



# Sessions delivered by Alford Children's Centre – 6<sup>th</sup> June 2022 – 22<sup>nd</sup> July

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>9.00am – 12.00</b> <b>Health Visitor Clinic</b> <b>To book an appointment please call</b> <b>01522 843000</b>	<b>10.00am - 10.45pm</b> <b>Rhyme Time</b> (For children aged 0-5 years)	<b>9.15am-10.45am</b> <b>Little Wishes Stay and Play</b> (for children aged 0-5 years)	<b>9.00am – 1.00pm</b> <b>Antenatal Clinic</b> <b>To book an appointment</b> <b>please call</b> <b>01507 631210</b>	<b>10.00am – 11.00am</b> <b>Stay and Play</b> for Under 1's
	<b>Virtual Opening Doors to Employment</b> <b>4-week course</b> <b>10am – 11am</b> Please email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a> to find out more or when the next course begins			<b>2.00pm – 3.00pm</b> <b>Learning Through Play Story Time Special</b> (for children aged 0-5 years) <b>Friday 10<sup>th</sup> June</b> – Walking Through the Jungle <b>Friday 24<sup>th</sup> June</b> – The Three Little Pigs <b>At Alford Library, 6 S Market Pl, LN13 9AF</b>
<b>1.00pm-2.00pm</b> <b>Learning Through Play Let's Get Ready for Nursery and School</b> (for children aged 0-5 years)		<b>1.00pm – 2.00pm</b> <b>Movers and Shakers</b> Ideal for 2-5 years (confident movers) but younger siblings welcome <b>No session on 08 June – due to staff training</b>		
	<b>1.00pm – 3.30pm</b> <b>Antenatal Clinic</b> <b>To book an appointment</b> <b>please call</b> <b>01507 631210</b>	<b>Antenatal Education</b> <b>FREE virtual group session</b> <b>provided by Children's Health 0-19 and Early Years Alliance on 'Zoom'</b> <b>20<sup>th</sup> April</b>  <a href="#">CLICK HERE</a> TO REGISTER OR SCAN THE QR CODE →		<b>Virtual GROW Your Own Confidence</b> <b>4-week Course</b> <b>12.30pm – 2:00pm</b> Please email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a> to find out more or when the next course begins
<b>For any queries, please email the centre at the address below:</b> <a href="mailto:alfordcc@lincolnshire.gov.uk">alfordcc@lincolnshire.gov.uk</a> Farlesthorne Road, Alford LN13 9PS 01507 463218  <b>All our activities are FREE and no booking is required unless stated otherwise.</b>				

## 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](mailto: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 includes; 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](https://us02web.zoom.us/join/register/tZ0pd-ggpjoiGtOUcSciGc7ug_77UHFGX7qC)

