

Activities or service	Activities or service	Available for:
Time for Rhyme	Time for Rhyme provides an opportunity for parents/carers and their children to spend time together, with a focus on early communication skills. We sing a variety of songs and nursery action rhymes together in a safe and friendly environment.	Parents/carers with children aged 0-12 months
Toy Library	Bring your child and come along and play with the fantastic range of toys on offer. For a small charge toys can be borrowed for a 2-week period. We also sell art and craft materials, at very reasonable prices.	Parents/carers with children aged 0-14 years
Volunteering Opportunities	It is an opportunity for parents and carers to help with the planning and delivery of services at Sunderland Children's Centres. You can learn new skills and gain qualifications and work-based experience: which could help you gain employment whilst making a valuable contribution to your family and the community.	Parents/carers who wish to attend training and gain experience

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To obtain a copy of this activity leaflet in large text, audio format or in an alternative language please call 0191 520 5505.

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What's on in Sunderland's Children's Centres



Activities or service	Activities or service	Available for:
Antenatal Support	Members of the health team hold these sessions, offering guidance and support for all parents to be.	Drop-in sessions for parents to be
Baby Days	Baby days is a drop-in session providing advice and support for parents/carers of babies. Each week a different health topic is discussed to meet the needs of your developing child.	Parents/carers of children under the age of one.
Baby Days+	Baby days+ is similar to baby days, but for parents/carers of slightly older children and includes play sessions and the chance to meet a health professional for information and advice about family health.	Parents/carers of children aged one to two.
Baby Massage	Baby massage is a 4-5 week course which further develops your bond with your baby. It is relaxing and parents have found it helpful in soothing baby and relieving colic, constipation wind and nasal congestion.	Parents/carers with babies under 7 months
Bosom Buddies (Drop-in sessions)	This is a breastfeeding support group for parents/carers and their children. The group is run by mothers who have breastfed their children and who have undergone training to offer support and advice. A Health Visitor is also present to answer queries or offer support.	Parents/carers with children aged 0-5 years
Breastfeeding workshops	This one day workshop will provide you with information, advice and techniques to support you with breastfeeding your baby.	Parents considering breastfeeding
Busy Bodies	Busy Bodies promotes all round development, with an emphasis on language and social development. We sing a variety of songs, action nursery rhymes and encourage children and their parents/carers to join in with the fun.	Parents/carers with children aged 1-2 years
Community Paediatrician	The community paediatrician is a medical specialist who works with children and their families. Their role is to assess children, where an issue has been raised about health or development. They then work with parents and other health professionals to help the child reach their full potential.	Parents/carers with children aged 0-5 years
Courses	A number of courses are available at your local Children's Centre. These may include First Aid, healthy eating, safety etc. Please check with your local centre for further details.	Parents/carers with children aged 0-5 years
Dads and Kids	A group for dads, grandads, uncles and male carers to come along with their children and enjoy games, arts and crafts, outdoor fun and lots more activities.	Dads with children aged 0-5 years

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Early Years Mental health	The Early Years Mental Health Service is designed to promote and support the mental health and emotional well being of all young children and their families. The aim is to listen without judging and to help you sort out your thoughts and worries you may have about you, your child or your family.	Parents/carers with children aged 0-5 years
Family Nurturing Course	Join this 10 week course which focuses on family life and offers guidance to support you to manage some of the difficulties that families face, in daily life.	
Family Support	When the going gets tough, the Family Support worker is there for you, with the right help and support to see you through your difficulties times.	Parents/carers with children aged 0-5 years
Messy Play	Aims to promote all round development of your children. It gives parents and children the chance to explore lots of messy play activities; have fun painting and sticking in a safe and friendly environment.	Parents/carers with children aged 18 months-4 years
Pathways to employment	It is the chance to access training and employment opportunities through your local Sunderland Children's Centre with free access to computers and advice. There's a drop in session where you can meet your local Job Centre Plus advisor in a relaxed atmosphere.	Parents/carers with children aged 0-5 years
Safety Equipment & Advice	This scheme allows you to receive essential safety equipment for your home to keep your children safe from accidents.	Parents/carers with children aged 0-5 years
Smoking Cessation	The service aims to provide accessible, friendly, practical information to pregnant women and their families who want help to stop smoking. Help can be offered on a one-to-one or group basis, depending on your needs.	Parents to be that wish to stop smoking.
Soft Play	Come along and have fun in our soft play area. As well as being fun, soft play promotes all round development with an emphasis on climbing, balancing and crawling.	Parents/carers with children aged 0-5 years
Story Time	Books help promote speech development and help to encourage a child's imagination. Parents and carers are invited to come along with their children to join in with exciting stories and activities.	Parents/carers with children aged 2-4 years
Young Parents' Groups	Young Parents groups provide an opportunity to meet other young mums and dads, share experiences and relax while the children have fun in the crèche. A local health visitor will provide information on a range of health and parenting topics.	Parents/carers under the age of 19 yrs with children aged 0-5 years