

Spring 2019

Welcome to our newsletter!

Little Stars Children's Centre is part of the charity Child Dynamix and is run on behalf of the Local Authority. We offer a range of services for new and growing families across the Southcoates and Holderness Wards of East Hull. As a parent you are the most important person in your child's life and have the most influence on how they learn and develop. We aim to help and support you to do this. Children's Centres are a place where mums and dads can get information and support from the day they find out they are expecting a baby.



Support in your pregnancy

We can offer you:

- ◇ Friendship and individual support
- ◇ Understanding what to expect and when
- ◇ Baby workshops and massage
- ◇ Help with appointments
- ◇ Emotional support and much more

Bump to baby & beyond is for mums-to-be in their 2nd and 3rd trimester through to your child's infancy

We know pregnancy is an exciting time but it can also be overwhelming. Bump to Baby and Beyond is here to help provide the best possible future for your baby
To find out more please contact Sophie Garner based in the Centre on
T: 01482 790277 or 07706260001 Email: sophie.garner@childdynamix.co.uk

Coming soon—infant massage sessions:

The next course is starting on Thursday 14th March, a 4 week course 1.30pm—2.30pm. Spaces are limited please contact Aimee for more information and to book your place, £1 donation (towels/oil provided)



The Family Links Nurturing Programme

aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other.

The course at Little Stars lasts 10 weeks and is on **Thursday's 9.30am—11.30am** please contact Helen at the number below to book your place on the next course



Children grow so quickly so why not save money and use our

Children's Clothing SWAP SHOP?

Donate your child's unwanted clothes and swap them with others on display
For further details please ask a member of staff



Little Stars Children's Centre

95 Preston Road

Hull HU9 3QB

Tel: 01482 790277

www.childdynamix.co.uk



Little Stars Children's Centre - Activity Timetable Spring 2019

Monday				
Time		Session	Venue	Cost
10.00am	11.30am	Multiple Madness: A parent led group for multiple birth families (siblings and mums and dads to be and all welcome)	Sacred Heart Church 280 Southcoates Lane, Hull	£2.00 incl. snack/drink
1.00pm	2.00pm	Splatter Chatter: A messy play session with sing and sign for children up to 18 months —no need to book	Little Stars Children's Centre	£1.00 per family
Tuesday				
Time		Session	Venue	Cost
n/a	n/a	Midwife Clinic: call 382658 to book an appointment	Little Stars Children's Centre	FREE
9.30am	11.30am	Child Health Clinic: have your baby weighed and speak with health visitors who can provide advice and guidance about your child's development, family support available	Morrill Street Clinic Holderness Road	FREE
10.00am	11.00am	Toddler Time: Crafts, toys and singing for the under 5's	The Freedom Centre	FREE
1.15pm	2.00pm	Gymnastics: has many great benefits , helps with flexibility and builds strong healthy bones and so much more. Try out our session and see what it can do for your little ones! (suitable for children age 2—5 years)	Freedom Centre Expressive Arts Building	£1.00 per family
Wednesday				
Time		Session	Venue	Cost
n/a	n/a	Midwife Clinic: call 382658 to book an appointment	Little Stars Children's Centre	FREE
1.00pm	2.00pm	Speech Bubbles: session aimed at supporting speech, language, physical development of your toddler 18 months+ (look out for Dinky Diggers—part of Veg City as part of the half term session on 20th February and at Easter on the 10th April, there will be planting, getting muddy and learning about growing vegetables..... wellies advised!!)	Little Stars Children's Centre	£1.00
6.00pm	8.00pm	Hey Baby: session for expectant parents 21+ weeks, every last Wednesday of the month , email heybaby@hey.nhs.uk for details and to book a place	Women and Children's Hospital, Anlaby Road Hull	FREE
Thursday				
The next Infant massage course is starting on Thursday the 14th March 1.30pm—2.30pm - for 4 weeks. Places are limited, please contact Aimee on 01482 790277 to book your place, £1.00 donation, towels and oil provided.				
Friday				
Time		Session	Venue	Cost
n/a	n/a	Midwife Clinic: call 382658 to book an appointment	Little Stars Children's Centre	FREE
9.00am	11.00am	Toddler Group: crafts, outside play, stories, songs, baking and general fun, everybody welcome!	Woodland Primary School, Flinton Grove 01482 787000	50p
9.30am	10.15am	Baby Bounce: for children 6 to 18 months	The Freedom Centre	FREE
10.30am	11.15am	Toddler Dance Time: for children 18 months to 4 years	The Freedom Centre	FREE
Us Mums:		If you are interested in any Us Mums sessions, we will share details through our Facebook page and in the Centre or alternatively you can follow them on Facebook to find the sessions taking place near you		