

Dads, mums and carers,
Welcome to this edition of our Activity Timetable. Here you will find details of our activities planned for the coming months. We are looking for more people to have a say in our service. Join our Parents Forum and/or Area Steering Group. Call Gina on 01679 798800 for more details.

What'sON

January - March
2015

Seaton Valley Centre

Western Avenue, Seaton Delaval, NE25 0EP.

Tel: 0191 237 5184

Reception open: Tuesday - Thursday 8.45am - 4.30pm

Monday

Stay Play Learn All Together (SPLAT)

1.30pm - 3.00pm

Returns 12th Jan

A weekly drop in for children of all ages to enjoy singing, messy play and socialising with others.

Term time only

50p per child

Tuesday

Breastfeeding Support Group

10.00am - 11.00am

Are you breastfeeding or combination feeding your baby? Drop-in for a friendly chat and a drink, meet other families, and have your baby weighed.

Childminders Drop In

1.30pm - 3.00pm

Returns 13th Jan.

Term time only

Wednesday

Keeping up with the Kids Maths

Introduction 14th Jan
9.30am - 10.30am
Course begins 21st Jan
8 sessions (excluding half term) finishes on
18th March
9.30am - 11.30am
Free crèche & transport available
Booking essential

Stop Smoking Clinic

1.00pm - 4.00pm

7th Jan
To make an appointment for Stop Smoking Support telephone 01670 813135

Baby Club

1.30pm - 3.00pm

Returns 14th Jan
A weekly drop in session for you and your child (0-9 months) come and meet other local parents and enjoy activities with your baby.

Term time only
Drop in

Tiddlywinks

Active family session. Explore your imagination.
1.30pm - 2.30pm
at
Seaton Delaval Community Centre
From 14th Jan
Term time only
50p per child
No booking required

BuggyFit Indoor Bootcamp

at
St. Cuthbert's Church, Blyth
Starts 14th Jan
10.30am - 11.30am
£1 per adult
No need to book

Thursday

Weigh & Stay

9.00am - 11.00am

Returns 8th Jan.

Baby massage and **Baby yoga** run from this centre, please speak to your **health visitor** for more details.

Believe in children
Barnardo's

Friday

Introduction to Make up Application

9.30am - 11.30am
Begins 16th Jan (term time only)

A 6 week course which will take you through different application techniques. Call into the centre for a course application form.

Free crèche and transport
Booking essential

Photography Workshop

13th March
9.30am—11.30am

Dads, mums and carers come along and learn how to take the best pictures using your mobile phone. Call into the centre for more details.

Baby & Child First Aid Sessions

20th March
9.30am—11am
Booking essential

First Step Postnatal Exercise for Mum & Baby

1.30pm - 2.30pm

16 Jan. - 13th Feb.

Booking essential

THE HUB at Blyth Central Children's Centre

Open daily for Dads, Mums and Carers to access a range of services

For more information ask at reception



Birth Registrations

The Birth Registrar will be at

Blyth Central Children's Centre

on Tuesday mornings to register the birth of your baby.

Returns 13th Jan.

9.30am - 12.30pm

Drop-in and receive a free gift for your baby

Northumberland
Northumberland County Council

Saturday Family Fun

31 January
Blyth West

28 February
Cramlington West

28 March
Seaton Valley

10.00am - 12.00pm

Come along and have fun with Mr & Mrs Beaver
£1 per family
booking essential

For more information on the activities visit:
www.blythvalleychildrenscentres.org.uk or ring the Centre.