**Wharton Children’s Centre Timetable**

You can access a Starting Well Practitioner at this Centre

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>Open Advice Clinic</strong></td>
<td><strong>Child Developmental Reviews</strong></td>
<td><strong>Early Years Focus Group First Reader</strong></td>
<td><strong>Antenatal Clinic</strong></td>
<td><strong>Antenatal Clinic</strong></td>
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<td>1.30pm - 3.30pm (Drop in, no need to book)</td>
<td>9.30am - 12.30pm (Appointments only)</td>
<td>9.30am - 12.00pm w/c 17/04/2019 Running for 6 weeks (Referral only)</td>
<td>9.00am - 12.00pm (Appointments only)</td>
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<tr>
<td><strong>Weaning Talk</strong></td>
<td><strong>Triple P Parenting</strong></td>
<td><strong>Breastfeeding Support Group</strong></td>
<td><strong>Buggy Burn and Firm</strong></td>
<td><strong>Two Year Funding</strong></td>
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<tr>
<td>12.30pm - 1.30pm</td>
<td>9.30am - 11.30am Call 01606 271656 for information (Referral only)</td>
<td>2.00pm - 3.30pm Helping mothers to reach their breastfeeding goals. (Drop in, no need to book)</td>
<td>1.00pm - 2:30pm w/c 30/04/2019 Running for 6 weeks (No need to book)</td>
<td>9.30am - 12.30pm (Invitation only)</td>
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<tr>
<td>01/04/2019 03/06/2019 (Drop in, no need to book)</td>
<td><strong>Let's Play</strong></td>
<td><strong>Child Developmental Reviews</strong></td>
<td><strong>Baby Matters</strong></td>
<td><strong>Family First Aid</strong></td>
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<td>10:00am - 11:30am 08/04/2019 For children 0 - 5 years (Free event) Speak to Centre staff to book a place</td>
<td>1.15pm - 2:45pm Term time only (Drop in, no need to book)</td>
<td>1.30pm - 4.30pm (Appointments only)</td>
<td>1.00pm - 3.00pm w/02/05/2019 Running for 4 weeks. Ask your Health Visitor for more information.</td>
<td>12.30pm - 3.00pm 26/04/2019 Speak to Centre staff to book a place.</td>
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<tr>
<td><strong>Smoking Cessation</strong></td>
<td><strong>Speech and Language</strong></td>
<td><strong>Child Developmental Reviews</strong></td>
<td><strong>Ready Steady Play</strong></td>
<td><strong>Ready Steady Play</strong></td>
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<tr>
<td>9.30am - 11.30am Call Cheshire Change Hub on 0300 777 0033 to book an appointment</td>
<td>1.30pm - 2.30pm 16/04/2019 14/05/2019 11/06/2019 (Drop in, no need to book)</td>
<td><strong>Child Developmental Reviews</strong></td>
<td>9.30am - 11.30am 07/06/2019 Running for 6 weeks. Speak to Centre staff to book a place</td>
<td>9.30am - 11.30am 07/06/2019 Running for 6 weeks. Speak to Centre staff to book a place</td>
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**Alternative Venues**

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<tr>
<td><strong>Open Advice Clinic</strong></td>
<td><strong>Dene Drive Clinic</strong> (Drop in, no need to book)</td>
<td><strong>Walking Festival</strong> 13:00pm - 14:30pm 29/05/19 Winsford Lifestyle Centre</td>
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**Sensory Room**

The sensory room at Wharton 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.
Centre Timetables
April to June 2019

Wharton Children's Centre
Bradbury Road, Wharton
Winsford, Cheshire, CW7 3HN
01606 555285
cwp.WhartonStartingWell@nhs.net

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
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 Days
We offer exciting opportunities for play through a variety of seasonal themed sessions. These sessions are held at link centres for children aged 0-5.

Early Years Groups
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 us an opportunity to learn new skills and develop new activities that we can share with each other.

Breastfeeding Support Group
Breastfeeding support groups are great places to make new friends and share the ups and downs of looking after a new baby. Helping mothers to reach their breastfeeding goals.

Antenatal Clinics
The local hospital offers care throughout pregnancy and after your baby is born. Community midwives look after your baby from birth and provide care for newly pregnant ladies and their families.

Two Year Olds
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 Rooms
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 use the sensory rooms. The sensory rooms are available at Wharton and Victoria Road Children's Centres.

Speech and Language
Do you want to know how you can help your child's speech and language development?...The drop in sessions are for you to meet with the Speech and Language Team to share any concerns regarding your child's language. We can offer advice and any relevant recommendations.

For 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 Venues, Times and Dates are all subject to change. Please contact your local Children's Centre for advice.