




**Sessions delivered by East Lindsey Children's Centres and your local area staff – Louth**  
**from 21<sup>st</sup> February – 1<sup>st</sup> April**

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">10.00am-11.00am  <b>Breast Start Breastfeeding Group</b>  Pregnant ladies also welcome</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  <b>Learning Through Play</b>  (For children aged 0-5 years)</p>	<p align="center">10.00am-11.00am  <b>Learning Together Toddlers</b>  6 week programme from  22<sup>nd</sup> February – 29<sup>th</sup> March  Using the evidence based PEEP programme.  Focusing on Personal, Social and Emotional  development  (For children aged 1-5 years)  <b>Booking required, please email the centre</b></p>	<p align="center">12pm-1.30pm  3-4 month Top Tips  1<sup>st</sup> Wednesday of the Month  <b>Booking required, please email the centre</b></p>		<p align="center">10.00am – 10.45am  <b>Growing Talk Toddlers</b>  6 week programme from  25<sup>th</sup> February – 1<sup>st</sup> April  For children aged 1-5 years  <b>Booking required, please email the centre</b></p>
<p align="center">1.00pm-2.00pm  <b>Baby Massage</b>  5 week programme from  21<sup>st</sup> February – 21<sup>st</sup> March  <b>Booking required, please email the centre</b></p>	<p align="center">1.00pm-2.00pm  <b>Learning Together Babies</b>  6 week programme from  22<sup>nd</sup> February – 29<sup>th</sup> March  Using the evidence based PEEP programme.  Focusing on Health and Physical  development  (For 0 – 1 year)  <b>Booking required, please email the centre</b></p>	<p align="center">1.00pm – 2.00pm  <b>Movers &amp; Shakers</b>  @ Meridian Leisure Centre  (For Children aged 0-5 years)</p>		<p align="center">1.00pm-2.00pm  <b>Stay and Play</b>  for Under 1 years</p>
	<p><b>Virtual</b> Opening Doors to Employment  4-week course  10am – 11am  Please email  <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a>  to find out more or when the next  course begins</p>	<p align="center">1pm-2.30pm  <b>Virtual Antenatal Education Programme</b>  Wednesday 23 February  <a href="#">CLICK HERE</a> TO REGISTER OR  SCAN THE QR CODE →</p>		<p align="center"><b>No Sessions Friday 25  March due to Staff  Training</b></p>
		<p align="center">1pm-2.30pm  <b>Virtual Antenatal Education Programme</b>  Wednesday 23 March  <a href="#">CLICK HERE</a> TO REGISTER OR  SCAN THE QR CODE →</p>		
	<p align="center"><b>Louth Children's Centre</b>  <b>Eastfield Infants and Nursery</b>  <b>Academy</b>  <b>Lacey Gardens</b>  <b>LN11 8DQ</b>  <b>Tel: 01507 607099</b></p>	<p align="center"><b>To book a place on any of our bookable sessions, please email the centre at the address below:</b></p> <p align="center"><a href="mailto:Louth_CC_fax@lincolnshire.gov.uk">Louth_CC_fax@lincolnshire.gov.uk</a></p> <p align="center"><b>All our activities are FREE and no booking is required unless stated otherwise</b></p>		<p align="center"><b>Virtual GROW Your Own Confidence</b>  4-week Course  12.30pm – 2pm  Please email  <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a>  to find out more</p>

## Our session descriptors

**Learning Through Play:** A session to encourage children's independence and confidence through sharing play ideas and learning opportunities. These may be themed around a story or song. This session is for children aged 0-5 years.

**Baby Massage:** A 6 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**

**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.

**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.

**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.

