

Frodsham Children's Centre Timetable - 01606 555287

Staff are based in this Children's Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Open Advice Clinic</u> 9.30am - 1.00pm (Please call to book)</p> <p><u>Child Developmental Reviews</u> 9.00am - 5.00pm (Appointment only)</p>	<p><u>2 Year Funding and Child Developmental Reviews</u> 9.00am - 1.00pm (Appointment only)</p> <p><u>Antenatal Clinic</u> 9.00am - 1.00pm (Appointment only)</p> <p><u>Breastfeeding Support Group</u> 1.30pm - 3.00pm Helping mothers to reach their breastfeeding goals. (Please call to book)</p>	<p><u>Antenatal Clinic</u> 9.00am - 5.00pm (Appointment only)</p> <p><u>Baby and You</u> Starting 08/09/2021 1.00pm - 2.30pm Running for 5 weeks. Ask your Health Visitor for more information (Referral only)</p> <p><u>SALT Virtual Drop in (18 - 24 months)</u> First Wednesday of every month 9.30am - 10.30am Call 01244 38506 for more information</p>	<p><u>Antenatal Clinic</u> 9.00am - 5.00pm (Appointment only)</p>	<p><u>Let's Play</u> 9.30am - 11.00am All families with a child under 5 welcome. 10/09/2021 - 22/10/2021 05/11/2021 - 17/12/2021 (Please call to book)</p> <p><u>HealthBox Counselling</u> 9.00am - 5.00pm Speak to your Starting Well worker for more information (Referral Only)</p> <p><u>2 Year Funding</u> 1.00pm - 5.00pm (Appointment only)</p>

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

Elton Children's Centre (including alternative venues)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Play Day Specials</u> 9.30am - 11.00am 20/09/2021 18/10/2021 15/11/2021 20/12/2021 (Please call to book)</p> <p><u>2 Year Funding and Child Developmental Reviews</u> 9.00am - 1.00pm 13/09/2021 11/10/2021 8/11/2021 13/12/2021 (Appointment only)</p>	<p><u>Nursery Onsite for 2, 3 and 4 Year Old Free Funding</u></p>	<p><u>Open Advice Clinic</u> 1st Wednesday of the month 9.30am - 1.00pm Appointment only (Please call to book)</p> <p><u>Child Developmental Reviews</u> 2nd, 3rd and 4th Wednesday of the month 9.00am - 5.00pm (Appointment only)</p>	<p><u>Open Advice Clinic Tarporley Health Centre</u> 2nd and the 4th Thursday of the month. 9.30am - 1.00pm Please call Frodsham Children's Centre to Book.</p>	<p><u>Child Developmental Reviews</u> 2nd and 4th Friday of the month 9.00am - 5.00pm (Appointments only)</p> <p><u>Child Developmental Reviews Tarporley Health Centre</u> 1st and 3rd Friday of the month 9.00am - 5.00pm (Appointment only)</p>

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. Please call the Children's Centre to book.

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

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 Blacon and Lache 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 04/08/2021

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



Centre Timetables

September to December 2021

Frodsham Children's Centre

Ship Street, Frodsham

Cheshire, WA6 7PZ

01606 555287

cwp.frodshamstartingwell@nhs.net

Chester Rural Children's Centre

Elton Primary School, School Lane

Elton, Chester, CH2 4LT