

Lache Children's Centre Timetable - (01244) 397486

Staff are based in this Children's Centre

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p><u>Incredible Years Parenting Group</u> Starts 13/09/2021 9.30am - 11.30am Please call for more information</p> | <p><u>Antenatal Clinic</u> 1:00pm - 4:00pm (Appointment only)</p> <p><u>Let's Play</u> 1.00pm - 2.30am All families with a child under 5 welcome. 14/09/2021 - 19/10/2021 02/11/2021 - 14/12/2021 (Please call to book)</p> <p><u>Platform For Life</u> 9.00am - 5.00pm One to one (Appointment only)</p> | <p><u>Antenatal Clinic</u> 9:00am - 5:00pm (Appointment only)</p> <p><u>2 Year Funding and Child Developmental Reviews</u> 9.00am - 5.00pm (Appointment only)</p> <p><u>SALT Virtual Drop in (18 - 24 months)</u> First Wednesday of every month 9.30am - 10.30am Call 01244 385060</p> | <p><u>Continence Service Clinic</u> 9:00am - 1:00pm (Appointment only)</p> <p><u>Child Developmental Reviews</u> 9.00am - 5.00pm (Bookings only)</p> <p><u>Platform For Life</u> 9.00am - 5.00pm One to One (Appointment only)</p> | <p><u>Antenatal Clinic</u> 9:00am - 5:00pm (Appointment only)</p> <p><u>Early Years Focus Group</u> 10th September 2021 9.30am - 11.00am (Invitation only)</p> <p><u>Open Advice Clinic</u> 9:30am - 1.00pm (Please call to book)</p> |

Kingsway Children's Centre Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p><u>Antenatal Clinic</u> 1:00pm - 5:00pm (Appointment only)</p> <p><u>Child Developmental Reviews</u> 9.00am - 5.00pm (Appointment only)</p> | <p><u>Antenatal Clinic</u> 9.00am - 4.00pm (Appointment only)</p> <p><u>Child Developmental Reviews</u> 9.00am - 5.00pm (Appointment only)</p> | <p><u>Antenatal Clinic</u> 1.00pm - 5.00pm (Appointment only)</p> <p><u>Play Day Specials</u> 1.00pm - 2.30pm 15/09/2021 13/10/2021 17/11/2021 08/12/2021 (Please call to book)</p> <p><u>Child Developmental Reviews</u> 9.00am - 5.00pm (Appointment only)</p> | <p><u>Antenatal Clinic</u> 9.00am - 4.00pm (Appointment only)</p> <p><u>Open Advice Clinic</u> 9.30am - 1.00pm (Please call to book)</p> <p><u>Baby and You</u> 1.00pm - 2.30pm Starts 9th September Running for 5 weeks. Ask your Health Visitor for more information (Referral Only)</p> | <p><u>Antenatal Clinic</u> 9.00am - 4.00pm (Appointment only)</p> <p><u>Two Year Funding and Child Development Reviews</u> 1.00pm - 5.00pm (Invitation only)</p> |



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.

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 an appointment.

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 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

Lache Children's Centre
Hawthorn Road, Lache
Chester, CH4 8HX
01244 397486
cwp.LacheStartingWell@nhs.net

Kingsway Children's Centre
University of Chester, Kingsway Campus
Kingsway, Chester, CH2 2LB