


# Sessions delivered by East Lindsey Children's Centres and your local area staff – Spilsby

Woodlands Avenue, Spilsby, PE23 5EP – Tel No 01790 753451

**From 25 July to 5 September 2022 – Summer**

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>9.00am – 12.00pm Health Visitor Clinic To book an appointment please call 01522 843000</p>	<p>9.00am – 5.00pm Antenatal Clinic To book an appointment please call 01754 897504</p> <hr/> <p>9.00am-3.00pm Sensory Room 9 August Only (for children 0-18 months) Booking Required Please email <a href="mailto:spilsbycc@lincolnshire.gov.uk">spilsbycc@lincolnshire.gov.uk</a></p>		<p>9.00am – 12.00pm Health Visitor Clinic To book an appointment please call 01522 843000</p> <hr/> <p>9.00am-3.00pm Sensory Room 18 August Only (for children 0-18 months) Booking Required Please email <a href="mailto:spilsbycc@lincolnshire.gov.uk">spilsbycc@lincolnshire.gov.uk</a></p>	
<p>10.00am - 11.00am Little Explorers (for children 0-5 years and siblings up to 8 years)</p>	<p>Opening Doors to Employment 4-week Course 10.00am – 11.00am Please email <a href="mailto:beststart@evalliance.org.uk">beststart@evalliance.org.uk</a> to find out more or when the next course begins</p>	<p>1pm-2.30pm Virtual Monthly Antenatal Education Programme</p> <p>7 September</p> <p><a href="#">CLICK HERE</a> TO REGISTER OR Scan the QR Code</p>	<p>10.00am - 11.00am Summer Holiday Fun 4 August Only (for children 0-5 years and siblings up to 8 years)</p>	<p>GROW Your Own Confidence 4-week Course 12.30pm – 2.00pm Please email <a href="mailto:beststart@evalliance.org.uk">beststart@evalliance.org.uk</a> to find out more or when the next course begins</p>
<p><b>Closed</b> Monday 29 August Bank Holiday</p>	<p>1.00pm-2.00pm Summer Holiday Fun 23 August Only (for children 0-5 years and siblings up to 8 years)</p>			<p>1.00pm – 2.00pm Learning Through Play, Let's Get Ready for Nursery and School (for children 0-5 years and siblings up to 8 years)</p>
<p><b>All our activities are FREE and no booking is required unless stated otherwise.</b> To book email <a href="mailto:spilsbycc@lincolnshire.gov.uk">spilsbycc@lincolnshire.gov.uk</a></p>		<p>1.00pm-2.00pm Stay and Play for Under 1s (for babies 0-1 years)</p>	<p>1.15pm-2.45pm 3-4 month Top Tips 4 August Tattershall Children's Centre</p>	

## Our session descriptors

**Little Explorers:** A sensory and messy play session providing materials of differing textures, temperatures and consistencies for children to explore, supporting their development and growing confidence. This session is suitable for children aged 0-5years older siblings up to 8 years welcome.

**Sensory Room:** Come and immerse yourself in our sensory world of wonder, escape to the bottom of the sea, or fly way up to stars. A sensory journey for you and your baby. These 45 minute sessions are suitable for all children aged 0-18 months, booking required email [spilsbycc@lincolnshire.gov.uk](mailto:spilsbycc@lincolnshire.gov.uk). Places are limited to 3 children per session. For health and safety older children are unable to attend this session.

**Summer Holiday Fun:** A fun filled and exciting session for families to enjoy, which will be jam packed with Summer activities, games and songs. Come along and have some fun! This session is suitable for children aged 0-5years older siblings up to 8 years welcome.

**Stay and Play for Under 1s:** 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.

**3-4 month Top Tips:** This monthly session is suitable for parents/carers of 3-4 month old babies. Advice from our Early Years professional about feeding, when to start solids, immunisation, oral health, healthy living, accident prevention, minor illnesses, how to access support and more – no need to book. Please note this session is held at either **Horncastle or Tattershall Children's Centre, please check timetable.**

**Learning Through Play, Let's get ready for nursery and school:** Through carefully planned 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. This session is suitable for children aged 0-5years older siblings up to 8 years 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.

**Antenatal Education Programme – Preparing for Parenting-** virtual group sessions provided by Children's Health 0-19 and Early Years Alliance on 'Zoom'.



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