



Sessions delivered by Alford Children's Centre – 19 April 2022 – 27 May 2022

We are located on Farlesthorne Road, Alford, LN13 9PS - 01507 463218

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9.00am – 12.00 Health Visitor Clinic To book an appointment please call 01522 843000	10.00am - 10.45pm Rhyme Time (For children aged 0-5 years)	9.15am-10.45am Little Wishes Stay and Play (for children aged 0-5 years)	9.00am – 1.00pm Antenatal Clinic To book an appointment please call 01507 631210	10.00am – 11.00am Stay and Play for Under 1's
	Virtual Opening Doors to Employment 4-week course 10am – 11am Please email beststart@eyalliance.org.uk to find out more or when the next course begins			
1.00pm-2.00pm Learning Through Play Lets Get Ready for Nursery and School (for children aged 0-5 years)		1.00pm – 2.00pm Movers and Shakers Ideal for 2-5 years (confident movers) but younger siblings welcome		
PLEASE NOTE - NO SESSIONS ON THE 18 APRIL OR 2 MAY DUE TO BANK HOLIDAYS	1.00pm – 3.30pm Antenatal Clinic To book an appointment please call 01507 631210	Antenatal Education FREE virtual group session provided by Children's Health 0-19 and Early Years Alliance on 'Zoom' 20th April CLICK HERE TO REGISTER OR SCAN THE QR CODE →		Virtual GROW Your Own Confidence 4-week Course 12.30pm – 2:00pm Please email beststart@eyalliance.org.uk to find out more or when the next course begins
For any queries please email the centre at the address below: alfordcc@lincolnshire.gov.uk Farlesthorne Road, Alford LN13 9PS 01507 463218 All our activities are FREE and no booking is required unless stated otherwise.				

Our session descriptors

Learning Through Play Let's Get Ready for Nursery and School: Through carefully planned, playful opportunities, these sessions will help you and your child to strengthen and develop key skills which will help them in their journey to becoming lifelong learners.

Rhyme Time: A song and rhyme session to support children's early communication skills. Session includes sharing songs, music and rhymes that are brought to life using different props that the Early Years Educators have in order to engage young minds. This session is for children aged 0–5 years

Movers and Shakers: Movers and Shakers is a fun music and movement session which supports and develops children's communication and physical skills. The session includes using musical instruments and singing to support early language development and physical activities such as scarves, bubbles, balls and parachute games to develop co-ordination and physical awareness. This session is for children aged 0-5 years.

Stay and Play for Under 1's: This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their developmental milestones, following their interests and curiosities.

Little Wishes Stay and Play: Parent Led Stay & Play session, snack for children, tea/coffee for parents. 0-5's welcome.

Virtual Sessions

Opening Doors to Employment: This four-week employability course is for parents who are ready to look for a job but could do with a helping hand. By the end of the course, you will have an up-to-date CV, know how and where to effectively job search and feel confident about communicating your skills and experience during interviews. To find out more email beststart@eyalliance.org.uk

Skills Development Service – How Can We Help? Find out how we can support parents with their own Confidence Building, Adult Learning, Volunteering and Employment.

GROW Your Own Confidence Course: A relaxed course for parents who want to build their self-confidence and resilience, delivered in partnership with LCC Adult Skills and Family Learning Service. After the course we would be pleased to help you with next steps.

Antenatal Education Programme – Preparing for Parenting- Are you due to have a baby? We are offering a session which include; Baby equipment and safety, bonding and attachment, supporting your babies' early development, parental wellbeing, understanding baby's cues, brain development, community resources and children's centre. To book on to the session please follow the link

https://us02web.zoom.us/join/register/tZ0pd-ggpjoiGtOUcSciGc7ug_77UHFGX7qC

