individual	TCHC	TCHC

Please see the Thurrock website for details of each Children's Centre and what is on offer each month and Face Book for information:

<https://www.thurrock.gov.uk/childrens-centres>

www.facebook.com/thurrockcouncil