

Activities at Louth and Binbrook Children's Centre

We would like to welcome all children under 5 years and their families to Louth and Binbrook Children's Centre.

Louth Children's Centre is part of East Lindsey North Children's Centres which also include:

Holton le Clay. Pickslev Crescent: 01472 828548 Binbrook. Orford Road: 01472 398889

Our Skills Development Service works with parents who want to make positive changes for themselves and their families. The service offers encouragement and practical support with trying new things and getting more involved. Often leading to Learning, Training, Volunteering and Employment.

Storytime – Come and join us for rhymes and Storytime held at Louth Library.

Prem Baby Group – This group is provided by Neonatal Community Nurses once a month during term time. Available until your baby is 1 year old. To book a place please contact the team on 07771983119

Little Explorers – A sensory and messy play session providing materials of differing textures, temperatures and consistencies for children to explore, supporting their development and growing confidence.

Big Cook Little Cook – Children and parents can work together to prepare, and cook a nutritious meal. As well as promoting a healthy lifestyle, children will enjoy cooking alongside their parent/carer while developing their motor skills.

ESCO Support – A scheme to co-ordinate the care for children and young people, from Birth to 18 years of age, who have complex health, sensory needs and/or disabilities.

Learning Together Babies/Toddlers – Learning together offers a variety of activities as well as a Talk Time, Songs and stories to support babies/children's development, by building their confidence as they learn to explore

Movers & Shakers – Movers and shakers is a fun music and movement session which supports and develops children's communication and physical skills. The session includes using musical instruments and singing to support early language development and physical activities such as scarves, bubbles, balls and parachute games to develop co-ordination and physical awareness. **Held at the Meridian Centre.**

Sensory Room Drop-in – This drop in session provides a variety of activities for children to explore supporting children's changing needs and interests. Our sensory room will be designed to develop babies' senses such as touch, vision, sound and smell through lighting, music and objects. Come and explore a variety of sensory resources in a calm relaxed environment.

Learning Through Play - This drop in session provides a variety of activities for children to explore, supporting children's changing needs and interests. This session offers an opportunity for everyone to discover and explore a wide range of play activities together, encouraging children's independence, confidence and social skills. For 0-5 years

Top Tips for Babies-First Wed of the month

Booking required - Join the family health worker for discussions on subjects like when to introduce solids to the diet, Healthy eating, oral health, accident prevention, immunisation, how to access support and more. To book a place on Top Tips call 01507 607087. Opportunity to self-weigh if attending this session.

BreastStart Group – Come and join us in a relaxed friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group along with a parent volunteer. Pregnant ladies also welcome. Opportunity to self-weigh for Breastfeeding mums.

Kids – Providing crèche facilities for disabled children and those with complex health needs aged 0-5 years, to bring children and families together to offer emotional and practical support. Sessions include music, songs, exploratory and messy activities.

Growing Talk– Have fun together at Growing Talk, where your child will meet Mikey, our Growing Talk puppet, play with sounds, sprinkle magic and go flying on a carpet. This fun session focuses on enhancing children's communication and language development and growing children's 'talk'.

Keepsakes– This group will offer an opportunity for families to make a variety of 'keepsake' items with their children, combined with an opportunity to get to know the Children's Centre team and learn more about what the Children's Centre can offer.

Health Visitor Assessment Clinic – Includes 6-8 Assessment, 3-4 month contact, 8-12 month Assessment, 2-21/2 year Assessment, Individual Offer (where a specific health need is identified). Appointment only tel 01522 843000.

Weekend Fun- A fun session for the whole family to come and enjoy. A variety of activities will be on offer such as messy play, gardening and cooking. A mid-morning snack is included, promoting healthy lifestyles in a fun way with the whole family

Quiet Time- Quiet time opportunities are available for families to use the Children's Centre resources on a small group or 1:1 basis. Call your local Children's Centre to find out more.

Louth Children's Centre

Eastfield Infant & Nursery Academy Site
Lacey Gardens, LN11 8DQ – Tel 01507 607087

WHAT'S ON GUIDE



April 2019

Email: louth_ccfax@lincolnshire.gov.uk

Like us on Facebook to stay in touch 
East Lindsey Children's Centre's - North

For all up to date information please go to our web pages at:
<https://www.lincolnshire.gov.uk/childcare-and-family-support/find-a-childrens-centre/>

Opening Times

Louth: Monday - Thursday - 08:30-16:30

Friday - 08:30-16:00

Binbrook: Monday – Friday 9:00-15:00

Louth and Binbrook Children's Centres – April 2019

Family Activities for all 0 – 5 years and 0 – 8 years in the school holidays (with a younger sibling)

For further information about any of our weekly activities please contact Louth on 01507 607087 or Binbrook on 01472 398889

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>9:30am – 12:00noon Sensory Room Drop-In Apart from 20th May when time will be 9:30am – 11:00am</p> <p>11:00am – 12:30 Mad Hatters Tea Party 0-8yrs 8th April only</p> <p>10:30am – 11:00am Storytime@ Louth Library</p>	<p>9:30am – 10:30am Little Explorers 0-5yrs Easter themed session Eggciting crafts on 16th April only</p> <p><u>Binbrook Children's Centre</u> 10:00am – 11:00am Stay and Play (0-1yr)</p>	<p>9:30am – 10:30am Top Tips for Babies 1st Wednesday every month 3rd April only Booking required</p> <p>10:00am – 11:00am Learning Through Play @ My Fathers Moustache 0-5yrs</p>	<p><u>Binbrook Children's Centre</u> 10:00am – 11:00am Little Explorers 0-5yrs Easter themed session Eggciting crafts on 18th April only</p> <p><u>Binbrook Children's Centre</u> 12:30pm – 2:00pm Mad Hatters Tea Party 0-8yrs 11th April only</p>	<p>Growing Talk Programme *9:30am – 10:15am Toddling Tots *10:30am – 11:00am Tiny Tots Booking Required</p> <p>9:30am – 11:00am Forest Fun Friday 0-8yrs 12th April only</p>
<p>11:00am – 1:00pm Prem Baby Group (term time only) To book your place please ring 07771983119 20th May 17th June 15th July</p>	<p>1:00pm – 2:30pm Big Cook Little Cook 18 mths–5yrs (term time only) Booking Required</p>	<p>10:30am - 12:30pm BreastStart Group Apart from 1st Wednesday every month when time will be 11:00am - 12:30pm</p> <p>Health Visitor Assessment Clinic at Louth Children's Centre by appointment only call 01522 843000</p>	<p>10:00am – 11:00am Learning Together Toddlers Walkers-5yrs Easter themed session A Very Bunny Day on 18th April only</p>	<p><u>Binbrook Children's Centre</u> 10:00pm – 11:00pm Movers & Shakers Forest Fun Friday at Movers & Shakers 0-8yrs 12th April only</p> <p>Centre will be closed on Good Friday 19th April</p>
<p><u>Binbrook Children's Centre</u> 11:30am – 1:00pm Top Tips for Babies 1st Monday every month 1st April only Booking Required</p>	<p>1:00pm – 2:30pm Holiday fun at Learning Through Play 0-8yrs 9th April only</p> <p>1:00pm – 2:30pm Holiday fun Easter treats at Learning Through Play 0-8yrs 16th April only</p>	<p><u>Binbrook Children's Centre</u> Health Visitor Assessment Clinic by appointment only call 01522 843000. Monday & Wednesday</p> <p><u>Binbrook Children's Centre</u> 10:00am – 2:00pm Sensory Room Drop-in</p>	<p>11:30am – 3:00pm Kids 0-5yrs Delivering Early Support & Learning Provision facilities for disabled children & those with complex health needs. Initial booking required please call Jane Frecklington on 07584230187 or 01522 542937</p>	<p>FEE PAYING SESSION <u>Baby Massage Classes</u> Baby Massage, Baby, fiddler and toddler yoga sessions available at London Road Pavilion in Louth. Please contact Kimberley Boyd at Snuggles and Smiles for further details and booking, on 07824812749. www.snugglesandsmiles.co.uk</p>
<p>2:00pm – 3:00pm Keepsakes Invitation Only</p> <p>Centre will be closed on Easter Monday 22nd April</p>	<p>7:00-9:00pm Antenatal Workshop Breastfeeding & Bonding Please ring 01507 607087 for details</p>	<p>1:00pm – 2:00pm Learning Together Babies (Babies not yet walking) Easter themed session Chicks & Bunnies on 17th April only</p>		<p>Saturday 10:00am – 11:30am Weekend Fun 0-5yrs (Siblings up to 8yrs welcome)</p> <p>06.04.19 Terrific Tractors Down on the Farm 13.04.19 Easter Crafts 20.04.19 No Weekend Fun 27.04.19 Getting Fresh & Fruity</p>
<p>Find us on</p>  <p>Facebook: East Lindsey Children's Centres – North</p>	<p>ESCO Clinic 16th April For children with additional needs. For an appointment call 01522 782111</p>	<p>1:30pm – 2:30pm Movers & Shakers 0-5yrs @ Meridian Centre Easter themed session Hop along to Movers & Shakers on 17th April only</p>		

All our activities are FREE and no booking is required unless stated otherwise
Please note that the use of mobile phones and cameras is NOT permitted in the centre. Thank you