

# Westminster Children's Centre Activity timetable

All activities in the centre are Free of Charge

Westminster Children's Centre  
Westminster Road, Blackpool  
Tel: 01253 621703

Apr - Jul  
2019

## Dates for your Diary

### Parent Forum 7th May, 9am-11am

Parents, we need you! Come along and let us know what services you would like in your local community and help to shape your children's centre services for young children. Speak to a member of our team to find out more.

### Children's Centre Advisory Group:

Venue - Westminster Children's Centre  
Would you like to represent children's centre parents and help to shape the groups and services on offer for children and families?

### SATURDAY MORNING SESSIONS:

If you have any ideas for activities for young children that you would like to see on a Saturday morning, we would love you to let us know. Talk to a member of the team to share your ideas or for more information!

### HEALTHY START VITAMINS

Available for pregnant ladies from 10 weeks up until your child is 1 year old. Also available for children aged 4 months to 5 years old. Speak to a member of the team for more information.

Blackpool's children centres are provided in partnership by Blackpool Better Start and Blackpool Council.

## CONTACT US

[www.blackpoolbetterstart.org.uk](http://www.blackpoolbetterstart.org.uk)

Please check out our Twitter @CECDBlackpool  
<http://cc.westminsterprimary.co.uk/>



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[www.blackpool.gov.uk](http://www.blackpool.gov.uk)

Blackpool Council

CHILDREN'S CENTRES



## MONDAY

Date/Time	Venue	Activity/Course
10.30am-11.30am Starting 29th April 2019	Westminster Children's Centre	<b>Jo Jingles:</b> Drop in Fun, music and movement classes for babies and pre-school aged children. Jo Jingles offers established, structured classes that are exciting and educational.
	Westminster Children's Centre	<b>Sensory Room: Available for Private Hire *Booking Essential*</b> Available for private family & friends bookings for 60 min slots. Call the Children's Centre for more information.

## TUESDAY

Date/Time	Venue	Activity/Course
9.45-11.45am Starts 16th April 2019	Westminster Children's Centre	<b>Better Start Baby Steps Antenatal Programme:</b> Helps mums-to-be and their partners prepare for being a parent. (For mums-to-be around the 28th week of pregnancy) Ask a member of the children's centre team for more information. <b>*Booking only* Free 'Healthy Start' vitamins available.</b>
1.00-2.00pm Starting 7th May 2019	Westminster Children's Centre	<b>Baby MassageStarting:</b> Enjoy special one to one time bonding with your baby, learning baby massage techniques and the benefits for you and your baby. For babies 0-12 months old. <b>*Booking only*</b>
	Westminster Children's Centre	<b>Sensory Room: Available for Private Hire *Booking Essential*</b> Available for private family & friends bookings for 60 min slots. Call the Children's Centre for more information.

## WEDNESDAY

Date/Time	Venue	Activity/Course
10.00am-11.00am	Claremont Park, Claremont Road	<b>Better Start Park Rangers:</b> Come and join the Park Rangers every week for a morning of nature based fun! We'll explore your local green spaces, read stories, make things and enjoy different activities each week including: messy play, nature tots, little explorers and a range of themed sessions. It's an exciting group for babies, toddlers, parents and carers to enjoy All welcome. Grab your '50 things to do before you're 5' booklet and come along to the sessions to see how many you can tick off! Wear warm clothes and waterproof footwear.
1.00pm-3.00pm Starting 8th May	Westminster Children's Centre	<b>Physical care of Babies:</b> A 10 week course designed for parents to support them in becoming confident when looking after their children. Parents will learn about physical care routines, nutrition and wellbeing of babies and toddlers to promote happy, healthy families.
	Westminster Children's Centre	<b>Sensory Room: Available for Private Hire *Booking Essential*</b> Available for private family & friends bookings for 60 min slots. Call the Children's Centre for more information.

## THURSDAY

Date/Time	Venue	Activity/Course
9.30am-11.00am	Westminster Children's Centre	<b>Baby Weighing Clinic: Free 'Healthy Start' vitamins available. Drop in.</b> Come along to see the Health Visitor, get your baby weighed and access general help or advice on all aspects of child health.
9.00am -11.00am	Westminster Children's Centre	<b>Open Sensory Session Drop In, Free 'Healthy Start' vitamins available.</b> Why not stay and play after having your baby weighed in our sensory room! Your baby will love exploring with our bubble lights and 'black & white' resources that are specially designed for babies. For children aged 0-5 years.
	Westminster Children's Centre	<b>Sensory Room: Available for Private Hire *Booking Essential*</b> Available for private family & friends bookings for 60 min slots. Call the Children's Centre for more information.

## FRIDAY

Date/Time	Venue	Activity/Course
9.00am-10.00am	Westminster Children's Centre	<b>Betterstart Coffee Morning:</b> Come to our coffee morning where you can meet our Community Connector Julie and other parents in your area.
9.30am – 10.15am	St Paul's Church Hall Egerton road	<b>Little Kickers: Drop In.</b> A physical activity session for children who are confident walkers to 5 years old. Coach Brian teaches high quality football skills in a friendly, pressure free environment.
10.00am-12.00pm	Westminster Children's Centre	<b>Parent and child group:</b> Join in the fun! All ages welcome. Each week you will either cook something delicious, make something crafty or get involved in the different activities.
	Westminster Children's Centre	<b>Sensory Room: Available for Private Hire *Booking Essential*</b> Available for private family & friends bookings for 60 min slots. Call the Children's Centre for more information.