

Winter 2018

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 join or to find out more please contact Sophie Garner who is based in the Centre on T: 01482 790277 or 07706260001 Email: sophie.garner@childdynamix.co.uk

Coming soon—gymnastic taster sessions:

6 x early years gymnastic sessions suitable for children 2—5 years brought to you by Space Dance. The sessions cost £1.00 per family from Tuesday 15th January until 19th February 2019, 1.15pm—2.00pm in the Expressive Arts Building (just next to the Children's Centre). Please contact us for more information



Family Links

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 next 10 week course starts at Little Stars on **Thursday the 17th January, last session on the 28th March 2019, 9.30am-11.30am**—please contact Helen or Aimee at the number below to book your place

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 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 Winter 2018

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 (confidently walking), 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: 6 weeks of early years gymnastics taster sessions starting on Tuesday the 15th January until the 19th February (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
10.00am	11.00am	Friends of Little Stars: relaxed and friendly session for all abilities, come with your children or without. SEND support and information available	Little Stars Children's Centre	£1.00 (term time only)
1.00pm	2.00pm	Speech Bubbles: session aimed at supporting speech, language, physical development of your toddler 18 months+	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				
Family Links Nurturing: 10 week course for parents/carers building skills to deal with challenging behaviours positively (for families with children under 11) 9.30am—11.30am from 17th January to 28th March 2019 at Little Stars Children's Centre (please contact Helen or Aimee to book your place)				
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

Baby Massage:	Please contact the centre for the details of the next course
Christmas Party:	This year we are joining up with Marfleet Children's Centre for our Christmas party which is on Monday 17th December, 1pm—2.30pm at St Columbus Church Hall (Disco, party games, balloon modelling, face painting and a visit from Santa!) £2.00 per child (1 x accompanying adult free) Purchase your tickets from the family support workers here at Little Stars or Marfleet CC (LIMITED TICKETS AVAILABLE)
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