



**A Sure Start Children's Centre**

## **An Early Excellence Centre for Children and Families**



Bilston Nursery School,  
Children's Centre  
Wolverhampton Street,  
Bilston  
WV14 0LT

Tel: 01902 556416

The Crèche  
25a Market Way  
Bilston  
WV14 0BZ

Tel: 01902 551520



# Activities at the Crèche

## **Crèche**

A Crèche providing 2 hour sessions for children aged from 6 weeks to 5 years.

Open Monday, Thursday and Friday

10.00am to 12.00 noon and 1.00pm to 3.00pm.

£4.70 — under 3 years in area

£6.00 — over 3 years and out of area

A booking system is in operation  
(01902) 551520

## **Stay and Play Groups**

Tuesday — Little Explorers for children  
0-5 years. 9.30am to 11.30am

Wednesday — Little Treasures for babies under  
18 months. 9.30am to 11.30am

Wednesday — Little Explorers for children  
0-5 years. 1.00pm to 3.00pm

In order to secure a place you will need to either  
call in or ring the Crèche (01902) 551520  
on Mondays between 10.30am - 11.30am  
(please note that staff will not take bookings  
earlier than 10.30am)

## **ESOL Classes**

English for speakers of other languages.  
Working in partnership with  
Bilston Resource Centre we offer sessions  
on Mondays 1.00pm to 3.00pm.  
Childcare provided at the Crèche.  
For more details please contact the Crèche.



## **Physiotherapist Session**

Have concerns about your child's  
physical development? Your Health Visitor can refer you  
to the Physiotherapist who has a clinic at the Crèche on  
the first  
Wednesday of every month  
between 1.30pm to 3.30pm.

# Activities at Bilston Nursery School Children's Centre



## **Smoking Cessation**

Time to quit! Ready to make a change?  
A quit smoking drop in held every Wednesday  
9.15am — 10.30am at the Crèche.

A free 6 week programme of intensive support,  
advice and guidance on how to quit smoking  
including two weeks of nicotine replacement  
therapy, e.g. gums and patches.

Please contact the Children's Centre or Crèche  
for more details.

## **Health Drop-In Session**

Health Check, Height & Weight, BMI,  
Waist/Hip Ratio and Blood Pressure.  
Also advice and support on healthy eating.  
For more information contact  
the Children's Centre.

## **Healthy Start Vitamins**

Come along to the Children's Centre to pick up your FREE Healthy Start Vitamin Tablets and Vitamin Drops.

Available to babies/children over 6 months old up to 4 years and expectant or new moms with babies under 1 year.

## **BMI—Bilston Moms In Control**

This is a ten week weight management and healthy lifestyle group. It covers all aspects of healthy eating including a weigh-in and waist measuring, advice on fats, sugars, portion control and physical exercise.

This course has childcare provided.  
Please contact the Children's Centre to book.

## **Dietician**

If you are concerned about your child's fussy eating, food intolerances, poor growth, weight issues then please contact us for support.



## **Healthy Lifestyle Advisor**

A personal service to motivate, encourage and support pregnant women, and those who have just had their babies, to make changes to improve their health by providing support to increase activity and improve diet.



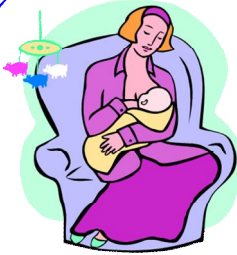
### **Bilston & Bradley Strollers**

Walk your way to a fitter future..  
Tuesdays — 9.30am—10.30am  
For more information contact the  
Children’s Centre

### **Parent Support—Nurturing Programme**

This is a ten week parenting group which offers advice and information on managing children’s behaviour and positive parenting. Please contact the Children’s Centre for more information.





## **Breastfeeding**

Do you need information or a little support? Contact the Children's Centre for help or advice.

## **Baby Massage / Yoga**

Group sessions for Babies 8 weeks to 8 months old. Contact the Children's Centre for more information.



## **Safety Matters**

We offer Parents/Carers the opportunity to purchase safety equipment, including stair gates and fireguards at a reduced cost.

Call into the Children's Centre  
for more information.



## **Parent craft**

Are you in the third trimester of your pregnancy, (26 weeks)? Why not come along to our Parent craft classes on Monday Evenings from 6.30pm to 8.30pm over 3 weeks.

During these sessions the Community Midwives will look at stages of labour, birth and care of the newborn child. For more information please contact your local midwife.



**Teenage Parents**  
We offer information and support to all teenage parents/carers.



**Counselling**  
Counselling and Listening Support sessions are available. To find out further information or to book an appointment please contact the Children's Centre.

# Activities at Bilston Leisure Centre



## Splash Babes

Swimming sessions, held at Bilston Leisure Centre, on Tuesday mornings 9.00am to 9.45am or 9.45am to 10.30am and run for 8 weeks. We aim to help your child with water confidence and promote pre swimming skills. There is a weekly charge of £1.00 per family. A waiting list applies. Please contact the Children's Centre for details.

## Dads and Dots Splash

Evening swimming sessions for Dads/male carers and their children at Bilston Leisure Centre, on alternate Tuesday evenings, 6.00pm to 7.00pm. £1.00 per session per family. Please contact the Children's Centre for details.



# How To Find Us.



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