

Speech and Language Therapy Drop In Service

If your child is not yet at school you can come to one of our drop in sessions to talk about your child's speech, language and communication or any other concerns you have with a speech and language therapist.

Wed 8th Jan, 1-3pm, Honeyhill Children's Centre

Wed 5th Feb, 1-3pm, Honeyhill Children's Centre

Wed 18th Mar, 1-3pm, Honeyhill Children's Centre

Wed 15th Apr, 1-3pm, Honeyhill Children's Centre

| Date | Time | February Half Term Activities | To book? |
|---------------------|---------------|---|--|
| Tues 18th Feb | 10.00-11.00am | Baby Play (pre-walkers only) Prewalker babies and their parents are invited to this Baby Play session. There will be songs and lots of sensory activities for you to explore. | No need to book |
| | 11.20-12.00am | Melody Makers & Lunch Learn new rhymes and rediscover old favourites at this parent and child singing session and join us for lunch afterwards. | Food order form to be completed and submitted by 7th Feb and group booking made. |
| | 12.00-1.00pm | Café open for lunch from 12-1pm. Food will need to be pre-ordered by 7th Feb 20. Lasagne and salad or Jacket potato and salad. Cake & custard for dessert (drinks included) pick up your order form and pay at reception. £3 per adult and £1.50 per child. | |

Child Health Clinics

Drop in with your 0-4 year old child for advice, support and weight checks.

Tuesdays: 9:30-11.15am

7th Jan, 21st, 4th Feb, 18th Feb, 3rd March, 17th March

<https://www.facebook.comPeterboroughHealthVisitorscpft/>

To contact the health visiting team call 01733 777937



Honeyhill Children's Centre Activity Programme

13th January to 21st February 2020

A guide to activities for families with children 0-5 years living in the North of Peterborough including Paston, Westwood, Ravensthorpe & Bretton.

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 417040

Facebook: www.facebook.com/Honeyhillcc/

Website: www.spurgeons.org

Our main base is at:

Honeyhill Children's Centre
150 Chadburn,
Paston
Peterborough
PE4 7DR



Find us on
facebook

Monday

Toddler Yoga

1:15-2:15pm, HCC

5 week course for toddlers (2 years plus).

Book in advance at the centre or call 01933 417040 .

Group venues:

HCC: Honeyhill Children's Centre:150 Chadburn, Paston, Peterborough, PE4 7DR

Watergall Children & Family Centre: Watergall Primary School Bretton Peterborough, PE3 8NX



Tuesday

Child Health Clinic

9:30-11:15am—every 1st and 3rd Tues of the month

Child Health Clinic: Drop in with your 0-4 yr old child for advice, support and weight checks. (dates given on back page).

Baby Play (weekly)

9:30-11:00am, HCC

Baby Play is a time to meet other parents and learn about your baby's development. **Pre-walkers only. No need to book.**

Ready Steady Preschool

1:30-2.45pm, HCC

Term-time only

Learning through play session for children 18m-2years. By referral only.

Tots Talking

12.30-1:30pm, HCC

Term-time only

An 8 week course aimed at parents/carers of 2 year olds to help understand the importance of communication and language skills and learn how to increase the amount of language they use with their toddlers. Starts 21st Jan., Ring 01933 417040 to book a place.

Peterborough Down's Syndrome Group

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

Wednesday

Child Health Clinic

9-11am, Watergall

Children & Family Centre

Child Health Clinic:

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

Baby Play (pre-walkers only)

9:30-11:00am, Watergall

Children & Family Centre

Baby Play is a time to meet other parents and learn about your baby's development. **Pre-walkers only. No need to book.**

babycafé

10:00am-11.30am, HCC

A weekly drop-in for pregnant mums-to-be, or breastfeeding /expressing mums. Free qualified support and social time. Ring 01733 758310 or go to www.thebabycafe.org for more information. **No need to book.**



Thursday

Enjoy Parenting

9:45-11.45am, HCC

Term-time only. By referral only

Friday

Little Explorers

10:00-11:15am, HCC

Term-time only

Learning-through-play session for 0-5 year olds and their parents/carers. Find out how you can support your child's learning and development.

Booking essential. Call 01933 417040.

Baby Massage

10.00-11.15, HCC

Term-time only

A 5-week course for pre-mobile babies. Learn how to massage your baby and the many benefits. Ring 01933 417040 or call in to book.

Baby Yoga

12:45-13:45pm, HCC

5 week course for babies (pre-walkers only). Book in advance at the centre or call 01933 417040 .

Saturday

Saturdays

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.

Children must be accompanied by a male carer at each session.



Story Bug's Club

Did you know Honeyhill Children's Centre has a 0-5 years book and storiesack library? Borrow up to 4 items for two weeks. Ask at reception for details.



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 of a child/ young adult please call Peterborough City Council (as above) or Police on 01480 456110 or 101 or 999.