### Lache Children’s Centre Timetable

**Family Learning**
Various courses, dates and times.

**Ready Steady Play**
9.30am - 11.30am w/c 10th June running for 6 weeks
(Please book at centre)

**Breastfeeding Support Group**
11.30am - 1.00pm
Helping mothers to reach their breastfeeding goals.
(Drop in, no need to book)

**Antenatal Clinic**
1:00pm - 4:00pm
(Appointment only)

**Open Advice Clinic**
1:30pm - 3:30pm
(Drop in, no need to book)

**Continence Service Clinic**
9:00am - 1:00pm
(Appointment only)

**Speech And Language Therapy**
Please contact the SALT team on 01244 650432

**Sensory Room**
The sensory room at Lache Children’s Centre is equipped with soft play, offering a calming and soothing space for babies and toddlers alike to explore and interact with their environment through light and sound.

Families registered at the children’s centre can book the sensory room for a free hourly session. Please speak to reception staff or telephone the centre.

### Kingsway Children’s Centre Timetable

**Antenatal Clinic**
1:00pm - 4:00pm
(Appointment only)

**Child Developmental Reviews**
9.00am - 5:00pm
(Appointments only)

**Two Year Funding**
9.30am - 12.30pm
(Appointment only)

**Play Day Specials**
1:00pm - 2:30pm
(Drop in, no need to book)

**Antenatal Clinic**
1.00pm - 5.00pm
(Appointments only)

**Open Advice Clinic**
9.00am - 4.00pm
(Appointments only)

**Early Years Focus Group**
9.00am - 11.00am
(Booking only)

**Prenatal Information Sessions**
6.00pm - 8.00pm
What is a Children’s Centre

Children’s Centres provide a wide range of services for prospective parents, children and their families. We aim to improve the lives of children and their parents by bringing together early childhood services in the heart of the community.

Open Advice Drop - in services

We welcome you to attend the sessions for advice, support and information regarding the health, well-being and development of your baby/child. We are also able to weigh and measure your baby/child and review their growth.

There is no need to book an appointment but we would advise that you arrive at least 15 minutes before the end of the session to ensure we have adequate time to offer you suitable support.

Let’s Play

Looking for something fun to do with your child? Our main centres run a weekly ‘Let’s Play’ session for all children aged 0-5.

Play Day Specials

Play Days offer a fun and exciting opportunity for children to play and explore through a variety of seasonal themed sessions. These sessions are held at link centres for children aged 0-5.

Early Years Group

These groups are run by Early Years Workers and support your child’s development and you as a parent/carer to be your child’s first educator. The group gives opportunity to learn new skills and develop new knowledge in order to support your child’s development and you as a parent.

Breastfeeding Support Group

Breastfeeding support groups are great places to meet other new mothers and share the ups and downs of looking after a new baby. Helping mothers to reach their breast feeding goals.

Antenatal Clinic (NHS Midwifery Service)

The local hospital midwifery team offer care throughout pregnancy and after your baby is born. Community midwives look after newly born mothers and babies and provide support throughout these important times.

Buggy, Burn and Firm

Buggy, Burn and Firm is a 6 week exercise programme led by a qualified instructor from your local Brio Leisure Centre. It is a fun and innovative programme for parents to exercise and meet other people.

Two Year Old Funding

Two year olds who live in Cheshire West and Cheshire may be eligible for 15 hours free childcare per week which adds up to 570 hours per year. You can check if you are eligible by visiting: www.cheshirewestandchester.gov.uk/2yearoldplaces

Sensory Room

The sensory rooms are equipped with soft play, offering a calming and soothing space for babies and toddlers alike to explore and interact with their environment through light and sound.

Families registered at the children’s centre can book in advance to have a sensory room session.

Speech and Language

Do you want to know how you can help your child’s speech and language development? The drop-in sessions are held at the children’s centre.

Find out more information or to register, speak to any member of our Children’s Centre Staff.

The information in this timetable was last updated on 28/03/2019.

Please note that times, dates and venues are subject to change. Please contact your local Children’s Centre for advice.

Seasonal themed sessions. These sessions are held all year round.

Play Days - every Thursday at 1.30pm

Let’s Play - every Friday at 9.30am

Sensory Room bookings - every Tuesday at 2pm

Speech & Language drop-in - every Wednesday at 10.30am

Please contact your local Children’s Centre for advice.