### Portside Children’s Centre Timetable
#### Monday
- **Antenatal Clinic**
  - 9.00am - 12.00pm (Appointment only)
- **Open Advice Clinic**
  - 10.00am - 11.00am (Drop in, no need to book)
- **Toddler Nutrition**
  - Please call Healthbox on 0151 355 0205 for more information and to book your place.
- **Early Years Focus Group**
  - 13:00 - 14:30pm (Invitation only)

#### Tuesday
- **Antenatal Clinic**
  - 9.00am - 12.00pm (Appointment only)
- **Playing Together with Words Speech and Language**
  - Tuesday afternoons (Please contact the SALT Team on 01244 650432)
- **Child Developmental Reviews**
  - 9.30am - 11.30am (Appointment only)
- **Speech & Language Playtime Assessment**
  - Wednesday afternoons (Please contact the SALT Team on 01244 650432)
- **Baby and You**
  - 10.00am - 11.30am (Invitation only)

#### Wednesday
- **Antenatal Clinic**
  - 9.00am - 12.00pm (Appointment only)
- **Two Year Funding**
  - 9.30am - 2.30pm (Appointment Only)

#### Thursday
- **Antenatal Clinic**
  - 9.00am - 4.00pm (Appointment only)
- **Let’s Play**
  - 10.00am - 11.30am
  - Term time only
  - (Drop in, no need to book)
- **Open Advice Clinic**
  - 10:00am - 11:00am (Drop in, no need to book)

#### Friday
- **Antenatal Clinic**
  - 9.00am - 12.00pm (Appointment only)

### Parklands Children’s Centre Timetable
#### Monday
- **Antenatal Clinic**
  - 9.00am - 4.00pm (Appointment only)
- **Play Day Specials**
  - 10.00am - 11.30am
  - 15th April
  - 13th May
  - 17th June
  - (Drop in, no need to book)
- **Early Years Focus Group**
  - (Invitation only)

#### Tuesday
- **Antenatal Clinic**
  - 9.00am - 4.00pm (Appointment only)
- **Child Developmental Reviews**
  - 9.15am - 12.30pm
  - By appointment only
  - Please contact your Health Visitor
- **Two Year Funding**
  - 2.30pm - 4.30pm (Appointment Only)

#### Wednesday
- **Open Advice Clinic**
  - 9.15am - 11.15am (Drop in, no need to book)
- **Breastfeeding Support Group**
  - 9.30am - 11.00am
  - Helping mothers to reach their breastfeeding goals.
  - (Drop in, no need to book)

#### Thursday
- **Antenatal Clinic**
  - 9.00am - 4.00pm (Appointment only)

#### Friday
- **Child Developmental Reviews**
  - 1.00pm - 3.00pm (Appointment only)

### Alternative Venues
#### Monday
- **Rhyme Time**
  - Ellesmere Port Library
  - 10am Baby Rhyme Time
  - 11am Toddler Rhyme Time
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

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 all 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 ways to support your child, their development, and you as a parent.

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 Clinic (NHS Midwifery Service)

The local hospital midwifery team offer care throughout pregnancy and after your baby is born. Community midwives look after newly pregnant ladies and mums.

Early Years 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 sight, light and sound. Children can book in advance for a free hourly session.

Speech and Language

Do you want to know how you can support 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 development and gain advice on how to support your child.

Breastfeeding Support Group

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