Activity Timetable

January - March 2020

**Timetable Thursday - Friday**

**Warrington Road Children's Centre**
Naylor Road, Widnes, WA8 0BS  Tel. 0151 424 4686

**Kingsway Children's Centre**
Victoria Road, Widnes, WA8 7QY  Tel. 0151 511 6222

**Ditton Children's Centre**
Dundalk Road, Widnes, WA8 8DF   Tel. 0151 420 5482

**Upton Children's Centre**
Hough Green Road, Widnes, WA8 4PG  Tel. 0151 257 2450

**Day Time Activity Venue Suitable for Notes**

**Thursday**

- **9:30am - 11:30am** Adult Literacy  Upton Community Centre  Adults Book on, call 0151 511 8416. Creche Available.
  - Starts 16th January, 10 week course

- **9:30am - 11:30am** How Children Learn Upton Childrens Centre  Adults Book on, call 0151 511 8416. Creche available.
  - Starts 16th January, 10 week course

- **9:30am - 11:30am** Childminders Group Kingsway Children's Centre  Registered
  - Childminders with children under 4 years
  - Book on: Registered Childminders

- **10:00am - 11:30am** Baby Massage Kingsway Children's Centre  Families with babies from birth to 8 months.
  - Book on: 5 week programme

- **10:00am - 11:30am** Terrific Twos Ditton Library  Children aged 18 months to 2 1/2 years.
  - Book on: 7 week course

- **1:00pm - 2:00pm** Baby Stay and Play Upton Children's Centre  New-born to non-confident walkers.
  - Drop in

- **1:00pm - 2:30pm** Stay and Play Ditton Children's Centre  Families with children under 4 years
  - Drop in: £1.00 per family. Families can only attend 1 stay and play session per week.

- **1:30pm - 2:15pm** Musical Mayhem Kingsway Children's Centre  For families with children under 4 years
  - Drop in

- **4:30pm - 6:00pm** Child Health Clinic Kingsway Children's Centre  For families with children under 4 years
  - Drop in. NHS Health visitor led.

- **6:00pm - 7:30pm** Antenatal Yoga Kingsway Children's Centre  Pregnant mums
  - Drop in from 16 weeks pregnant. Please bring a cushion or pillow. A great session to help with breathing techniques and relaxation.

**Friday**

- **9:30am - 11:30am** Adult Maths Ditton Children's Centre  Adults Book on, call 0151 511 8416. Creche Available.
  - Starts 17th January, 10 week course.

- **9:30am - 11:30am** Story sacks Ditton Children's Centre  Adults Book on, call 0151 511 8416. Creche Available.
  - Starts 17th January, 10 week course.

- **9:30am - 11:30am** Child Health Clinic Kingsway Children's Centre  Families
  - Drop in

- **9:30am - 11:30am** Swap Shop Kingsway Children's Centre  All Clothes donations accepted, only clothes for under 5 yrs please. (shoes/boots, coats, baby grows, nappies, blankets/cot sheets, buggies etc.) if you see anything you like please help yourself.

- **11:00am - 11:45am** Rhyme time Kingsway Library  Family activity
  - Provided by Halton Library services.

- **10:30am - 12:00pm** Breastfeeding Group Warrington Road Children's Centre  Pregnant and breastfeeding mums
  - Drop in. Provided by Halton's Infant Feeding Team.

- **1:30pm - 2:30pm** Baby Stay and Play Kingsway Children's Centre  New-born to non-confident walkers.
  - Drop in

- **1:00pm - 2:30pm** Baby Massage Upton Children's Centre  Families with babies from birth to 8 months.
  - Book on: 5 week course

- **1:30pm - 3:30pm** NHS stop smoking Ditton Community Centre  Adults
  - Drop in … enrolment for new clients at 1.30 pm. Sessions last approx. 30 - 45 mins.
  - Call 0300 0290029 for details.

All drop in groups start w/c 13th January, for book on group we advise you check before attending. Some activities may have limited places and will be offered on a first come first served basis.
Healthy Start Vitamins - as well as being able to use Healthy Start vouchers you can now purchase children’s vitamins from your children Centre. £1.50 per bottle.

Breastfeeding Support - for information about support with breastfeeding please contact 0300 029 0029

Halton Helps - You can order low cost baby safety equipment such as stair gates, baby monitors, and cupboard locks and lots more from your children’s centre. Please call in to order and collect.

Unicef Baby Friendly Award - Halton children’s centres welcome you to feed your baby where ever you feel most comfortable. Our children’s centre team are able to provide you with support and advice about any aspect of feeding your baby from milk to solids and onwards. We may also signpost you to other services or professional who can give you information if we feel you need further help. We recommend this website for information about feeding your child from 0-5 years: www.firststepsnutrition.org

Are You Registered? Register with us now to join in with our activities. Please call in and speak to a member of staff for help with registering and for more information about our services. Registration with Halton Children’s Centres is available to all Halton residents, we are not able to accept registration from families living in other local authority areas. All families are able to access all health provision e.g. clinics, breast feeding support

Catch App. The catch app provides parents and carers of children aged 0-5 with NHS approved information to help you know when your child needs medical attention and when self care would be more appropriate. All Catch guidance is regularly reviewed by the local NHS to ensure that information is up to date and reliable.

Like us on our Facebook pages and receive updates on your wall.

Find our centres:

Warrington Road Children’s Centre, Naylor Road, Widnes, WA8 0BS • Tel. 0151 424 4686

Kingsway Children’s Centre, Victoria Road, Widnes, WA8 7QY • Tel. 0151 511 6222

Ditton Children’s Centre Dundalk Road, Widnes, WA8 8DF • Tel. 0151 420 5482

Upton Children’s Centre Hough Green Road, Widnes, WA8 4PG • Tel. 0151 257 2450
### Healthy Start Vitamins - Timetable

**Monday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Venue</th>
<th>Suitable for</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30am - 11:30am</td>
<td>Play Bags</td>
<td>Kingsway Children's Centre</td>
<td>Families with children aged under 5</td>
<td>Open and drop-in. 30 min sessions. Call into your local Children's Centre to collect a ticket. £1 per ticket.</td>
</tr>
<tr>
<td>10:00am - 11:00am</td>
<td>Baby Sensory</td>
<td>Upton Children's Centre</td>
<td>Families</td>
<td>Drop in.</td>
</tr>
<tr>
<td>10:00am - 11:30am</td>
<td>Play and Stay</td>
<td>Ditton Children's Centre</td>
<td>Families with babies</td>
<td>Drop in.</td>
</tr>
<tr>
<td>10:00am - 11:30am</td>
<td>Story time and crafts</td>
<td>Warrington Road Children's Centre</td>
<td>Families with children aged under 4 years</td>
<td>Drop in.</td>
</tr>
<tr>
<td>11:00am - 11:45am</td>
<td>Rhyme Time</td>
<td>Clifton Library</td>
<td>Families with children</td>
<td>Drop in for more info visit haltonhelp.org.uk or call/text Sue on 07855789832</td>
</tr>
<tr>
<td>11:00am - 11:45am</td>
<td>Messy Play</td>
<td>Kingsway Children's Centre</td>
<td>Children aged under 9 months</td>
<td>Drop in on any of the following dates: 14th, 21st, 28th January, 4th Feb and 25th February, 3rd, 10th, 17th March. Places are limited. Please bring a towel.</td>
</tr>
<tr>
<td>1:00pm - 2:30pm</td>
<td>Baby Stay and Play</td>
<td>Ditton Children's Centre</td>
<td>Families with babies who are non-confident walkers</td>
<td>Drop in.</td>
</tr>
<tr>
<td>1:00pm - 2:30pm</td>
<td>Baby Massage</td>
<td>Clifton Children's Centre</td>
<td>Families with babies from birth to 6 months</td>
<td>Book on: Registered childminders</td>
</tr>
<tr>
<td>1:00pm - 2:30pm</td>
<td>Story time and crafts</td>
<td>Warrington Road Children's Centre</td>
<td>Families with children aged under 4 years</td>
<td>Drop in.</td>
</tr>
<tr>
<td>1:30pm - 2:30pm</td>
<td>Toddler room</td>
<td>Upton Children's Centre</td>
<td>Families</td>
<td>Drop in.</td>
</tr>
</tbody>
</table>

**Tuesday**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>9:30am - 11:30am</td>
<td>Play Bags</td>
<td>Kingsway Children's Centre</td>
<td>Adults</td>
<td>Book on, call 0151 511 8416. Creche available. Starts 1st January. 5 Weeks.</td>
</tr>
<tr>
<td>9:30am - 11:30am</td>
<td>Help your child with English</td>
<td>Kingsway Children's Centre</td>
<td>Adults</td>
<td>Book on, call 0151 511 8416. Creche available. Starts 3rd February. 5 Weeks.</td>
</tr>
<tr>
<td>9:30am - 11:30am</td>
<td>Childminders Group</td>
<td>Ditton Children's Centre</td>
<td>Registered childminders with children up to 4 years</td>
<td>Book on: Registered childminders</td>
</tr>
<tr>
<td>10:00am - 11:30am</td>
<td>NHS stop smoking</td>
<td>Ditton Children's Centre</td>
<td>Anyone who wishes to stop smoking</td>
<td>Drop in for more info visit haltonhelp.org.uk or call/text Sue on 07855789832</td>
</tr>
<tr>
<td>10:00am - 11:30am</td>
<td>Introducing Solids Foods</td>
<td>Clifton Library</td>
<td>Babies who are getting ready for solid foods</td>
<td>Book on: 0300 039 0399 to book a place. Dates for this service are 10/02/20 and 27/09/20.</td>
</tr>
<tr>
<td>10:00am - 11:30am</td>
<td>Child Health Clinic</td>
<td>Warrington Road Children's Centre</td>
<td>Families with children aged under 4 years</td>
<td>Drop in: Health Visitor led</td>
</tr>
<tr>
<td>10:00am - 11:30am</td>
<td>Baby Stay and Play</td>
<td>Upton Children's Centre</td>
<td>Families with children who are non-confident walkers</td>
<td>Drop in: £1.00 per family. Families can only attend 1 day and play session per week.</td>
</tr>
<tr>
<td>1:30pm - 2:30pm</td>
<td>Toddler room</td>
<td>Upton Children's Centre</td>
<td>Confident walkers</td>
<td>Drop in.</td>
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**Wednesday**

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<tr>
<td>9:30am - 10:30am</td>
<td>Childminders Group</td>
<td>Upton Children's Centre</td>
<td>Registered childminders with children up to 4 years</td>
<td>Book on: Registered childminders</td>
</tr>
<tr>
<td>9:30am - 10:45am</td>
<td>Musical Activities for 2 to 4 years</td>
<td>Warrington Road Children's Centre</td>
<td>Adults</td>
<td>Book on, call 0151 511 8416. Creche available. Starts 20th February. 5 Weeks.</td>
</tr>
<tr>
<td>11:00am - 11:45am</td>
<td>Rhyme Time</td>
<td>Clifton Library</td>
<td>Families with children</td>
<td>Drop in: Barney, songs, and rhymes. Provided by Natlin Library Service.</td>
</tr>
<tr>
<td>12:00pm - 2:00pm</td>
<td>Introducing Solid Foods</td>
<td>Clifton Library</td>
<td>Babies who are getting ready for solid foods</td>
<td>Drop in.</td>
</tr>
<tr>
<td>1:30pm - 2:00pm</td>
<td>Baby Stay and Play</td>
<td>Ditton Children's Centre</td>
<td>Families with babies who are non-confident walkers</td>
<td>Drop in.</td>
</tr>
<tr>
<td>1:30pm - 2:00pm</td>
<td>Baby Massage</td>
<td>Clifton Children's Centre</td>
<td>Families with babies from birth to 6 months</td>
<td>Book on: 0300 039 0399 to book a place. Dates for this service are 06/02/20 and 04/03/20.</td>
</tr>
<tr>
<td>1:30pm - 2:00pm</td>
<td>Introducing Solids Foods</td>
<td>Warrington Road Children's Centre</td>
<td>Babies who are getting ready for solid foods</td>
<td>Drop In.</td>
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<tr>
<td>1:30pm - 2:00pm</td>
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<td>Drop in.</td>
</tr>
<tr>
<td>1:30pm - 2:00pm</td>
<td>Story time and crafts</td>
<td>Warrington Road Children's Centre</td>
<td>Families with children aged under 4 years</td>
<td>Drop in.</td>
</tr>
<tr>
<td>1:30pm - 2:30pm</td>
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**Halton Helps - Breastfeeding Support**

- **Unicef Baby Friendly Award -**
- **Breast Feeding (HELPS)**

**Townsend Community Centre**

- **NHS stop smoking**

**Kenwood Library**

- **Child Health Clinic**

**Warrington Road Children's Centre**

- **Adhd**

**Ditton Library**

- **Child Health Clinic**

**Kingsway Children's Centre**

- **Child Development**

**Laleche League**

- **Child Health Clinic**
### Activity Timetable
#### January - March 2020

**Note:** Some sessions have different start dates; we advise you check before attending. Some activities may have limited places and will be offered on a first come first served basis.

#### Thursday
- **9:30am - 11:30am**
  - Adult Literacy
  - Upton Community Centre
  - Adults
- **9:30am - 11:30am**
  - How Children Learn
  - Upton Children's Centre
  - Adults
  - Book on, call 0151 511 8416. Creche available. Starts 16th January, 10 week course.
- **9:30am - 11:30am**
  - Childminders Group
  - Kingsway Children's Centre
  - Registered Childminders with children under 4 years
  - Book on: Registered Childminders
- **10:00am - 11:30am**
  - Baby Massage
  - Kingsway Children’s Centre
  - Families with babies from birth to 6 months.
  - Book on: 5 week programme
- **10:00am - 11:30am**
  - Tetcode Twos
  - Ditton Library
  - Children aged 18 months to 2 1/2 years.
  - Book on: 7 week course
- **1:00pm - 2:00pm**
  - Baby Stay and Play
  - Upton Children’s Centre
  - New-born to non-confident walkers.
  - Drop in
- **1:00pm - 2:00pm**
  - Stay and Play
  - Ditton Children’s Centre
  - Families with children under 4 years
  - Drop in: £1.00 per family. Families can only attend 1 day and play session per week.
- **1:30pm - 2:15pm**
  - Musical Mayhem
  - Kingsway Children’s Centre
  - For families with children under 4 years
  - Drop in
- **4:30pm - 6:00pm**
  - Child Health Clinic
  - Kingsway Children’s Centre
  - For families with children under 4 years
  - Drop in: NHS Health visitor led
- **6:00pm - 7:30pm**
  - Antenatal Yoga
  - Kingsway Children’s Centre
  - Pregnant mums
  - Drop in: from 16 weeks pregnant. Please bring a cushion or pillow. A great session to help with breathing techniques and relaxation.

#### Friday
- **9:30am - 11:30am**
  - Adult Maths
  - Ditton Children’s Centre
  - Adults
- **9:30am - 11:30am**
  - Story sacks
  - Ditton Children’s Centre
  - Adults
- **9:30am - 11:30am**
  - Child Health Clinic
  - Kingsway Children’s Centre
  - Families
  - Drop in: NHS Health visitor led
- **9:30am - 11:30am**
  - Swap Shop
  - Kingsway Children’s Centre
  - All
  - Clothes donations accepted, only clothes for under 5 yrs please. (shirts/blouses, coats, baby gowns, nappies, blankets/cot sheets, buggies etc.). If you see anything you like please help yourself.
- **11:00am - 11:45am**
  - Rhyme time
  - Kingsway Library
  - Family activity
  - Provided by Halton Library services.
- **10:30am - 12:00pm**
  - Breastfeeding Group
  - Warrington Road Children’s Centre
  - Pregnant and breastfeeding mums
  - Drop in: Provided by Halton’s Infant Feeding Team.
- **1:30pm - 2:00pm**
  - Baby Stay and Play
  - Kingsway Children’s Centre
  - New-born to non-confident walkers.
  - Drop in
- **1:00pm - 2:00pm**
  - Baby Massage
  - Upton Children’s Centre
  - Families with babies from birth to 6 months.
  - Book on: 5 week course
- **1:30pm - 3:00pm**
  - NHS stop smoking
  - Ditton Community Centre
  - Adults
  - Drop in …. enrollment for new clients at 1.30 pm. Sessions last approx. 30 - 45 mins. Call 0300-1230029 for details.

**All drop in groups start w/c 13th January, for book on group we advise you check before attending. Some activities may have limited places and will be offered on a first come first served basis.**

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