

Speech and Language Therapy Drop In Service

If you have a pre-school age child and you have any concerns about their speech, language and communication, come along to any of the Speech and Language Drop-in sessions.

Tuesday 11 February - 9.30-11.30 - Orton Children's Centre

Tuesday 10 March - 1.00pm - 3.00pm - Orton Children's Centre

Thursday 12 March - 9.30-11.30 - Alderman Jacobs - Drybread Road, Whittlesey

Monday 30th March - 1-3pm - Hampton Children & Family Centre, Hargate Way

Tuesday 7th April - 1-3pm — Orton Children's Centre

CPSL MIND: Connecting Mums

Up to 20% of women experience perinatal mental health problems during pregnancy, or in the first year following the birth of a child. CPSL MIND run Connecting Mums courses at our Centre supporting mums undergoing these challenges. For more information, ring 01733 362990 and ask for Corrina Turner.

Volunteer with us at the Children's Centre

We're always looking for volunteers to join our Children's Centre team. Volunteering gives you the chance to gain new skills, knowledge, experience, build your confidence and to meet new people. Ask for more information about our volunteering opportunities.

Families Information Service

Peterborough Families Information Service provides free information, advice and assistance to parents, carers and professionals on a wide range of topics, including local childcare details, free childcare eligibility and how to pay for childcare. For more information, go to their website: <https://fis.peterborough.gov.uk/> or ring 01733 864446.

Orton Children's Centre Parenting Courses

Enjoy Parenting is a 5 week course for parents with children aged 18 months to 3 years. The course offers support to parents on the challenges of being a parent whilst focussing on routines, boundaries and positive parenting techniques.

Incredible Years is a 12 week parenting course for parents with children aged 3-6 years. The course focusses on rewards, praise, positive behaviour strategies and time out. For more information ask at the children's centre.



Orton Children's Centre Activity Programme

6th January to 18th April 2020

A guide to activities for families with children 0-4 years living in the South of Peterborough including the Ortons, Stanground, Woodston & Hampton

You'll discover more than you think at your local Children's Centre!

If you are expecting a baby or have a child 0-5 years, the centre is helping to make sure that:

- Your child is ready for school at age 5
- You are equipped to give your child the best start in life
- Your family experiences good health and well-being
- You are supported to achieve financial well-being

Tel: **01933 417438**

Facebook: www.facebook.com/OrtonChildrensCentre/

Website: www.spurgeons.org

Our main base is at:

**Orton Children's Centre
The Jigsaw Centre,
Herlington,
Orton Malborne,
Peterborough
PE2 5PW**

Find us on
facebook



Monday

Baby Massage

1-2:15pm, OCC
Term-time only
A 5-week course for parents with pre-mobile babies, where you can learn how to massage your baby and the many benefits it brings. Leave your details at Orton Children's Centre if you are interested.

Fun with Music

1.30-2:30 pm, OCC
Term-time only
Explore music, rhythm and rhyme together at this fun and interactive parent and child session. Each week children will be introduced to a different musical instrument.
Book at the centre or call 01933 417438.

Tuesday

Ready Steady Preschool

10:00-11:15am, OCC
Term-time only (starts 14/1)
Learning through play sessions for children aged 18m-2yrs.
By referral only.

Venue addresses and abbreviations

OCC: Orton Children's Centre, The Jigsaw Centre, Herlington, Orton Malborne, Peterborough PE2 5PW
HCC: Honeyhill Children's Centre, 150 Chadburn, Paston PE4 7DH
BAFC: Brewster Avenue Family Centre, Brewster Avenue, Woodston PE2 9PN
Serpentine Green Community Centre, Hargate Way, Hampton PE7 8BE

Wednesday

Little Explorers

10:00-11:15am, OCC
Term-time only (starts 13/1)
Creative, Physical and Messy learning through-play sessions for 0-4s and their parents/carers. Find out how you can support your child's learning and development.
Booking essential.

Achieve your dreams!

1-1 support and advice on how to start achieving your dreams.

Monday 24th-Wednesday 26th February, 9.30am-2.30pm at Orton Children's Centre.
To book call 01733 385000.

Thursday

Baby Play

1:30-2:30pm, OCC
Pre-walkers only
Term-time only (starts 16/1)
Fun ways to learn about your baby's development.
No need to book

Connecting Mums

10:00am-12:00pm, OCC
(9th January-13th February)
Meet new people, build up your confidence and keep yourself emotionally healthy. 6 week course for pregnant mums
Call Corrina on 01733 632990 to book.

Ready to START school event

Tuesday 7th April,
9am-4pm, Queensgate
Shopping Centre

Enjoy lots of free
activities and find out
how you can help
prepare your child for
school.

Saturday

Saturdads 10:00am-midday. HCC

18th January
1st February
15th February (family session)
29th February
14th March
28th March
Learning through play for dads, male carers and their 0-11 year old children.
FREE cereal and fruit for children. Other breakfast options available.
£1 to £1.50 children or £1 to £3.00 adults.
No need to book.

Child Health Clinics

Drop in with your 0-4 year old child for advice, support and weight checks.
Tuesdays (2nd and 4th Tuesday of month): 1:30-3pm at Hampton Family Centre
Thursdays: 9:30-11:15am at Brewster Avenue Family Centre and
Thursdays (1st and 3rd Thursday of month): 1-2:45pm at Orton Children's Centre.
Fridays: 9-10:30, St. Michael's School, Cardea (term time)
<https://www.facebook.comPeterboroughHealthVisitorscpft/>



Did you know we have a
Micro Library at Orton
Children's Centre?

Borrow from a wide range
of children's and adult
books for FREE.

Ask at reception for more
details.

Local Baby Cafes

Brewster Avenue Family

Centre: Mondays
1:00-2:30pm

Serpentine Green Community Centre

Thursdays
11:45am-1:45pm

A weekly drop-in for pregnant mums-to-be, or breastfeeding/expressing mums. Free qualified support and social time. Ring 01733 746820 or go to www.thebabycafe.org for more information.
No need to book