

Do you want to make a difference in your local community?

Are you interested in joining our Friends of Orton Children's Centre Group?

Come along and share ideas, feedback and help fundraise for the children's centre.

We meet once a month and the group is open to all parents and carers in the area with children 0-5 years.

Speak to Jennie

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.



Don't forget to look at our website for special events and activities, along with our current programme and other useful links and information

www.ortoncc.com

Supporting you and your family

In addition to our activities, we also provide confidential one-to-one support. We know that being a parent isn't always easy and can sometimes be a lonely experience, and that's why the family support workers are here to help.

So if you need some support please contact your health visitor or the children's centre.

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 details about local childcare, free childcare eligibility and how to pay for childcare. Telephone **01733 864446**.

Worried about a child's welfare or safety?

If you have any concerns that a child or young person is being harmed, neglected, or that they are at risk you should contact **Peterborough City Council Social Care** without delay. The numbers are:

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 of a child/young adult please call **Peterborough City Council** (as above) or the **Police by ringing:** 01480 456110 or 101 or 999

Orton Children's Centre Activity Programme

4th January—7th April 2017

A guide to activities for families with children under five years living in the South of Peterborough (the Ortons, Hampton, Stanground, Fletton and Woodston)



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

OUR MAIN BASE IS AT:

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

Telephone: 01933 417438

Other venues we use include:

Goldhay Community Centre
105 Paynels, Orton Goldhay, Peterborough, PE2 5QP

Ormiston Bushfield Academy
Ortongate, Peterborough, PE2 5RQ



Registered charity no. 1081182

www.ortoncc.com

MONDAY

Baby Massage ☎
Time: (am)
Place: OCC
Date: weekly, term-time
Soothe, calm and bond with your baby. A 5-week course for parents/carers and babies, with a qualified trainer.
Waiting list applies

Enjoy Parenting
Time: 1:00-2:30pm
Place: OCC
Date: weekly, term-time
A 7-week course for parents and children. Learn and play together, plus share ideas on managing your child's behaviour, play, routines and supporting your child's development.
Ask your Health Visitor or OCC for more details
By invitation only

Brewster Baby Café
Time: 1:00-2:30pm
Place: BAFC
Date: weekly
Help and advice from local health professionals on all aspects of breastfeeding.
Ring **01733 746820** for more details.

KEY TO ABBREVIATIONS:

OCC ~ ORTON CHILDREN'S CENTRE
GCC ~ GOLDHAY COMMUNITY CENTRE
OBA ~ ORMISTON BUSHFIELD ACADEMY
SGCR ~ SERPENTINE GREEN COMMUNITY ROOM
BAFC ~ BREWSTER AVENUE FAMILY CENTRE
☎ ~ BOOKING IS ESSENTIAL
✗ ~ JUST COME ALONG - NO NEED TO BOOK

TUESDAY

Child Health Clinic ✗
Time: 9.30-10.30am
Place: Where: OBA
Date: weekly
Drop in with your 0-4 year old child for advice, support & weight checks.

Ready Steady Preschool ☎
Time: 10.00-11.15am
Place: OCC
Cost: £1 per family
Date: weekly, term-time
Parents/carers will learn through play with their 18mth – 2 yr old children.
By invitation only

NCT Mother and Baby Yoga ☎
Time: 1:00-2:30pm
Place: OCC
Date: weekly, term-time
New mums can ease back into exercise, using yoga to stretch, strengthen and tone the body. Gentle yoga for you and your baby to practice together.
For more details email: yoga.peterborough@nct.org.uk
Have your 6/8 week GP check before you come along!!

WEDNESDAY

Health Trainer Service
Time: 1:00-4.00pm
Place: OCC
Date: weekly
Do you want to improve your health?
Personal support with making realistic lifestyle changes, including:
· **Getting active**
· **Stopping smoking**
· **Drinking less alcohol**
· **Eating more healthily**
Contact us if you are interested in using this service

Family Play ☎
Time: 1:15-2:30pm
Place: OCC
Date: weekly, term-time
Cost: £1 per family
Learning through play session for children 0-5 years and their parents or carers.
Booking is essential

Coming in Half-Term:
Vivacity will be holding an all-day "Our Story" event on Tuesday 21 February.

Families will be treated to a host of Storytelling, Theatre Performances, Puppetry and Creative Workshops designed to encourage the imagination.
More details soon!

THURSDAY

Child Health Clinic
Time: 1:00-3:00pm
Place: OCC
Date: Every Thursday
Drop in with your 0-4 year old child for advice, support and weight checks.
Last admission 2:45pm

Baby Play
Time: 1:00 - 3:00pm
Place: OCC
Cost: 50p per family
Date: weekly, term-time A time to meet other parents and to learn about your baby's development.
Pre-walkers only

Serpentine Green Baby Café
Time: 12:00-1:45pm
Place: SCCR
Date: Weekly
Breastfeeding support and advice. For more details ring 07785 913675 or visit www.thebabycafe.org

FRIDAY

Jigsaw Juniors
Time: 09:45-11:30am
Place: OCC
Date: Every Friday
Suggested amount £1
Starts: 13 January
An informal, parent led session for children aged 0-5 and their parents or carers.
Meet other mums and dads, chat and play.
To book, or for more information, go to Orton Children's Centre Facebook page.
Booking essential

Tiny Tums Weaning Group ✗
Get the latest guidance around moving your baby onto solid food.
Brewster Avenue
Time: 11:15-12.15
Date: 12/1
Orton Children's Centre
Time: 10:30-11:30
Date: 3/2
Brewster Avenue
Time: 11:15-12:15
Date: 23/2

Free childcare for two year olds
If you have a 2 year old child, you may be entitled to up to 15 hours per week **FREE** childcare.
To find out more, visit:

www.peterborough.gov.uk/residents/nurseries-and-childcare/free-for-twos-childcare

SATURDAY

Saturdads ☎
Time: 10:00-12:00
Place: OCC
Date: Monthly, Saturday
Starts: 28 January
25 February will be a family session where mums are welcome too!
Learning through play for dads, male carers and their children 0-5 years.
FREE cereal and fruit for children. Other breakfast options available:
£1 to £1.50 children or £1 to £2.50 adults

SUNDAY

Yoga for Pregnancy ☎
Time: 09:30-11:00
Place: OCC
Date: Weekly
Relax, stretch and breathe your way to a calmer pregnancy.
Mums-to-be welcome from 12 weeks until birth.
£9 per session or 90p for women with yearly household income under £16,190 or in receipt of certain benefits.
To find out more, email: yoga.peterborough@nct.org.uk

SOCIAL EATING EVENT

Making new friends
Building our communities

COMMUNITY Meet & Eat

31st January 2017
The Jigsaw Centre
Herlington
Orton Walborne
Peterborough
PE2 5PW
4pm-6pm
£2.50 per person or £1.00 for under 5s

Enquiries
Perri: 01733 761361
est@citycollegepeterborough.ac.uk



Search for:
Orton Children's Centre