

## 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.

### Terrific Twos

A session for families eligible to apply for the Two Year Old Early Years Entitlement (2YO EYE). The session will be to explain to families what the 2YO EYE is and how it can benefit their child. During the session there will be a variety of activities for children to explore alongside their parent/carer.

### 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.

# Market Rasen Children's Centre

April 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

Kilnwell Road

Market Rasen

Lincolnshire

LN8 3BJ

Tel: 01673 844703

Email: [marketrasenCC@lincolnshire.gov.uk](mailto:marketrasenCC@lincolnshire.gov.uk)

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Learning Through Play</b> 10.00 – 11.00 @ Caistor</p> <div style="border: 2px solid orange; padding: 5px; margin-top: 10px;"> <p>Please note <b>No Session at Caistor Town Hall on Wednesday 4<sup>th</sup> April</b> due to hall not being available.</p> </div>	<p><b>CAB Drop In</b> 10.00 – 12.00 @ Market Rasen (11<sup>th</sup> April)</p> <p><b>Learning Through Play</b> 10.00-11.00 @ Caistor Sessions 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April</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 (3<sup>rd</sup> May 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</p> <p><b>Keepsakes (6 weeks Invitation only)</b> 13:30- 14:30 @ Market Rasen</p>	<p><b>Learning Through Play</b> 9.30 – 10.30 @ Market Rasen</p> <p><b>Terrific Twos</b> Monthly Session 11.00 – 12.00 Friday 27<sup>th</sup> April only @ Market Rasen</p> <div style="border: 2px solid purple; padding: 5px; margin-top: 10px;"> <p><b>Terrific Twos</b> @ Caistor during <b>Learning Through Play</b> 10.00-11.00 Wednesday 25<sup>th</sup> April only</p> </div>
<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</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>
<b>Colour Coding Key; Black/Purple = Free Early Years Session, Green = Health Provision, Blue = Private Provider (Fee Payable), Red = Parent Led Session</b>				