



Working with children from pre-birth to pre-school

For information on any of our services please call 01902 558141

MON	NEIGHBOURHOOD EMPLOYMENT & SKILLS SERVICE MON, TUES, THURS, FRI 9.30a.m. - 4.30p.m. WEDNESDAY 9.30a.m. - 3.30p.m. At Eastfield Community Centre For help and support please call Karine on 07827 329387 Information, advice and guidance, personal development and getting you ready for work.		EASY LINE GYM Circuit training with style 9.15 a.m. - 10.15 a.m. At Eastfield Community Centre For more info. contact Matt on 07757743362 £1.00 annual membership with your first session free. Only £1.50 per session	NEW BIRTH VISITS 'Let us tell you about all of our services and the support we can offer you. All in the comfort of your own home' To arrange a visit call the Family Support Team	STAY & PLAY 1.00 p.m. - 2.30 p.m. At East Park Library (Hurstbourne Crescent) 50p per session	ITQ LEVEL 1 (CLAIT) (11 WEEKS) 9 January - 26 March 2012 1.00 p.m. - 3.00 p.m. At Eastfield Community Centre Contact Julia Weston on 550715
	NEIGHBOURHOOD EMPLOYMENT & SKILLS SERVICE 9.30 a.m. - 4.30 p.m. At Eastfield Community Centre Contact: Karine 07827 329387	IT TAKES TWO 2 TALK 10th Jan - 3rd April 2012 Children aged 2½-3½ 9.30 a.m. - 10.30 a.m. At Eastfield Community Centre Contact: Jill	BABY CLINIC 9.30 a.m. - 11.30 a.m. At Mayfield Medical Centre (Willenhall Road) and At East Park Medical Centre (Jonesfield Crescent) For patients of Surgery only.	OCR SUPPORTING TEACHING & LEARNING L2 CERTIFICATE (33 WEEKS) 21st Feb - 3rd July 2012 10.00 a.m. - 12.30 p.m. At Eastfield Community Centre Contact Julia Weston 550715	TRULY SCRUMPTIOUS COOK & TASTE SESSIONS 10th Jan - 3rd April 2012 (Certificate gained at the end of the course) 1.00 p.m. - 3.00 p.m. At Eastfield Community Centre Please book to attend and to book a crèche place as places are limited. For more information speak to Stacey.	
TUES	ZUMBA CLASS Stay in shape and have fun! 11th January - 4th April 2012 9.30 a.m. - 10.15 a.m. Weekly at £1 per session At Eastfield Community Centre Call the Centre for more information.		STAY & PLAY 9.15 a.m. - 11.00 a.m. At East Park Library (Hurstbourne Crescent) 50p per session	NEIGHBOURHOOD EMPLOYMENT & SKILLS SERVICE 9.30 a.m. - 3.30 p.m. At Eastfield Community Centre Contact: Karine 07827 329387	PARENTS' VOICE Tell us what services you want for yourself & your child. Shape the services that YOU want!!! 25th Jan, 29th Feb & 28th March From 12.45 p.m - 1.45 p.m. at Eastfield Children's Centre For help and support please speak to Donna	
	PARENT POWER 4 week Session 9.15 a.m. - 11.30 a.m. 12th January 2012 At Eastfield Community Centre For further information ask for Diane or Jill Crèche available	EASY LINE GYM Circuit training with style 10.15 a.m. - 11.15 a.m. At Eastfield Community Centre For more info. contact Matt on 07757743362 £1.00 annual membership with your first session free. Only £1.50 per session	ANTE-NATAL CLINIC 9.00 a.m. - 12.00 p.m. East Park Medical Centre Jonesfield Crescent By appointment with midwife only	ENGLISH COURSE (10 WEEKS) 12th Jan - 22nd Mar 12 9.30 a.m. - 11.30 a.m. MATHS COURSE (10 WEEKS) 12th Jan - 22nd March 2012 1.00p.m. - 3.00 p.m. At Eastfield Community Centre For more information contact Julia Weston on 550715	DADS STAY & PLAY Every other Thursday 1.00 p.m. - 2.30 p.m. At 0-3 Nursery Contact: Fiedal Nuby 50p a session	BABES & BEYOND THURSDAY At Eastfield Community Centre 1.30 p.m. - 2.30 p.m. Contact Stacey Week 2 19 Jan Baby Massage Week 3 26 Jan Baby Massage Week 4 2 Feb Introduction to solids Week 5 9 Feb Sleep
WED	NEIGHBOURHOOD EMPLOYMENT & SKILLS SERVICE 9.30 a.m. - 4.30 p.m. At Eastfield Community Centre Contact: Karine 07827 329387		FUN WITH BABY FOR CHILDREN AGED 0-18 MONTHS OLD 13th January - 30th March 2012 10 a.m. - 11.30 a.m. At East Park Library (Hurstbourne Crescent) For more information speak to Diane or Stacey		FAMILY SUPPORT DROP-IN SERVICE 1.30 p.m. - 3.00 p.m. At Eastfield Community Centre If you require any information on breastfeeding, benefits, childcare or any other issues or support please speak to one of the Family Support Workers	
					(16 Feb half-term) Week 1 23 Feb Fussy & Clingy Week 2 1 Mar Safety in the home Week 3 8 Mar Play Week 4 15 Mar Potty Training Week 5 22 Mar Dump the dummy Week 6 29 Mar Celebration	
THURS						
FRI						



Eastfield Children's Centre - Activity Sheet

9th January - 4th April 2012 (term-time only)

For further information on any of our activities please call 01902 558141

Web address: www.eastfieldchildrenscentre.org.uk

PARENT POWER

What will I get out of it?

- A calmer home
- Some good ideas
- Have some fun
- Feel more in control
- Feel more confident
- Freebies!



What Will I Do?

- Use your existing skills
- Meet other parents
- Put some fun into family life
- Learn how to use your

PARENT POWER

Children don't come with a handbook!

I've never done anything like this before!

Just give it a go!

It's a four week session

Starting Thursday

12th January 2012

9.15 a.m. - 11.30 a.m.

At Eastfield Community Centre

Crèche available

For further information ask for Diane or Jill

Babes & Beyond

Baby
Massage

Play

Introduction
to solids

This group is especially for new mums and dads and offers you information, support and the chance to ask questions in a chilled environment.

From 19th January - 29th March 2012
At Eastfield Community Centre
1.30 p.m. - 2.30 p.m.

Sleep

Fussy and Clingy

Home
Safety

Stay Safe at Home Scheme



Stairgates
£8.00



Bath mats
£2.00



Cooker guards
£2.00

Our low cost Home Safety Scheme is for families caring for a child or children under 5 who live in the Children's Centre area and are registered with the service.

If you want to access equipment and live within the Eastfield area please come in and register with us.

jobcentreplus

Is your youngest child aged 5 by April 2012?

If you are a lone parent claiming Income Support you will have to start seeking employment and claiming Job Seekers Allowance.

For help and support please speak to Donna

PARENTS' VOICE

Tell us what services you want for yourself & your child.

Shape the services that YOU want!!!

25th Jan, 29th Feb & 28th March

From 12.45 p.m. - 1.45 p.m.
at Eastfield Children's Centre

For help and support please speak to Donna



Goodbye Jenny

Farewell

Jenny Baker has retired as Headteacher of Eastfield Nursery School & Children's Centre. We would like to thank her for all her support and time and we wish her all the best for the future.

Emma Smith from Bilston Nursery School & Children's Centre will be taking over temporarily until July 2012

.... Hello Emma

