

Story Bug's Club

Did you know Honeyhill Children's Centre has a 0-5 years book and story sack library? Borrow up to 4 items for two weeks.



Volunteer with us at the children's centre!

We're 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 meet new people. Ask at reception about our volunteering opportunities.



Special events

30th September 2016: 10-12pm Come along to our Macmillan Coffee Morning and help raise money for Cancer Support

October half term activities: Look out for more details about our special October half term activities.

Supporting you and your family

In addition to our activities we also provide confidential one to one support. Being a parent isn't always easy and can sometimes be a lonely experience which is why the family support workers are here to help. If you need some support please contact your health visitor or ask at the children's centre.

Worried about a child's welfare or safety?

If you are concerned about a child or young person being harmed or neglected or is at risk you should contact Peterborough City Council Social Care.

Referrals: 01733 864170 or 01733 864180. Vulnerable adults 01733 747474
Out of hours 01733 234724

Where there are concerns about immediate care welfare or safety or a child/young adult please call Peterborough City Council (as above) or Police on 01480 456110 or 101 or 999.

Honeyhill Children's Centre Activity Programme

7 September to 21 December 2016

A guide to activities for families with children under five years living in the North West & Rural areas of Peterborough including Paston, Bretton, Westwood & Ravensthorpe.



You'll discover more than you think at your local children's centre!

Expecting a baby or have a child 0-5 years?

- Antenatal care and education
- Family health services and information
- Parenting and family support
- Learning through play sessions
- Adult learning and volunteering opportunities

We use venues across the area but our main base is **Honeyhill Children's Centre, 150 Chadburn, Paston, Peterborough, PE4 7DH. Tel: (01733) 577611.**

Other venues we use include:

- **Middleton Primary School**, South Bretton, Peterborough, PE3 9XJ
- **Highlees Primary School**, Westwood, Peterborough, PE3 7ER
- **Watergall Children & Family Centre**, Watergall School, Bretton, Peterborough, PE3 8NX



Registered charity no. 1081182

www.honeyhillcc.com

Mondays

Fit for Life (from 12th September)

9.30-11.30am, HCC

A free 10 week healthy lifestyle course for adults only with physical activity sessions. For more information call Debbie Chessum on: 01733 207187.

Baby Massage at Highlees

10.00-11.15am

5 week course for non mobile babies. £5 payable at the beginning of the course. **Book in advance.**

Webster Stratton Parenting Programme

1.00-3.00pm, HCC

Free parenting course. Do you need help in managing your child's behaviour? Sessions include difficult behaviour, promoting self esteem, developing routines and play. To find out more ask at the centre or call 01733 577611.

Book in advance sessions:

Unless otherwise stated please call: Honeyhill Children's Centre on 01733 577611 or book at reception.

Tuesdays

Child Health Clinic & Baby Play

9.30-11.30am, HCC

Child Health Clinic: Drop in with your 0-4 year old child for advice, support and weight checks. Baby Play offers a time to meet others with babies and learn about your babies development (birth to pre-walkers). 50p

Chatter Matters

4th & 11th Oct, 11.45am-12.45pm, HCC (pre-crawlers only)

Find out how you can give your baby a flying start in learning to talk at this 2 week workshop. Book in advance at the centre.

Ready Steady Preschool

1.30-2.45pm, HCC

Referral only. £1

Baby Massage at HCC

1.15-2.30pm

5 week course for non mobile babies. £5 payable at the beginning of the course. **Book in advance.**

Peterborough Down's Syndrome Group In

4.30-6.30pm, HCC
An opportunity for families to meet.

Wednesdays

Child Health Clinic

9.30-11.30am, Watgall Children & Family Centre

Child Health Clinic: Drop in with your 0-4 yr old child for advice, support and weight checks.

Family Play

10.30-11.30am, Watgall Children & Family Centre

Family play is a learning through play session for children 0-4 years and their parents/carers. £1

Baby Café

10am -11.30am, HCC
Breast feeding support and advice.

Child Health Clinic & Baby Play

12.45-2.45pm Highlees Primary School, Westwood

Drop in with your 0-4 yr old child for advice, support and weight check. Baby Play offers a time to meet others with babies and learn about your babies development. (birth to pre-walkers)

(Baby Play 12.45-2.15)

Thursdays

Young Parents Group (under 24 years)

1.15-2.15pm, Highlees Community Hub, Highlees Primary School. Each week you and your child will take part in different activities including cookery, messy play and treasure baskets.



Health Trainer Service

If you are aged 16 and over and live in Peterborough then you are entitled to **FREE** personal support and motivation from one of our locally based Health Trainers. Health Trainers will provide a one-to-one service for adults wanting to make changes to their health & well-being.

Mondays at Honeyhill Children's Centre at 1.30-4.30pm. 01733 577611

For more information phone: **0800 376 5655**



Fridays

Family Play at HCC

10.30 -11.30am, HCC
Family play is a learning through play session for children 0-4 years and their parents/carers.

£1



Want to help make a difference in your local community? Are you interested in joining our

Friends of Honeyhill

Come along and share ideas, feedback and help fundraise for the children's centre. We meet once a month. To find out more speak to Jennie Grove at Honeyhill Children's Centre.

Saturdays

Satdads

10.30am-12pm (café open for breakfast 10-10.30am - at a cost)
Session dates: 10th, 17th Sept and 1st, 15th, 29th Oct, 12th, 26th Nov, 10th and 17th Dec **HCC**
Learning through play for dads, male carers and their children under 5 years (older siblings welcome). £1

Free childcare for two year olds

Does your child qualify?

Around half of Peterborough's 2 year olds are eligible for free childcare place for up to 15 hours a week. Find the full list of criteria and further details at **www.peterborough.gov.uk/freefortwos** or ask at the centre for details.

Families Information Service

Peterborough Families Information Service provides free information, advice and assistance to parents, carers and professionals on a wide range of information including details about local childcare. They also offer advice on free entitlement to childcare and how to pay for childcare.