

# Over Children's Centre Timetable - (01606) 555288

Staff are based at this Children's Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Child Developmental Reviews</u></b> 9.00am - 12.00pm (Appointment only)</p> <p><b><u>2 Year Funding and Child Developmental Reviews</u></b> 1.00pm - 5.00pm (Appointment only)</p>	<p><b><u>Perinatal Mental Health Group</u></b> 9.30am - 11.00am (Referral only)</p> <p><b><u>Messy Talk SALT</u></b> 1.00pm - 3.00pm (Referral only)</p>	<p><b><u>Child Developmental Reviews</u></b> 9.00am - 4.00pm (Appointment only)</p> <p><b><u>EYW Focus Group</u></b> Starting 22/09/2021 1.30pm - 3.00pm Running for 4 weeks. Ask your Early Years Worker for more information (Referral Only)</p> <p><b><u>Baby and You</u></b> Starting 06/10/2021 10.00am - 11.30am Running for 5 weeks. Ask your Health Visitor for more information (Referral Only)</p>	<p><b><u>Let's Play</u></b> 10.00am - 11.30am All families with a child under 5 welcome. 09/09/2021 - 21/10/2021 04/11/2021 - 16/12/2021 (Please call to book)</p> <p><b><u>Open Advice Clinic</u></b> 9:30am - 11:30am (Please call to book)</p> <p><b><u>Play Time Assessment (SALT)</u></b> 1.00pm - 3.00pm (Referral only)</p>	<p><b><u>Child Developmental Reviews</u></b> 9.00am - 4.00pm (Appointment only)</p>

Nursery Onsite  
for 2, 3 and 4  
Year Old  
Free Funding

**HealthBox  
Counselling**  
Every Wednesday  
9.00am - 5.00pm  
Wharton CC

## Oak View Children's Centre Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Antenatal Clinic</u></b> 9:00am - 3:00pm (Appointments only)</p>	<p><b><u>Antenatal Clinic</u></b> 9:00am - 3:00pm (Appointments only)</p>	<p><b><u>Antenatal Clinic</u></b> 9:00am - 4:30pm (Appointments only)</p> <p><b><u>Let's Play Monthly</u></b> 1:15pm - 2:45pm All families with a child under 5 welcome. 22/09/2021 20/10/2021 17/11/2021 15/12/2021 (Please call to book)</p> <p><b><u>2 Year Funding</u></b> Appointments must be booked in advance with the Early Years Worker</p>	<p><b><u>Antenatal Clinic</u></b> 12:30pm - 4.30pm (Appointments only)</p>	<p><b><u>Antenatal Clinic</u></b> 12:30pm - 4.30pm (Appointments only)</p>

Nursery Onsite  
for 2, 3 and 4  
Year Old  
Free Funding

## 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 well-being and information regarding the health 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 how you can support your child's learning and development through daily interactions and play with your little one.

## 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 up to a month after baby is born.

## 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](http://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 for a free hourly session. Sensory room available at Wharton and Victoria Road Children's Centre.

## 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 speech and language development and gain advice on how best to support your child.

## Incredible Years Parenting Group

Our Incredible Years Parenting Programme uses coaching based theory to facilitate parents to learn from each other's experiences and realise they are not alone with any possible parenting frustrations and or difficulties. The research-based parenting programme focuses on the behaviour's children display and empowers parents to feel better prepared to understand, cope and manage both current behaviours and those that may arise in the future.

## Baby and You

Baby and You is a 5 week programme of informative and fun sessions that will support you and your baby along your journey as a new parent. Each of the sessions will be delivered by a range of Starting Well healthcare professionals with lots of specialist experience in working with children.

**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 09/08/2021**

**Please note that Venues, Times and Date are all subject to change. Please contact your local Children's Centre for advice.**



# Centre Timetables

## September - December 2021

**Over Children's Centre**  
**Ludlow Close, Winsford**  
**Cheshire, CW7 1LX**  
**01606 555288**  
**[cwp.overstartingwell@nhs.net](mailto:cwp.overstartingwell@nhs.net)**

**Oak View Children's Centre**  
**Whitby's Lane, Winsford**  
**Cheshire, CW7 2LZ**