

Mereside Children's Centre Activity timetable

All activities in the centre are Free of Charge

Mereside Children's Centre

Langdale Road, Blackpool, FY4 4RR

Tel: 01253 839739

Apr -Jul
2019



FRED (Fathers Reading Every Day) has regular courses throughout the year. If you are a father or male carer of children under 4 years this is essential for YOU! Collect lovely free books each week for 4 weeks and enjoy with your children. Ask at the Children's Centre for more info.

We have special one-off events through the term and in the holidays ask in the centre or find us on out on Facebook search "Mereside Children's Centre Blackpool".

Do you want to volunteer in the Children's Centre? Phone the Children's Centre for more information. Join the Better Start Volunteer Academy for training and support to volunteer with confidence.

Come and visit 'Brenda's Community Café' serving hot drinks, snacks and delicious hot meals from 8.30 to 3pm Monday to Thursday and 8.30 to 2.30pm on Fridays.

Free use of a computer in the Community Café for searching online or applying for housing, jobs and those essential websites for health, family and employment. Come and book a slot at reception.

Collect your Better Start Activity cards from the Children's Centre –free to families packed with ideas and fun activities and book suggestions for your little ones!! There is a chance to win a lovely bag of goodies if you post your crafty activities on our Facebook page.

Visit our Facebook page for the latest info about what's going on at:


Mereside Children's Centre Blackpool

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

CONTACT US

www.blackpoolbetterstart.org.uk

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CHILDREN'S CENTRES

MONDAY

Date/Time	Venue	Activity/Course
9.00am - 11.30am	Café area, home visits and Mereside Library	Bookstart Corner: Speak to Jayne about the free bag of goodies to support your child's early reading skills. For children aged 12 months to 30 months. We offer home visits, library visits and special fun events using toys and rhymes that link with books.
10.20am - 11.05am	Children's Centre Training Room Term Time only 	Tiddly-om-Pom-Poms: A music and rhyme session for all ages. Come along and join the friendly music group with Blackpool Music Service staff.
11.00am	Children's Centre Café First Monday of the month	Parents Forum: A monthly get together for those that use Mereside Children's Centre. Meet the forum, plan activities and have your say about the centre's programme. All welcome- free brew and toast!
All day	Children's Centre All year round	Little Diggers Garden: The garden is available to all little ones and their parents and carers for 50 weeks of the year. We can provide wet weather clothing and wellies for toddlers you can borrow!! Phone or call in to book the garden any time, bring a picnic or buy a meal from Brenda in the café
Various days and times throughout the year	Children's Centre Training Room	Baby Steps Antenatal Programme: For mums-to-be and their partners preparing for parenthood. The course starts around the 28th week of pregnancy. If you are pregnant come and speak to the Baby Steps Family Engagement Worker based in the Children's Centre.
2.00pm- 3.00pm	Children's Centre Little diggers Garden 24th June 	Fork to Fork: Grandparents/parents and friends come with your little ones to get moving and keep fit. Come and enjoy the healthy outdoors with Vince planting, growing and harvesting tasty vegetables. Learn where our food comes from!!
2.30pm -4.15pm	Children's Centre Café 17th June- 15th July 	Cooking for Wellbeing: A new course for families and their children. Parent/carers start the session and nursery and school children come in after school to continue making healthy food as a family, then take the food home for tea! Delivered by the Family Learning team.

TUESDAY

Date/Time	Venue	Activity/Course
9.30am-12.00pm	Meeting room	Stop Smoking in Pregnancy: Become and remain smoke free throughout your pregnancy and be rewarded through an incentive scheme. This service is run by the Health Trainers team. Access an appointment by phoning 01253 952226 for a self-referral or speak to your midwife. Not a 'drop-in' service, an appointment must be made prior to attendance.
All day	Children's Centre All year round	Little Diggers Garden: The garden is available to all little ones and their parents and carers for 50 weeks of the year. We can provide wet weather clothing and wellies for toddlers you can borrow!! Phone or call in to book the garden any time, bring a picnic or buy a meal from Brenda in the café
1.00pm - 3.00pm	Children's Centre Training Room and Health Room	Baby Club: A free drop in group for parents, carers and babies under 14 months or until walking. Meet the Link Health Visitor to have your baby weighed and get advice. Pick up your free Healthy Start Vitamins for those that are eligible. A Communication Practitioner is in on 9th July.
10.00am-11.00am	Children's Centre Training Room 30th April- 21st May 	Move, Play Grow: A healthy lifestyles programme delivered by Blackpool Football Club Community Trust covering healthy eating, snacks and sugar oral health and physical activity. Interactive for your little ones and you!
1.00pm -4.00pm Alternate Tuesdays from 9th April	Children's Centre All year round	Clevr Money Drop in: With the Credit Union: Come and open an account to save for Christmas and accessible loans available subject to conditions. Every fortnight, check for dates with reception.
1.00pm-3.00pm	Children's Centre Café 7th May, 11th June 9th July 	Baby Rover: Become a life time member for £1.50 and pick up a bargain of ten items for £1.00 of freshly recycled clothes baby and children's clothes. Amazing bargains from birth to 5 years old.



Better Start is pleased to support activities for 0-4 year olds and their families delivered through Blackpool Children's Centres.

WEDNESDAY

Date/Time	Venue	Activity/Course
10.00am-11.30am Term Time	Children's Centre Training Room and garden	Next Steps: A next step after Baby Club from about 14 months (or walking) up to about 30 months. We focus on social development, language and movement in this friendly group.
10.00am-12.00pm	Café 8th May 10th June 3rd July	Free childcare for 2, 3, & 4 year olds: You may be entitled for up to 15 hours per week early education for your 2 year old and up to 30 hours per week for 3 and 4 years olds. Come and have chat with a Grants Officer in the café to find out more and what childcare is available. Free refreshments.
2pm-3pm	Mereside Children's Centre meeting room	Blackpool Coastal Housing Surgery: Are you a tenant in a BCH property? Do you need some information or support? A representative is on hand help to discuss tenancy issues. Drop by to have a chat with your local Blackpool Coastal Housing worker.

THURSDAY

Date/Time	Venue	Activity/Course
10.00am-11.30am Term time	Tarnside Community Centre, Tarnside opposite Mereside Children's Centre	Bumbles: A parent/carer and child group: A fun group for parents, carers and their children, all ages welcome. We meet at the Tarnside Centre venue.
10.00am-12.00noon Term time	Children's Centre Community Café	Knitting Nanas Group: Come and join in learning how to knit with our parents/carers and nanas. All welcome- from beginners to expert. Pass on your skills to others.
2.00pm-3.00pm	Little Diggers garden and in the community 25th April, 9th & 23rd May, 6th & 20th June 4th & 18th July 	Better Start Park Rangers: different activities every fortnight from a range of themed sessions. A group for babies, toddlers, parents and carers to enjoy – everyone is welcome. Wear suitable clothing for the weather.

FRIDAY

Date/Time	Venue	Activity/Course
9.00am-10.30am	Children's Centre Community Café	Parent and carers coffee morning: All parents and carers are welcome for free tea, coffee and toast. Have a brew and have your say.
All Day	Little Diggers Garden All year round	The garden is available to all little ones and their parents and carers for 50 weeks of the year. We can provide wet weather clothing and wellies for toddlers you can borrow!! Phone or call in to book the garden any time, bring a picnic or buy a meal from Brenda in the café
10.00am-11.15am	Children's Centre Training Room 26th April- 24th May	Talk Together: Introducing Talk Together, a fun 5 week programme that boosts children's communication skills. Come along to our group sessions to find out more about how communication develops and learn some handy tips to use at home

SATURDAY

Date/Time	Venue	Activity/Course
Dates to be confirmed	Children's Centre	Dads and Families Club: Saturday morning chill out with your family. We encourage dads, male carers, granddads and uncles to come along and have a bacon butty and have fun. Follow us on Mereside Children's Centre Blackpool Facebook page to latest events.

All activities including the crèche are FREE (unless stated)