
Fenland



**April to July
2018**

Fenland What's On

Wisbech and surrounding area



= Sessions run by Health



= Bookable courses for parents

Monday				
Ante-Natal Breast Feeding Workshop 9am to 11am	23 rd April, 21 st May, 18 th June, 16 th July, 13 th August	A health led session promoting the benefits and skills needs for successful breast feeding		Oasis Child and Family Centre
Ante-Natal Classes 9am to 11am	9 th April, 7 th May, 4 th June, 2 nd July, 30 th July	Ante-Natal classes that are suitable for expectant parents who are 20 weeks pregnant		Oasis Child and Family Centre
Little Saints Toddler Group 9.30am to 11.15am	Weekly (Term Time Only)	Parent led stay and play session for children under 5	[£]	School Hall, Wisbech St Mary Primary School
Boogie Tots 10.00am to 11am	Weekly (Term Time Only)	Music and dancing for under 5's	[£]	Queen Mary Centre
Baby Playtime and Breastfeeding Support 1pm to 2.30pm	Weekly	A health led breastfeeding, advice and peer support session		Oasis Child and Family Centre
Introducing Solids 10am to 11.15am	9 th April, 14 th May, 4 th June, 2 nd July	A health led Introducing Solids advice and peer support session		Oasis Child and Family Centre
Salvation Army Allsorts Parent, Baby and Toddler Group 1pm to 2.30pm	Weekly (Term Time Only)	Parent, baby and toddler group	[£] [B]	Salvation Army Hall
Raising Teens 10am to 12pm	1 st March to 10 th May	Parenting programme – for parents who need more support in understating their child's behaviour	[C]	Oasis Child and Family Centre

Tuesday				
Sensory Playtime 1.30pm to 2.30pm	Weekly (Term Time Only)	Sensory group for children with SEND	[R]	Oasis Child and Family Centre
Grow It, Cook It, Eat It 10am to 12pm	Weekly for 10 Weeks starts April 3 rd	Community group to grow, cook and eat food	[B]	Oasis Child and Family Centre
Baby Stay and Play Health Clinic 1.15pm to 3.00pm	Weekly	Health session with Health Visitors. Stay and Play at Child and Family Centre		Oasis Child and Family Centre

Home Starts Next Steps 10am to 11.45am	Weekly Term time only	Home start wellbeing group	[R]	Wisbech South Child and Family Centre
Ante-Natal Classes 6pm to 8pm	<u>Breastfeeding</u> 24 th April, 26 th June, 28 th August <u>Pain Relief</u> 29 th May, 24 th July	Ante-Natal classes that are suitable for expectant parents who are 20 weeks pregnant		Murrow Pre School
Stepping Stones 9.30am to 11.30am	15 th May to 26 th June		[B]	Wisbech South Child and Family Centre

Wednesday				
Salvation Army Busy Bees Toddler Group 9.30am to 11am	Weekly (Term Time only)	Salvation Army led stay and play session for children under 5.	[£] [B]	Salvation Army Hall
CALMS 9.30am to 11.30am	Weekly	Care and Linking mums support (Invite Only)	[R]	Wisbech South Child and Family Centre
Easter Half Term Trip – The Dinosaur Park Norwich All day	4 th April	Developing speech and language trip	[R]	Leaving from the Oasis Child and Family Centre
Baby Stay and Play Health Clinic 10am to 12pm	Weekly	Health session with Health Visitors. Stay and Play at Child and Family Centre		Oasis Child and Family Centre
Spinney Adventure Play 10.30am to 12pm	Weekly Starts 18 th April	Outdoor adventure play session		Spinney Adventure Playground
Messy Play for Under 5's 1.30pm to 3pm	Fortnightly (Term Time Only)	Come along and get messy. You may want to bring a change of clothes	[£]	Oasis Child and Family Centre
Life with a New Baby 6pm to 8pm	3 rd April, 2 nd May, 6 th June, 4 th July, 1 st August	A focus on the first weeks of baby's life. For expectant parents who are 20 weeks plus		Wisbech South Child and Family Centre
Ante-Natal Classes 6pm to 8pm	18 th April, 16 th May, 20 th June, 18 th July, 15 th August	Ante-Natal classes that are suitable for expectant parents who are 20 weeks pregnant		Wisbech South Child and Family Centre

Thursday				
Little Butterflies 10am to 11.30am	Weekly (Term Time Only)	Specialist group run by the Early Support Team for children with SEND	[R]	Oasis Child and Family Centre
Raising Teens 10am to 12pm	Weekly 10 weeks starts 1 st March	Parenting programme for raising teenagers		Oasis Child and Family Centre
Baby Massage 1pm to 2.30pm	19 th April to 17 th May	A teaching led group sessions to soothe and relax your baby	[£] [C]	Wisbech South Child and Family Centre
Stepping Stones 10am to 12.30pm	17 th May to 28 th June	Parenting programme	[C]	Wisbech South Child and Family Centre
Home Educators 1pm to 3pm	Fortnightly	For home educated children and their families		Oasis Child and Family Centre
Stay, Play and Learn 1pm to 2.30pm	Thursdays except 1 st one of the month (Term Time)	A stay and play session for children under 5	[£]	Murrow Pre School
Community Led TOAST 2 Drop In for Families 4.15pm to 5.15pm	Every Thursday	This is an animal assisted drop in session. Bring your dog and have tea and toast		The Oasis Community Centre

Friday				
Little Explorers 10am to 11.30am	Weekly (term time)	Supporting under 5s to explore the world	[£]	Oasis Child and Family Centre
Ambers 10am to 11.30am	Weekly (term time)	A stay and play session to include advice and support for those newly arrived to the community	[£]	Wisbech South Child and Family Centre
Baby Rhyme Time 1.30pm to 2.30pm	Weekly (term time)	A singing session to help your baby develop their communication and listening skills. Suitable for babies aged up to 12 months	[£]	Oasis Child and Family Centre
Wobbly Walkers 1.30pm to 2.30pm	Weekly (term time)	Physical session for children learning to walk	[£]	Oasis Child and Family Centre
TOAST Drop-In for Families 3.30pm to 5pm	Weekly	This is an animal assisted drop in session. Bring your dog and have tea and toast		Queen Mary Centre

Saturday				
Something on a Saturday 10am to 11.30am	Monthly 1 st Saturday	Under 5's family focused fun activities	[£]	Oasis Child and Family Centre

Coming Soon

Outreach activities in Wisbech St Mary, Parson Drove, Leverington and Friday Bridge

Developing Early Years Development sessions starting from May

PEEP, Five to Thrive, and Chatterbox in Wisbech, schedule to be confirmed

ADHD support group- parent led group, details to confirmed

Adult Learning opportunities in Wisbech

Contact Us

Oasis Child and Family Centre

01945 428664

Wisbech South Child and Family Centre

01945 481150

Fenland District

Phone number – 01354 750401

Email address – districtearlyhelpteam.wisbech@cambridgeshire.gov.uk

Addresses

Murrow Pre School, Murrow Bank, Murrow, Wisbech PE13 4HD

Oasis Child and Family Centre, St. Michaels Avenue, Wisbech PE13 3NR

Queen Mary Centre, Queens Road, Wisbech, PE13 2PE

Salvation Army Hall, John-Thompson Road, Wisbech, PE13 2NG

School Hall, Wisbech St Mary Primary School, Churchfield Road, Wisbech, PE13 4RJ

Spinney Adventure Playground, , Waterlees Road, PE13 3HG

The Oasis Community Centre, St Michael's Avenue, Wisbech, PE13 3NR

Wisbech South Child and Family Centre, Elizabeth Terrace, Wisbech PE13 2AQ

March, Chatteris and Whittlesey and surrounding area

 = Sessions run by Health  = Bookable courses for parents

Monday				
Antenatal Clinic 9am to 4.30pm	Weekly	Midwives Clinic	[R]	March Child and Family Centre
Jumping Giraffes 10am to 11.30am	Weekly	SEND group led by Support for Learning	[R]	March Child and Family Centre
Well Baby Clinic 1pm to 2.30pm	Weekly	Weighing Clinic led by Health Visiting Team		March Child and Family Centre
Blood Clinic 9.30am to 1pm	Weekly	Midwives Clinic	[R]	Chatteris Child and Family Centre
Food Fun 11.00am to 1.30pm	4 weeks 11/6/18 to 2/7/18	Cooking healthily on a budget		Chatteris Child and Family Centre
Stepping Stones 11.30am to 1.30pm	9 Weeks 10/9/18 to 5/11/18	SEND Parenting Programme		Chatteris Child and Family Centre
Childminder Drop-in 12.30pm to 2.30pm	Fortnightly	Run by Childminders for Childminders		Chatteris Child and Family Centre
Cambsiis 12.30pm to 2.30pm	Monthly	Cambridgeshire Invisible Illness Support Group		Chatteris Child and Family Centre
Rhythm and Rhyme 9.30am to 10.30am	Weekly (term time)	Song and Rhyme session with additional physical play activities		Whittlesey Child and Family Zone
Sweet Pea Nursery – Sensory Fun 9.30am to 11.30am	Weekly (term time)	Sensory Session run by Sweet Pea Nursery for children with SEND in their care		Whittlesey Child and Family Zone
Introducing Solids Workshops 1.45pm to 2.45pm	Monthly	Weaning workshops delivered by Health Visiting Team		Whittlesey Child and Family Zone
Rhymetime (toddlers) 9.45am to 10.30am	Weekly (term time)	Song and Rhyme session in partnership with Library		March Library
Rhymetime (babies) 10.30am to 11.15am	Weekly (term time)	Song and Rhyme session in partnership with Library		March Library

Tuesday				
Blood Clinic 9am to 4pm	Weekly	Midwives Clinic	[R]	March Child and Family Centre
Messy Tots 11.30am to 12.30pm	Weekly (term time)	Stay and Play session with Messy included	[£]	March Child and Family Centre
Family Worker Drop-in 1.30pm to 4.30pm	Weekly			March Child and Family Centre

Antenatal Clinic 9am to 4pm	Weekly	Midwives Clinic	[R]	Chatteris Child and Family Centre
Baby Massage 9.30am to 10.15am	4 week course	4 Week Baby Massage course	[£]	Chatteris Child and Family Centre
Baby Steps 10.30am to 12.30pm	Weekly (term time)	Under 1's play & information session		Chatteris Child and Family Centre
Parentcraft 2pm to 4pm	10th & 17th April 15th & 22nd May 12th & 19th June 10th & 17th July 14th & 21st August	Antenatal Classes for parents due to give birth at Hinchingbrooke Hospital	[R]	Chatteris Child and Family Centre
Childminder Drop-in 12.30pm to 2.30pm	Weekly	Run by Childminders for Childminders		Whittlesey Child and Family Zone
Sensory and Soft Play (Under 1's) 10am to 11am	Weekly (term time)	Sensory session for under 1's	[£]	Whittlesey Child and Family Zone
Sensory and Soft Play (1's and 2's) 11am to 12pm	Weekly (term time)	Sensory session for 1's and 2's	[£]	Whittlesey Child and Family Zone

Wednesday				
Antenatal Clinic 9am to 4.30pm	Weekly	Midwives Clinic	[R]	March Child and Family Centre
Messy Tots 9.30am to 10.30am	Weekly (term time)	Stay and Play session with Messy included	[£]	March Child and Family Centre
Everyone Health 3.30pm to 4.30pm	10 weeks	Child weight management programme	[R]	March Child and Family Centre
Smoking Cessation 3.30pm to 9pm	Weekly	Run by Camquit	[R]	March Child and Family Centre
Richmond Fellowship 10am to 1pm	Fortnightly	Invite only	[R]	Chatteris Child and Family Centre
Introducing Solids workshops 10am to 11am	Monthly	Weaning workshops delivered by Health Visiting Team		Chatteris Child and Family Centre
Messy Tots 11.30am to 12.30pm	Weekly (term time)	Stay and Play session with Messy included	[£]	Chatteris Child and Family Centre
Well Baby Clinic 1.15pm to 2.45pm	Weekly	Weighing Clinic led by Health Visiting Team		Chatteris Child and Family Centre

[£] Charge [B] Booking [R] Invite/Referral **For activity details please see back of the booklet**

Family Worker Drop-in 1.30pm to 4.30pm	Weekly			Chatteris Child and Family Centre
Baby Massage 10.30am to 11.15am	4 week course 25/4/18 to 16/5/18	4 Week Baby Massage course	[£]	Whittlesey Child and Family Zone
Baby Steps 11.30am to 12.30pm	Weekly (term time)	Under 1's play & information session		Whittlesey Child and Family Zone
Family Worker Drop-in 1.30pm to 4.30pm	Weekly			Whittlesey Child and Family Zone

Thursday				
Antenatal Clinic 9am to 4.30pm	Weekly	Midwives Clinic	[R]	March Child and Family Centre
Food Fun 9.30am to 11am	4 weeks 14/6/18 to 18/5/18	Cooking healthily on a budget		March Child and Family Centre
Baby Massage 10.30am to 11.15am	4 week course 26/5/18 to 17/5/18	4 Week Baby Massage course	[£]	March Child and Family Centre
Baby Steps 11.30am to 12.30pm	Weekly (term time)	Under 1's play and information session		March Child and Family Centre
Paediatric Physio 1pm to 4pm	Fortnightly	Invite only	[R]	March Child and Family Centre
Antenatal Clinic 9am to 4pm	Weekly	Midwives Clinic		Chatteris Child and Family Centre
Paediatric Physio 9am to 12pm	Fortnightly	Invite only	[R]	Chatteris Child and Family Centre
Rhymetime (babies) 9.30am to 10.15am	Weekly (term time)	Song and Rhyme session in partnership with Library		Chatteris Library
Rhymetime (toddlers) 10.30am to 11.15am	Weekly (term time)	Song and Rhyme session in partnership with Library		Chatteris Library
English 4 U 9.30am to 11am	Weekly (term time)	Adult Learning – Up to equivalent NVQ L2		Chatteris Child and Family Centre
Maths 4 U 11.30am to 1pm	Weekly (term time)	Adult Learning – Up to equivalent NVQ L2		Chatteris Child and Family Centre
Blood Clinic 1.30pm to 3pm	Weekly	Midwives clinic	[R]	Chatteris Child and Family Centre
Wriggly Worms 9.30am to 11am	Weekly (term time)	SEND group led by Support for Learning	[R]	Whittlesey Child and Family Zone
Well Baby Clinic 1pm to 2.45pm	Weekly	Weighing Clinic led by Health Visiting Team		Whittlesey Child and Family Zone

Friday				
Antenatal Clinic 9am to 4.30pm	Weekly	Midwives Clinic	[R]	March Child and Family Centre,
Childminder Drop-in 9.30am to 11.30am	Weekly	Run by Childminders for Childminders		March Child and Family Centre
Triple P Teens 12pm to 2pm	6 Weeks 2/11/18 to 7/12/18	Parenting Programme		March Child and Family Centre
Bubbly Bugs 9.30am to 11.30am	Weekly	SEND group run by Ormiston Sensory Project		Chatteris Child and Family Centre
PEEP 1's 12.30pm to 1.30pm	4 weeks 22/6/18 to 13/7/18		[£]	Chatteris Child and Family Centre
Messy Tots 12pm to 1pm	Weekly (term time)	Stay and Play session with Messy included	[£]	Whittlesey Child and Family Zone
Parent Support Group 1pm to 3pm	Weekly	Support group for parents of children with SEND. Run by volunteers		Whittlesey Child and Family Zone

Saturday				
Saturdads 10am to 12pm	2 nd Saturday of each month	For fathers, grandfathers, uncles and male carers with children under 10 years		Chatteris Child and Family Centre

Contact Us	
<u>Chatteris Child and Family Centre</u> 01354 697739	
<u>March Child and Family Centre</u> 01354 656581	
<u>Fenland District</u> Phone number – 01354 750359 Email address – districtearlyhelpteam.march@cambridgeshire.gov.uk	

Addresses
Chatteris Child and Family Centre, Larham Way, Chatteris PE16 6PH
Chatteris Library, 2 Furrowfields Road, Chatteris PE16 6DY

March Child and Family Centre, Cavalry Drive, March PE15 9EQ

March Library, City Road, March PE15 9LT

Whittlesey Child and Family Zone, New Road, Whittlesey PE7 1SZ

Description of Activities

Stay and Play Groups

These groups will have a variety of different themes from week to week, and help your child to learn through play. They are a fun way for you to learn about your child's development, enjoy time together and meet other parents. Some will provide a chance for you and your child to take part in physical exercise, learning balance, co-ordination and mobility. Others will be focussed on creativity or imaginative play. Each activity will indicate what age range it is targeted at.

You can also talk to us if you are worried about your child's development. The activities are based on the Early Years Foundation Stage (EYFS).

Health

Midwife Clinics

Clinics run by midwives, offering pre-booked one to one appointments, antenatal appointments and discharge appointments.

Child Health Clinics

Well baby weighing clinics run by Health Visitors. Sometimes referred to as Well Baby clinics.

Breastfeeding Support

These drop-in support sessions may be professional led, or volunteer led. They offer practical support with any concerns or questions you have around breastfeeding, and the chance to meet other mums.

Parents can also access the Start 4 Life website which has free hints, tips and videos on giving your baby the best start in life. There is also a chatbot which parents can use to get support on breastfeeding 24/7 <https://www.nhs.uk/start4life/>

There will also be a range of other health provision in our child and family centres such as speech and language support, and sessions on one off topics including weaning and introducing solids.

Additional Needs or Special Educational Needs or Disabilities (SEND) Support

Each centre will run a variety of these sessions and the names of the session will vary. Some will be parent-led others run by or supported by professionals from Health or Child and Family Centres.

Support for Parents

PEEP (Peers Early Education Partnership) group sessions

The PEEP programme focuses on how to make the most of the learning opportunities in everyday life at home – listening, talking, playing, singing and sharing books every day. PEEP supports parents and carers in their role as the first educators of their children.

Young Parent Groups

We provide opportunities for young parents to meet and network with other young parents, whilst enjoying a stay and play session for their children. We provide fun activities including messy play, music sessions and snack time for parents aged 25 years and under.

New Beginnings Groups

Weekly sessions that offer a chance to meet other parents and carers. Each session has a different theme including Home Safety & Play and Communication.

Family Worker Drop-ins

An opportunity for families to ask for information, advice and support on any issue affecting their family life. These will take place in a range of venues, including Centres, zones, Community buildings and schools.

Courses and Learning

The following parenting programmes run on a regular basis, if dates are not shown in this particular leaflet, please ask centres for information on the next available course.

Raising Children

For mums and dads of children aged up to 12 years. 10 weeks of two-hour sessions. The course is suitable for all parents: from those who just want to learn more about their child's development, to the parent who needs a bit more support in understanding their child's behaviour. The course covers emotional and social development, attachments, coping with stress, social learning theory, cognitive theory, behavioural development, identity, self-esteem, and speech and language.

Incredible Years

For mums and dads of children aged up to six. 12 to 14 weeks of two-hour sessions. The course aims to increase positive and nurturing parenting and improved parent-child

relationships. It will provide you with the tools you need to help your child develop emotionally and support you with your effective discipline strategies.

Stepping Stones

A nine week course that will help parents and carers to use positive parenting skills to improve behaviour, support your child's development and help them feel good about themselves, and implement parenting routines and cope with stress.

Raising Teens

For parents of children aged ten and over. Ten weeks of two hour sessions. Raising Teens is a course aimed at parents of teenagers. It will help you to understand why your teen behaves as they do and how you can deal with their emotions and yours. It will also give you effective strategies which work with teenagers including emotional and social development, behavioural development, identity and social development, self-care skills and independence, problem solving, and anger management.

Triple P Parenting Programmes; including Teen Triple P for parents with teenagers

A parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential.

Adult Learning

We provide access to adult learning opportunities and employment support including enabling access to information about employment, education and training and links with Job Centre Plus and local training providers.

We arrange courses for parents in schools and Child and Family Centres which support families with school readiness and to understand the primary curriculum so that they can help their children with homework.

Our learning centres are situated in libraries in Wisbech, March, Central Cambridge, Huntingdon and Ely. Learners can drop in and start learning straight away. We offer qualifications in English, Maths, IT and Employability. We organise job clubs to support searching for work. Almost all the support we offer is free to the learner.

One-Off information sessions

These sessions run on a regular basis, on various topics including those below, if dates are not shown in this particular leaflet, please ask centres for information on the next available course. Courses include sleep, toilet training, managing difficult behaviour, healthy eating, sibling relationships, effective discipline and parenting styles.

Support for Young People

District Early Help teams provide a range of targeted support for young people, usually accessed through the Early Help Assessment process. To find out more about support available locally please contact the Early Help Team on **01354 750401 for Wisbech or 01354 750359 for March, Chatteris and Whittlesey.**

Cambridgeshire residents can also access a wide range of online information and support via the following websites:

Youthoria: A website for 11-19 year olds providing advice around life, work and learning. The 'Ask Ali' function allows young people to anonymously seek help and advice via the website and receive a personal response from our teams. www.youthoria.org

Keep Your Head: A new young people's mental health website for young people and their parents/carers living in Peterborough and Cambridgeshire. The site is universally accessible and is a central point for finding good quality local and national information on keeping well, self-help, and support services covering a range of issues. www.keep-your-head.com

CHUMS: Offering children and young people a range of short term, evidence based interventions, including one to one, group work, recreational therapies, as well as offering a robust training package to schools. Self-referrals and referrals from professionals are accepted. The age range is 5 to 18 years in Peterborough and 5 to 25 years in Cambridgeshire (except bereavement support which covers 5 to 19 years). www.chums.uk.com

Charging for Groups

Some groups have a charge to attend, you will need to purchase Child and Family Centre vouchers [£]. If having to pay for a group would stop you attending please talk to us. Families on low income may be eligible for free vouchers.

Are you concerned about the safety of a child?

If a child is at risk of harm, or you are concerned about the safety of a child, please call the Contact Centre on 0345 045 5203 between 8am and 6pm, Monday to Friday. If it is outside office hours or at the weekend, call the First Response and Emergency Duty Team on 01733 234724, or the police on 999.

Volunteering Opportunities

We are recruiting volunteers; so if you are interested in working with children, could support groups, or offer admin support, please call the Wisbech District Team on 01354 750401 or the March, Chatteris and Whittlesey Team on 01354 750359.