

## Session Information

### Learning Together Babies (babies not yet walking) & Learning Together Toddler

Learning together offers a variety of activities including messy play, talk time and songs and stories to support children's development, by building their confidence as they learn to explore.

### Learning Through Play (0-5 years)

This drop in session provides a variety of activities for children to explore supporting children's changing needs and interests, the session offers an opportunity for parents, carers and children to discover and explore a wide range of play activities together, encouraging children's independence, confidence and social skills.

### Rhyme Time (0-5 years)

A song and rhyme session focusing on supporting children's early communication skills. During the session children will have the opportunity to sing along to their favourite songs and rhymes using a variety of props and resources.

### Movers and Shakers (0-5 years)

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.

### Keepsakes (under 1 year)

The group will offer an opportunity for families to make a variety of 'keepsake' items with their children such as hand and foot prints and learning journeys which can be taken home.

### Breaststart

Drop in support session for breastfeeding and expectant parents. Relaxed environment, a chance to have some refreshments and receive quality advice from our trained peer supporters. There will be an opportunity to self-weigh at the group with the scales provided. This session is also run in partnership with the Health Visiting Team.

### 3-4 months Top Tips

Sessions provided by health visitors offering weaning advice through to accident prevention and illnesses. There will be an opportunity to self-weigh at the group with the scales provided. Please contact the children's centre to book onto this session (Children up to 8months old are welcome).

### Citizen Advice Bureau (CAB) Drop In

Free advice regarding housing, benefits etc.



Why not like us on Facebook and stay in touch or visit the children centre website

<https://www.lincolnshire.gov.uk/parents/childrens-centres>

# Market Rasen Children's Centre

## March 2018

Caistor Children's  
Centre at Caistor  
Town Hall



### Opening Times

Market Rasen

Mon – Thurs 8:30am – 4:30pm

Fri 8:30am – 4pm

Please note Caistor Town Hall (LN7 6QU)  
is only open during session times



Market Rasen Children's Centre

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Market Rasen

Lincolnshire

LN8 3BJ

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Facebook [www.facebook.com/Caistor.CherryWillingham.MarketRasenWelton](https://www.facebook.com/Caistor.CherryWillingham.MarketRasenWelton)

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Learning Through Play</b> 10.00 – 11.00 @ Caistor</p>	<p><b>CAB Drop In</b> 10.00 – 12.00 @ Market Rasen (14<sup>th</sup> and 28<sup>th</sup> March)</p> <p><b>Learning Through Play</b> 9.30-10.30 @ Caistor</p> <p><b>Learning Together Baby</b> 9.30 – 10.30 @ Market Rasen</p> <p><b>Learning Together Toddler</b> 11.00 – 12.00 @ Market Rasen</p>	<p><b>3 – 4 Months Top Tips</b> 9.30 – 10.30 Monthly Session (1<sup>st</sup> March only) @ Market Rasen</p> <p><b>Breaststart</b> 11.00 – 12.30 @ Market Rasen</p> <p><b>Learning Through Play</b> 10.00 – 11.00 @ Caistor No session 29<sup>th</sup> March</p> <p><b>Keepsakes (6 weeks Invitation only)</b> 13:30- 14:30 (Not 29<sup>th</sup> March) @ Market Rasen</p>	<p><b>Learning Through Play</b> 9.30 – 10.30 @ Market Rasen</p>
<p><b>Rhyme Time</b> 1.30 – 2.15 @ Market Rasen</p> <p><b>Movers &amp; Shakers</b> 1.30- 2.30 @ Caistor</p>	<p><b>Movers &amp; Shakers</b> 1.30 – 2.30 @ Market Rasen</p>	<p><b>Learning Together Baby</b> 1.30 – 2.30 @ Market Rasen</p>	<p><b>Rhyme Time</b> 1.30 – 2.15 @ Caistor No session 29<sup>th</sup> March</p>	<p>Please note <b>No Pre-school Learning Alliance groups on Thursday 29<sup>th</sup> March</b> due to staff training.</p>
<b>More on offer at your local Children's Centre Group...</b>				
<p><b>Weekend Fun</b> A fun session for the whole family to come and enjoy, a variety of activities will be on offer such as messy play, gardening and cooking A light brunch is included, prepared by the families who attend, promoting healthy lifestyles in a fun way with the whole family. <i>Call the centre to find out where the nearest location is to you.</i></p>	<p><b>Sensory Room</b> At a loose end? Call the Children's Centre to book your local sensory room; a room filled with lights, sounds and other fascinating things to entertain the little ones (limited times).</p>	<p><b>Parents' voice</b> As users of the Children's Centre we would love to know your views on the services we have on offer. You may see our Skills Development Officers in some of the sessions you come along to so please share your thoughts and ideas on how we can improve them. Or you can leave your thoughts on the parents voice trees, comments books and boxes</p>	<p><b>Borrow Bags</b> If you would like to have something a little different at home please borrow one of our many borrow bags. All you need to do is choose the one your child is interested in and book it out at reception- perfect for a rainy day!</p>	<p><b>Parenting Programme Delivery Unit</b> Our Children's Centres offer a number of parenting courses for the families within the community. If you would like more information about the courses we offer please email the address below. <a href="mailto:PPDULincolnWL@lincolnshire.gcsx.gov.uk">PPDULincolnWL@lincolnshire.gcsx.gov.uk</a></p>
<p><b>Colour Coding Key;</b> Black/Purple = Free Early Years Session, Green = Health Provision, Blue = Private Provider (Fee Payable), Red = Parent Led Session</p>				