

Halton Brook & Halton Lodge Children's Centres

Activity Timetable

September - December 2018



Halton Brook: 01928 573265

Halton Lodge: 01928 573107

Our timetables are correct at the time of printing. Some activities may be subject to change, so please check our Facebook pages or ring before attending. Some activities may have limited spaces, these will be offered on a first come first served basis.

Halton Brook & Halton Lodge Children's Centres

Are you registered or new to our services? Registration is very quick and easy. It's also FREE! If you have recently registered or haven't used our centres before and would like to come and have a chat with a team member and a look around our centres, please give us a call. A children's centre worker may also be able to visit you at home. Please call for information.

Light Room, Soft Play & Play Room - bookings are taken daily for these rooms at our centres. Great for rainy days! Please call to arrange your day & time. It's FREE!

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

Families Information Service - Offer information about Ofsted registered childcare providers in your local area including childminder and nursery prices and vacancy information. Please contact them on 0151 511 7375.

Do you have a 2 year old? - You may be eligible for up to 15 hours of FREE childcare per week. To find out if you are eligible, you can speak to a member of the children's centre team or contact 0151 511 7395.

Healthy Start Vouchers & Vitamins - Come to the children centre to collect an application form, to find out if you qualify to receive Healthy Start vouchers. You will then need see your midwife or Health Visitor to get the form validated. Vouchers can be used to buy fresh or frozen fruit and veg and milk. If you qualify, you can also get FREE vitamins for your 0-4 year old by presenting your voucher at any Halton Children's Centre. If you don't receive Healthy Start Vouchers, vitamins can still be purchased from the centres for £1.50 per bottle.

Community Cafe - The Cafe at Halton Lodge serves healthy meals and snack at low prices Monday-Friday from 11.30-2.00pm. Main Meal £2.25, Child meal £1.50 and Baby Weaning Food 60p. Everyone Welcome! Why not pop along before or after your favourite session?

Baby Clothes Swap Shop - In addition to children's clothing clothes, we also accept donations of nappies, baby toiletries, jars / packets of unopened baby foods, toys and baby equipment in good, clean condition. If you have a larger item to donate, Please contact Mo as we don't have storage for lots of big items.

Runcorn Food Bank - The children's centres may be able to help you access the food bank, which provides emergency food parcels for families in crisis. You must have ab under 5 to receive a voucher at the children's centre. Your situation will be dealt with sensitively and confidentially. Please contact us for further information or support.



**Breast Feeding
welcome at
all activities**



LIKE US ON FACEBOOK - follow your children's centre on Facebook for updates and info direct to your Facebook wall.
www.facebook.com/haltonbrook or www.facebook.com/haltonlodgccc

Halton Brook: 01928 573265

Halton Lodge: 01928 573107

Timetable Monday - Wednesday

Day	Time	Activity	Venue	Suitable for	Notes
Monday	9:30am - 11:30am	Family Health Drop In	St Paul's Health Centre	Parents/ Carers and children	Drop in. Baby weighing and health visitor advice / support for parents of children 0-4 years.
	10:00am - 11:30am	Play Days	Halton Lodge Children's Centre	Parents / Carers and children 0-5 years	Play activities, songs & snack. Drop In, Places may be limited.
	1:00pm - 2:00pm	MONTHLY! Welcome to the World Drop In	Halton Lodge Children's Centre	Expectant parents /carers or Families who have just had a new baby.	Are you expecting or recently had a new baby? Why not drop in for a cuppa, a look around, meet the staff and find out more about your local children's centres? See facebook for upcoming dates
	1:00pm - 2:30pm	Baby & Me	Halton Brook Children's Centre	Parents and babies aged 4-12 months	Play activities, songs and fun for little under ones. Drop In, places may be limited.
	1:00pm - 2:00pm	MONTHLY! Messy Monday	Halton Lodge Children's Centre	Parents / Carers and children from walking -5 years	Monthly Messy Play Session with sensory play, mini crafts and outdoor activities. Old Clothes / Change of clothes advisable. 1st Oct, 29th Oct, 26th Nov. Places may be limited. £1 per child.
Tuesday	10:00am - 11:30am	Baby Massage	Halton Lodge Children's Centre	Parents and babies up to 6 months old	A session for Mums & Dads to relax, bond and learn to massage your new baby. Please call for dates and bookings.
	9:30am - 11:30am	Time 4 Me	Halton Lodge Children's Centre	Mums with children aged 0-2 years	Have you been feeling low in mood since baby arrived? This session can help you gain support and increase confidence. Please call us or speak to your health visitor about a referral for Time for Me. Creche available, places limited.
	1:00pm - 2:30pm	Childminders Play Session	Halton Lodge Children's Centre	Registered childminders and minded children	Drop in play session for registered Childminders and minded children. All children must be registered.
	1:15pm - 2:45pm	Wicksten Drive Stay and Play	Wicksten Drive Christian Centre	Parents /Carers and children 0-4 years	Play activities, songs and snack. Drop in, places may be limited.
	3:30pm - 5:00pm	Baby Massage	Halton Womens Centre, The Butts, Castlefields	First Time Parents and babies up to 6 months old	A session where parents / carers can relax, bond and learn to massage your baby. Please call the children's centre to book a place.
Wednesday	9:30am - 11:30am	Adult Learning Course: Story Sacks	Halton Lodge Children's Centre	Parents/Carers	Ascentis accredited Course. Make a story sack and find out how to support your child's early reading skills. Crèche available, places limited. Please call for booking. Starts 19th Sept 2018.
	9:30am - 11:30am	Baby Clothes Swap Shop	Halton Lodge Children's Centre	Parents / Carers /local professionals working with families.	Donate / Swap or take baby clothes for ages 0-4 years. Donations should be in good, clean condition. Call Mo for info.
	9:30am - 11:30am	HELPS Equipment	Halton Lodge Children's Centre	Families wishing to buy discounted safety equipment	Baby Gates, First Aid Kits etc. Drop in / Call for info.
	9:30am - 11:30am	Childminders Play Session	Halton Brook Children's Centre	Registered childminders and minded children	Childminders and children must be registered. Drop In
	10:00am - 11:30am	Introduction to Solid Foods	Halton Lodge Children's Centre	Advice and Support	Come and find out all you need to know about starting your baby on solid food. Call 0300 029 0029 to book on a session. Upcoming dates 10th October, 5th December. More dates available at other venues.
	1:00pm - 2:00pm	Breastfeeding Support Group	Halton Lodge Children's Centre	Breastfeeding Mums / Mums to be	Drop in for breastfeeding advice and support or call 0300 029 0029
	1:30pm - 3:30pm	Family Health Drop In	Castlefields Health Centre	Parents/Carers and children	Drop In. Baby weighing and health visitor advice / support for parents of children 0-4 years.

Timetable Thursday - Sunday

Day	Time	Activity	Venue	Suitable for	Notes
Thursday	9:30am - 11:00am	Terrific 2's	Halton Lodge Children's Centre	Parents /Carers and children 20-28 months.	A course for parents and children aged 20-28 months covering play, behaviour tips, potty / toileting advice, sleep, diet and other issue common to 2 year olds. Please call Julie for dates and booking.
	9:30am - 11:00am	Castlefields Stay and Play	Castlefields Community Centre	Parents / Carers and children 0-4 years	Play activities, songs and snack. Drop in, places may be limited.
	10:00 - 11:30am	Baby Massage	Halton Brook Children's Centre	Parents and babies up to 6 months old	A session for Mums & Dads to relax, bond and learn to massage your new baby. Please call for dates and bookings.
	10:00am - 11:30am	MS4B -Makaton Signing for Babies	Halton Lodge Children's Centre	Parents / Carers and babies 6-12 months	Learn to use Makaton Signs with your baby. 6 week course. Families must be able to attend ALL sessions. Starts 27.09.18-1.11.18. Please contact Jo Halle to register your interest. If your child has a specific need and would benefit from using Makaton, please let us know this when you call.
	1:00pm - 3:00pm	Family Health Drop In	St Paul's Health Centre	Parents/Carers and children	Drop In. Baby weighing and health visitor advice / support for parents of children 0-4 years.
	12:30pm - 2:30pm	NEW! Let's Get Cooking!	Halton Brook Children's Centre / Holy Spirit Church Hall	Parents/Carers and children 0-5 years	Make healthy food using simple recipes and learn how to reduce food waste at home. Crèche available, places limited. Call Gemma to register your interest.
	2:30pm - 4:00pm	First Time Family	Halton Lodge Children's Centre	First Time Parents and babies up to 6 months old	Come and meet other first time parents, get support, advice and enjoy a cuppa! Drop in and join us or call Angela or Beccy for more info.
Friday	10:00am - 11:00am	Musical Mayhem	Wicksten Drive Christian Centre	Parents / carers/ Childminders and children 0-5 years.	Musical Activities, songs and fun. Drop In. Childminders welcome.
	1:00pm - 2:30pm	Play Days	Halton Lodge Children's Centre	Parents /Carers and children 0-5 years.	Play activities, songs & snack. Drop in, places may be limited
	12:30pm - 2:30pm	Confidence through Creativity	Halton Brook Children's Centre	Parents / Carers	5 week course. Confidence building through creativity activities. Crèche available, places limited. Please call for booking. Starts 21/09/18.
	12:30pm - 2:30pm	Christmas Crafts for Adults	Halton Brook Children's Centre	Parents/Carers	5 week course. Make and take some festive creations. Crèche available, places limited. Please call for booking. Starts 2/11/18.
Other	10:00am - 12:00pm	Dads Corner	Norton Priory Museum & Gardens	Dads/Male carers and children	Please call / check Facebook for upcoming dates and information.
	10:30am - 11:00am & 11:00am - 11:30am & 11:30am - 12:00pm	Aquababes	Kingsway Leisure Centre, Widnes	Halton Families with children under 4 years	Discounted Vouchers for Aqua Babes cost £1 and are available from your children's centre reception.
	Various - subject to availability	Play Room, Soft Play and Light Rooms	Halton Lodge / Brook Children's Centre	Parents / Carers / childminders and children 0-5 years	Please call to book your time. Bookings taken up to one week in advance.

Halton Brook Children's Centre Fernhurst, Runcorn, WA7 2NJ Tel. 01928 573265

Halton Lodge Children's Centre Grangeway, Runcorn, WA7 5LU Tel. 01928 573107

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

