

Thurrock Council – Children's centre activities

What we offer

Activity	Description	Ages	Sessions	Run by	Booking
Stay and play	Fun activities for you and your baby. The sessions promote social skills and stimulation to support your baby's development. The session also aims to offer ideas to support your child's learning at home.	0 to 12 months	One session	Children's centre staff	All welcome – no need to book
Stay and play	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child's development. The session also aims to offer ideas to support your child's learning at home.	12 to 24 months	One session	Children's centre staff	All welcome – no need to book
Stay and play	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child's development. The session also aims to offer ideas to support your child's learning at home.	24 to 60 months	One session	Children's centre staff	All welcome – no need to book
Play and learn	A structured six week programme for families to support their child's learning through play. The sessions will also provide you with ideas on how to support your child's learning at home.	24 to 60 months	6 week programme	Children's centre staff	Contact the children's centre
Baby massage	The baby massage course offers a wonderful opportunity for you to bond and learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.	0 to 12 months	6 week programme	Children's centre staff	Contact the children's centre

Activity	Description	Ages	Sessions	Run by	Booking
Fun, food and fitness	Fun, physical activities and ideas to keep your child healthy and fit. An opportunity for your child to try different types of food each week and for parents to receive advice on healthy eating including fussy eating and portion sizes.	18 to 60 months	6 week programme	Children's centre staff	Contact the children's centre
Patch parenting	A parenting course which provides support with everyday challenges of parenting young children. The sessions will cover topics such as being a parent, play, temper tantrums and praise. Parents have the opportunity to discuss other areas of concern if they wish to do so.	18 to 60 months	6 week programme	Children's centre staff	Contact the children's centre
Chatterbox	A structured language group running for six to eight weeks providing support, advice and guidance to help your child develop their communications skills.	18 to 60 months	6 to 8 week programme	Children's centre staff	By referral only – contact the children's centre
Bookstart corner	A Booktrust programme to support families to develop a love of stories, books and rhymes to help their children's early reading skills.	18 to 60 months	4 week programme	Children's centre staff	Contact the children's centre
Speech and language drop-in	Speech and language therapists will be available to provide advice and support to families who feel their child might be experiencing some delay in their speech and language development.	18 to 60 months	One session	Speech and Language Therapists	All welcome – no need to book
Let's talk with your baby	A programme to promote positive adult-child interaction and communication skills, attachment, stimulation in a rich environment through interactive, fun activities.	0 to 12 months	6 week programme	Children's centre staff	Contact the children's centre
Language-focused play	An evidence based therapy for children with expressive or receptive language delay.	12 to 60 months	One session	Speech and Language Therapists	By referral only – contact the children's centre

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Phonics workshop	A one hour workshop to help parent and carers develop their children's early reading and writing skills.	12 to 60 months	One hour session	School Improvement Team Officer	Contact the children's centre
Special educational needs and disabilities (send) sessions	Sessions specially designed to support parents with children with SEND.	0 to 60 months	One session	Staff from various teams	Contact the children's centre
Anglian water – keep it clear	Sessions to support families to learn about the correct disposal of waste, such as fats, oil, grease and un-flushable items, wipes, nappies and sanitary waste and to support financial awareness by avoiding big repair bills.	0 to 60 months	One session	Anglian Water	Contact the children's centre
Child minder-led sessions	Sessions led by child minders to support children's learning and development who are in the care of a child minder.	0 to 11 years	One session	Child minders	Contact the children's centre
Special events	Events throughout the year to support families with learning and playing with their children.	0 to 11 years	One session	Children's centre staff	Contact the children's centre

Health support

Activity	Description	Ages	Sessions	Run by	Booking
Midwife appointments	Pre-natal checks, advice and support for you and your baby.	Anti-natal	One session	Midwife	Contact your midwife
Glucose tolerance test, antenatal bloods and new born screening	Glucose tolerance test (GTT) and antenatal bloods are available by booking only. New born screening is a weigh and blood spot (heel prick) test of your new born baby. The hospital will give you an appointment.	New born	One session	Health visitors	By appointment with your midwife or health visitor
Introduction to solids	A programme to support parents and carers with introducing solid foods to their baby.	0 to 8 months	One session	Health service nursery nurses	Contact the children's centre
Infant feeding	Support sessions for you to discuss any matters relating to feeding your baby – for example, breastfeeding, formula feeding and introducing solid foods.	0 to 12 months	One session	Health visitors	Contact the children's centre
1 and 2 year-old developmental assessments checks	Health and development assessment to check your child's weight, height, learning, diet and behaviour.	0 to 12 months	One session	Health visitors	Contact the children's centre
Child health clinic (baby weighing)	Baby weighing and support, advice and guidance on your child's health.	0 to 60 months	One session	Health visitors	Contact the children's centre
Dental sessions	Sessions to help families gain knowledge and understanding about supporting their children with good dental hygiene the frequency of sugars, the importance of brushing teeth and how to manage dental visits.	0 to 60 months	One session	Children's centre staff	Contact the children's centre

Parents and carers sessions

Activity	Description	Sessions	Run by	Booking
Parent outreach service	Parent Outreach workers provide high quality support and parental outreach services to families in their own home with a series of home visits. Parent Outreach Workers will also support parents to access and use services at the Children's Centre and in the community.	Visits to the home.	Children's centre staff	Contact the children's centre
PEEP	A programme to support parents and carers to value and build on the home learning environment and relationships with their children, by making the most of everyday learning opportunities – listening, talking, playing, singing and sharing books and stories together.	6 week programme	Children's centre staff	Contact the children's centre
Go girls	A programme offering practical approaches for supporting girls' emotional development and building their self-esteem. Packed with ideas for activities, exercises, group-work, games and helpful hints on supporting girls' and young women's personal development.	6 week programme	Children's centre staff	Contact the children's centre
English for speakers of other languages (ESOL) conversation club	A club for parents and carers to develop their speaking and listening skills in English with friends.	One session	Children's centre staff	Contact the children's centre
Adult and family learning courses	Accredited and non-accredited training courses which aim to help families return to volunteering and/or employment	Individual to each course	Thurrock Adult Community College	Contact the children's centre
Volunteering project	If you would like to volunteer at a children's centre, please contact us to find out more.	Range of opportunities	Children's centre staff	Contact the children's centre
Food bank vouchers	Contact your local children's centre to speak to a member of staff. They can arrange a visit and give more information.	Visit and information	Children's centre staff	Contact the children's centre

Services to which we refer

Activity	Description	Sessions	Run by	Booking
Mind – the mental health charity	Counselling services are available to make sure no one has to face a mental health problem alone.	One session	Mind	Contact the children's centre
St Luke's Hospice bereavement service	A bereavement and counselling support service for young people.	One session	St Luke's Hospice	Contact the children's centre
Citizens Advice Bureau (CAB)	Free, confidential information and advice to assist people with money, legal, consumer and other problems.	One session	CAB	Contact the children's centre
Benefits advice	Supporting council tenants who have rent arrears and are struggling financially.	One session	Financial Inclusion officers	Contact the children's centre
St Mungo's floating support service	St Mungo's helps people recover from the issues that create homelessness, such as rent arrears, debt and benefits, and support families with employment and education.	One session	St Mungo's	Contact the children's centre
Thurrock Healthy Lifestyles Service	Supporting Thurrock adults who may need health improvement intervention. Includes mental health screening, alcohol and consumption screening. There are 3 main health improvement programmes from Thurrock Healthy Lifestyle Service: smoking cessation, NHS health checks and weight management.	Range of sessions available	Thurrock Healthy Lifestyles Service	Contact the children's centre
Local Area Coordinators (LACs)	LACs help people find ways to make a better life. Based in towns and villages around Thurrock, they know the local people – those who need help, and those who can offer different types of help.	One session	LACs	Contact the children's centre
Parenting programmes	Helping parents who need additional support with parenting – parents of children aged 0 to 19 years.	13 week programme	Coram	By referral via Children's Services – discuss with staff at children's centre

Activity	Description	Sessions	Run by	Booking
Domestic abuse and violence support	Supporting victims – female and male – of domestic abuse and violence.	Drop-in sessions, with telephone help and advice	Changing Pathways	01268 729 707
Sexual abuse and violence support	Supporting victims of sexual abuse and violence.	Range of support available	SERICC	01375 380 609

Work placements

Activity	Description	Sessions	Run by	Booking
Prince's Trust programmes	The Prince's Trust provide free programmes that give young people the practical and financial support they need to stabilize their lives. The Prince's Trust helps them develop key skills while boosting their confidence and motivation. The Children's Centres support the Prince's Trust programmes by having work placements/volunteer opportunities.	Arranged according to individual needs	Prince's Trust	Contact the children's centre
The Consultancy Home Counties (TCHC) Ltd	TCHC is a private company that runs government programmes to help families back into employment. We work in partnership with them, with children's centres supporting work placements and opportunities to volunteer.	Arranged according to individual needs	TCHC	Contact the children's centre