



Sessions delivered by East Lindsey Children's Centres and your local area staff – Louth
from 19 April – 27 May

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	<p align="center">9.30am – 3.30pm Health Visitor Clinic To book an appointment please call 01522 843000</p>	<p align="center">9.30am – 3.30pm Health Visitor Clinic To book an appointment please call 01522 843000</p>	<p align="center">9.30am – 3.30pm Health Visitor Clinic To book an appointment please call 01522 843000</p>	<p align="center">9.30am – 3.30pm Health Visitor Clinic To book an appointment please call 01522 843000</p>
<p align="center">10.00am-11.00am Learning Through Play Let's get ready for Nursery and School (For children aged 0-5 years)</p>	<p align="center">10.00am-11.00am Learning Together Toddlers 6 week programme from 19 April – 24 May Using the evidence-based PEEP programme. Focusing on Physical Development Mark Making (For children aged 1-5 years) Booking required, please email the centre</p>	<p align="center">10.00am-11.00am Breast Start Breastfeeding Group Pregnant ladies also welcome</p> <hr/> <p align="center">12pm-1.30pm 3-4 month Top Tips 1st Wednesday of the Month To book please call 01522 843000</p>	<p align="center">10.00am-11.00am Baby Massage 5 week programme from 28 April - 26 May (Course will be delivered by student instructor) Booking required, please email the centre</p>	<p align="center">10.00am – 10.45am Growing Talk Toddlers 6 week programme from 22 April - 27 May For children aged 1-5 years Booking required, please email the centre</p>
	<p align="center">1.00pm-2.00pm Learning Together Babies 6 week programme from 19 April – 24 May Using the evidence-based PEEP programme. Focusing on Physical Development Mark Making (For 0 – 1 year) Booking required, please email the centre</p>	<p align="center">1.00pm – 2.00pm Movers & Shakers @ Meridian Leisure Centre (For Children aged 0-5 years)</p>		<p align="center">1.00pm-2.00pm Stay and Play for Under 1 years</p>
<p align="center">No Sessions Bank Holiday Monday 18th April and 2nd May</p>	<p align="center">Virtual Opening Doors to Employment 4-week course 10am – 11am Please email beststart@evalliance.org.uk to find out more or when the next course begins</p>	<p align="center">1pm-2.30pm Virtual Antenatal Education Programme Wednesday 20th April 18th May 15th June 13th July 10th August 7th September CLICK HERE TO REGISTER OR SCAN THE QR CODE →</p>		<p align="center">Virtual GROW Your Own Confidence 4-week Course 12.30pm – 2pm Please email beststart@evalliance.org.uk to find out more</p>
	<p align="center">Louth Children's Centre Eastfield Infants and Nursery Academy Lacey Gardens LN11 8DQ Tel: 01507 607099</p>	<p align="center">To book a place on any of our bookable sessions, please email the centre at the address below:</p> <p align="center">Louth_CC_fax@lincolnshire.gov.uk</p> <p align="center">All our activities are FREE and no booking is required unless stated otherwise</p>		

Our session descriptors

Learning Through Play – Let's Get Ready for Nursery & School: Through carefully planned, playful opportunities, these sessions will help you and your child to strengthen and develop key skills which will help them in their journey to becoming lifelong learners. This session is for children aged 0-5 years.

Baby Massage: A 5 week course for you and your baby to spend precious time bonding through baby massage.

Learning Together Babies/Toddlers: Learning Together is a 6/7-week Programme that offers a variety of activities as well as a Talk Time, Songs and Stories to support babies'/children's early development, by building their confidence as they learn to explore. **Babies: 0-1 years** **Toddlers: 1-5 years**

3–4 month Top Tips: This session is suitable for parents/carers of 3–4-month-old babies. Advice from our Family Health Worker about feeding, when to start solids, immunisation, oral health, healthy living, accident prevention, minor illnesses, how to access support and more – to book a place please call 01507 607099

Breast Start: Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group. Pregnant ladies also welcome. Opportunity to self-weigh for breastfeeding mums.

Movers & Shakers: Movers and Shakers is a fun music and movement session which supports and develops children's communication and physical skills. The session includes using musical instruments and singing to support early language development and physical activities such as scarves, bubbles, balls and parachute games to develop co-ordination and physical awareness. This session is for children aged 0-5 years.

Growing Talk: Have fun together at Growing Talk, where your child will meet Mikey, our Growing Talk puppet. This fun session focuses on enhancing children's communication and language development and growing children's 'talk'. **Toddlers: 1–5 years.**

Stay and Play for Under 1s: This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their developmental milestones, following their interests and curiosities.

Virtual sessions

Antenatal Top Tips: Due to have a baby? We are offering virtual sessions which include getting to know your baby and becoming a parent, preparation for labour and birth, caring for you and your baby in the early days, feeding your baby and baby's first language.

GROW Your Own Confidence: A Friendly and relaxed 4-week course for parents who would like to build their own confidence. Run in partnership with Lincolnshire Adult Skills and Family Learning Service.

Opening Doors to Employment: This four-week employability course is for parents who are ready to look for a job but could do with a helping hand. By the end of the course, you will have an up-to-date CV, know how and where to effectively job search and feel confident about communicating your skills and experience during interviews.

