

FREE activities
Please take a copy

Spring family activities

Tuesday 4 January to Saturday 16 April 2010



- Coalfields
- East
- North
- Washington
- West

Sure Start
Children's Centres


Sunderland
Children's Centres

Finding activities in your area...

Take a look at the activity timetables to find out what's happening at your local Children's Centre.

How to find activities in your area:

- 1 Check the map to see which area you live in.
- 2 Look for the pages that are shaded in the same colour as your area.
- 3 This is where you will find activities, listed by day, that are taking place closest to you.



Centres in the Coalfields

1 Monument

Barnwell Primary School
Whitefield Estate, Penshaw,
Houghton le Spring DH4 7RT
Tel: 0191 553 6576

Dubmire Primary School
Britannia Terrace, Houghton le Spring
DH4 6HL
Tel: 0191 382 3057

2 Houghton Children's Centre

Houghton Community Nursery School
Nesham Place, Houghton le Spring DH5
8AE
Tel: 0191 553 6557

3 Hetton Children's Centre

Hetton Lyons Nursery School
Four Lane Ends, Hetton le Hole DH5 0AH
Tel: 0191 553 6735

Centres in the East

4a Hendon Hudson Road Children's Centre

Hudson Road Primary School
Villiers Street South, Sunderland SR1 2AH
Tel: 0191 553 7675

4b Hendon Valley Road Children's Centre

Valley Road Community Primary School
Corporation Road, Sunderland SR2 8PL
Tel: 0191 553 7750

5 Grangetown Children's Centre

Grangetown Primary School
Spelterworks Road, Sunderland SR2 8PX
Tel: 0191 553 7650

6 Ryhope Children's Centre

Ryhope Infant School
Shaftesbury Avenue, Sunderland SR2 0RT
Tel: 0191 553 6206

7 Millfield and Diamond Hall Children's Centre

Millfield Community Nursery School
Bell Street, Sunderland SR4 6JR
Tel: 0191 553 2775

Centres in the North

8 Austin House Children's Centre

Austin House Family Centre
22 Shakespeare Street, Southwick,
Sunderland SR5 2JX
Tel: 0191 566 2650

9 Bunny Hill Children's Centre

Sunderland Customer Service Centre
Bunny Hill, Hylton Lane, Sunderland
SR5 4BW
Tel: 0191 561 8126

10 St Peter's Children's Centre

Dame Dorothy Primary School
Dock Street, Sunderland SR6 0EA
Tel: 0191 553 7618

Centres in the West

11 Pennywell & South Hylton Children's Centre

Pennywell Early Years Centre
Portsmouth Road, Pennywell, Sunderland
SR4 5AX
Tel: 0191 553 6820

12 Highfield Children's Centre

Highfield Community Primary School
Fordfield Road, Ford Estate, Sunderland
SR4 0DA
Tel: 0191 561 2050

13 Thorney Close Children's Centre

Thorney Close Action & Enterprise Centre
120 Thorndale Road, Sunderland SR3 4JQ
Tel: 0191 553 4127

14 New Silksworth Children's Centre

New Silksworth Infant School
Blind Lane, New Silksworth, Sunderland
SR3 1AS
Tel: 0191 553 6190

Centres in Washington

15 Rainbow Family Centre

34 Elliott Terrace, Concord, Washington
NE37 3AE
Tel: 0191 219 3995

16 Oxclose Children's Centre

Oxclose Primary and Nursery Schools
Brancepeth Road, Oxclose, Washington
NE38 0LA
Tel: 0191 219 3770

17 Wessington Children's Centre

Wessington Primary School
Lanercost, Glebe Village, Washington
NE38 7PY
Tel: 0191 219 3720

A-Z of Sunderland children's centre services and activities... ...taking place this spring

A Aquanatal

Using the resistance of the water and buoyancy floats, this is a fun aerobic and body conditioning workout for pregnant women and women who have recently given birth. For further information telephone 0191 561 4533.

B Baby Days

A drop-in session for parents and carers with children up to 2 years old. Come and meet other parents and receive useful information and advice. Scales are available if you would like to have your baby weighed.

Baby Makaton

A six week course. Learn how to support and improve your child's communication skills using signs and symbols. Sessions include singing, talking and rhymes. Suitable for children 6 months and over with hearing difficulties.

Baby Massage

A five-week course for mams, dads and carers with babies aged 6 weeks to 6 months. Learn how to massage your baby to help calm and relax them, bringing you closer together. Week five is a Whoops Safety Session. Find out how to prevent your child having an accident in and around the home. To book please contact your health visitor or local Children's Centre.

Bosom Buddies

Meet other breastfeeding mams and carers informally and learn more about breastfeeding and its benefits.

Busy Bodies

Open to children birth to 5 years. Your child can have fun through music and movement using song, dance and musical instruments. Busy Bodies also helps to keep your child healthy, active and on the move.

Baby Busy Bodies

Similar to Busy Bodies but for children that aren't yet walking.



Bridge taster course

The Bridge Project aims to increase women's confidence, self esteem and support their personal development. The Rainbow Family Centre runs a free five-week course to give a taster of the various Bridge courses such as nail art and cake decoration.

C Child safety

Sunderland Children's Centres can provide safety equipment and advice workshops to help prevent accidents in your home. For more information contact your health visitor or visit your nearest centre.

Childcare

Registered childcare is available via your local Children's Centre. The Sunderland Families Information Service can also help you decide what childcare option is best for you. Visit www.familiesinfoservice.com or telephone 0191 520 5505 for more information.

Childminder Network

An opportunity for childminders to get together to share ideas and good practice, and support each other in the development of their services.

Children's doctor

Your very own children's centre doctor can help you with anything from crawling and walking to behaviour and growing problems. You can see the doctor at a time and place that's convenient for you.

Common Childhood Illnesses

A free six-week course for parents/carers who would like to know a little more about a wide variety of illnesses such as asthma, eczema, ear infections, diarrhoea and vomiting, Meningitis, rashes, bed-wetting and other common childhood infections. You will also have the opportunity to discuss topics of your choice.

Colic drop-in

Find out about a variety of techniques that can help to soothe your colicky baby.

Community drop-in

Everybody welcome. Come and meet new people, take part in art and craft activities, short courses and lots more.

Courses and training

You can access a variety of training and courses through your local Children's Centre. For more information call 0191 520 5505.

D Dads and Kids

Dads, grandads and male carers can spend time with the children, enjoy games, arts and crafts, outdoor fun and learn about various health topics.

E Early Years Mental Health Service

Early Years Mental Health Service offers support to you when life's stresses or mental health issues are affecting your relationship with your child/ren.

Employment

Mams, dads and carers can find training and employment opportunities with free use of computers, employment advice and Jobcentre Plus advisors.

F Families Information Service

The Families Information Service provides information and advice to parents/carers on topics such as childcare, parenting support, benefits, school choices and local family events. Visit www.familiesinfoservice.com or telephone 0191 520 5505.

Family Learning

A fun and informal way to learn the basic skills that will enable you to help your children on their learning journey through nursery and primary school.

Family Nurturing

This 10 week parenting course focuses on family life and can help you to manage some of the day-to-day difficulties that families can often face.

Family Support

If only children came with a set of instructions... Family support teams can listen, befriend and offer practical support and advice to help you and your family through difficult times.

Fit and Fun

A fun and interactive session for the whole family. Get active and find out about healthy lifestyles together.

Food Hygiene – Level 2

Anybody looking to develop an awareness of food hygiene can gain a Level 2 qualification by registering on this short course.

G Getting ready for Nursery

Support for young children with speech and language difficulties, and behaviour or toileting needs. Contact your health visitor or nursery nurse for details.

H Health and well-being

Centres provide a range of health advice and support on topics such as weaning, healthy eating and oral hygiene. Ask your health visitor, nursery nurse or staff nurse for advice and support.

How to wean your baby

A three week course to help you to move your baby on from milk to solids. Find out what foods to try and how to prepare them. Receive a free pack of weaning resources in the final week.

Hydrotherapy Pool

Hydrotherapy pool sessions provide the benefits of physiotherapy to disabled children and children with additional needs. For bookings and further information please telephone 0191 553 4127.

L La Leche/La Leche Regional Network

For friendly mother-to-mother breastfeeding support from pregnancy through to weaning.

M Maths and English course

Get to grips with maths and English and work towards Level 1 and 2 by enrolling on this free course.

Messy Play

Ideal for children birth to 5. Messy Play sessions give your child the freedom to explore a wide range of materials and textures such as sand and bubbles, in a safe and friendly place.

Money Management

Find out ways to make the most of your money, including budgeting, responsible credit and savings options.

Motherhood in Mind

A 10 week course for mums with babies under one year who are feeling the baby blues, exhaustion or anxiety. An informal way to share experiences, find information and learn how to relax. Crèche facilities provided.

Mums on the Move

Group walks led by a fully qualified instructor. The instructor will take you and your baby (in the stroller) on structured walks, which include strengthening and toning exercises to target those areas needing some attention after child birth. For further information telephone 0191 561 4533.

P Paediatric First Aid

This two day course focuses on first aid techniques for babies, infants and young children, leading to a recognised Level 2 certificate, which is valid for three years.



Personal Enhancement course

Take part in a series of small workshops around building confidence, and self esteem whilst meeting other parents from your local area. Workshops include memory boxes, aromatherapy and confidence building.

Postnatal clinic

For friendly advice and support from your local midwifery team.

Preparing for Baby

For parents-to-be and birthing partners. This four week course helps prepare you and your partner for the birth of your baby and becoming a parent.

S Sensory Play

Children can use the sensory play facilities to learn through touch, sight, hearing and smell. Great for babies and children with additional needs to stimulate and enhance their development.

Smoking Cessation

Practical support for pregnant women and their families who want to stop smoking. Contact your midwife or maternity health care assistant at your nearest Children's Centre. Alternatively check the timetables to see when drop-ins take place in your area.

Soft Play

Come along and have fun in our soft play area. Children can climb, balance, crawl and play to their heart's content. Sessions run at Rainbow Family Centre and Highfield Children's Centre.

Stay and Play

Suitable for children birth to 5 years. Enjoy a variety of play activities and watch your child's talking and imagination develop.

T Time for Rhyme/Rhyme Time

Great for children birth to 5. Sing a variety of songs and nursery rhymes together in a relaxed environment. A great way to help grow your child's confidence and develop their speech.

Toy Library

Why buy when you can borrow for FREE? Toy Library offers a fantastic range of toys and art and craft materials for children birth to 14 years old, with a special selection for children with additional needs. For opening times please visit www.sunderlandchildrenscentres.co.uk

Triple 'P'

A short-course for mams, dads and carers to learn various ways to manage children's behaviour, set boundaries and build good relationships.

Twins, Triplets and more

A support group for parents-to-be, parents and carers of multiple births. Meet other parents informally to share experiences and coping techniques.

U Ups and Downs

A support group and play session for children with Down's Syndrome.

V Volunteering opportunities

An exciting way to become more involved in your local centre, whilst gaining practical work-based experience. Call into your nearest centre for more information.

W Weight Management

A free five-week course focusing on healthy eating to promote a healthier lifestyles and emotional well-being.

What's cooking together

Four to five week course. Fun and practical cookery sessions exploring five-a-day messages, snack times, me-size meals and packed lunches. Contact the Community Involvement Worker at your local Children's Centre for more information or to book a place.

Whoops safety session

Join week five of Baby Massage to find out about home safety and how to prevent your child from having an accidental injury. Please contact your health visitor or nearest children's centre to book a place.

Y Young Parents Group

Parents under 20 can meet other young mams and dads and relax while the children have fun in the crèche.

Children birth to 5 are welcome to attend play activities, however the age suitability of some sessions may vary across the city. Contact your nearest centre for more information.



coalfields

Mondays

Baby Days

9.30am to 11am

Monument Children's Centre
(Barnwell Primary School)

10am to 11.30am

Kepier Church Hall

Bosom Buddies

9.30am to 11.30am

Hetton Centre

Busy Bodies

9.30am to 11.45am

(term time only starting 10 January)

Monument Children's Centre
(Dubmire Primary School)

Childminder Network

9.15am to 11am

(term time only starting 10 January)

Penshaw Community Association

Hydrotherapy Pool

9.30am to 11am

Fulwell Day Centre

*For bookings please telephone
0191 553 4127*

Messy Play

1pm to 2.30pm

(term time only starting 10 January)

Monument Children's Centre
(Dubmire Primary School)

1pm to 3pm

(term time only starting 10 January)

Houghton Children's Centre
(Houghton Community Nursery School)

Time for Rhyme

10am to 11am

(term time only starting 10 January)

Houghton Library

1pm to 2.30pm

(term time only starting 10 January)

Monument Children's Centre
(Barnwell Primary School)

Young Parents Group

1.30pm to 2.30pm

Houghton Children's Centre
(Houghton Community Nursery School)

Tuesdays

Aqua Natal

2.15pm to 3.15pm

Hetton Pool

*With Life card and concession - £1.95, with
Life card - £2.70, without Life card - £3*

Baby Days

1.30pm to 3pm

Trinity Methodist Church, Shiney Row

Baby Massage

9.30am to 11am

Hetton Children's Centre
(Hetton Lyons Nursery School)

*For bookings please telephone
0191 502 5700*

1.30pm to 3pm

Trinity Methodist Church

*For bookings please telephone
0191 502 5700*

Busy Bodies

1pm to 2.30pm

(term time only starting 11 January)

Houghton Children's Centre
(Houghton Community Nursery School)

Messy Play

9am to 11am

(term time only starting 11 January)
Easington Lane Community Access Point

9.30am to 11am

(term time only starting 11 January)
Hetton Primary School

1pm to 2.30pm

(term time only starting 11 January)
Monument Children's Centre
(Barnwell Primary School)**Smoking Cessation**Drop-in 9am to 11.30am
Hetton Centre

1.30pm to 3.30pm

Hetton GP Practice
*For appointment please telephone
0191 283 2240***Time for Rhyme**

9.30am to 10.30am

(term time only starting 11 January)
Shiney Row Library**Wednesdays****Baby Days**

9am to 10.30am

Monument Children's Centre
(Dubmire Primary School)**Baby Massage**

9.30am to 11am

Houghton Children's Centre
(Houghton Community Nursery School)
*For bookings please telephone
0191 502 5700*

1.30pm to 3pm

Monument Children's Centre
(Dubmire Primary School)
*For bookings please telephone
0191 502 5700***Bosom Buddies**

10am to 12noon

Monument Children's Centre
(Barnwell Primary School)

Busy Bodies

1pm to 3pm
(term time only starting 12 January)
Monument Children's Centre
(Barnwell Primary School)

Hydrotherapy Pool

5pm to 6.30pm
Fulwell Day Centre
*For bookings please telephone
0191 553 4127*

Messy Play

1.30pm to 3pm
(term time only starting 12 January)
Hetton Children's Centre
(Hetton Lyons Nursery School)

Stay and Play

1pm to 2.30pm
(term time only starting 12 January)
Monument Children's Centre
(Dubmire Primary School)

Thursdays

Baby Days

9.30am to 11am
Hetton Methodist Church

ELCAP Parents Group

9am to 10.30am
(term time only starting 13 January)
Easington Lane Community Access Point

Family Nurturing

9.30am to 11.30am
(term time only starting 13 January)
Monument Children's Centre
(Dubmire Primary School)
*For bookings please telephone
0191 385 1809*

Fit and Fun

3.30pm to 4.45pm (starting 13 January)
Houghton Sports Complex

Houghton Parents Group

1pm to 2.30pm
(term time only starting 13 January)
Houghton Children's Centre
(Houghton Community Nursery School)

Preparing for Baby

2pm to 3.30pm
Hetton Medical Centre
*For bookings please contact your
midwife or Hetton Medical Centre on
0191 526 3657*

Sensory Play

1.30pm to 2.30pm
Hetton Centre
*For bookings please telephone
0191 385 1809 or 0191 526 3657*

Stay and Play

10.15am to 11.45am and
1.30pm to 3pm
(term time only starting 13 January)
Hetton Children's Centre
(Hetton Lyons Nursery School)
*For bookings please telephone
0191 553 6735*

1pm to 2.30pm
(term time only starting 13 January)
Monument Children's Centre
(Barnwell Primary School)

Time for Rhyme

10am to 11am
(term time only starting 13 January)
Hetton Library

Fridays

Baby Massage

10am to 11.30am
Monument Children's Centre
(Barnwell Primary School)
*For bookings please telephone
0191 502 5700*

Busy Bodies/Soft Play

9am to 11am

(term time only starting 14 January)

Monument Children's Centre
(Barnwell Primary School)

Fun on Fridays

1pm to 3pm

(term time only starting 14 January)

41– 42, The Harbour, Shiney Row

Messy Play

9.30am to 11am

(term time only starting 14 January)

Newbottle Church Hall

1pm to 2.45pm

(term time only starting 14 January)

Burnside Primary School

Smoking Cessation

9.30am to 11.30am

YMCA Herrington Burn

*For appointment please telephone
0191 283 2240*

Saturdays

Dads and Kids

10.30am to 12noon

(starting 15 January)

Monument Children's Centre
(Dubmire Primary School)



East

Mondays

Baby Days

9am to 10.30am

Ryhope Community Centre

Baby Massage

1.30pm to 2.30pm (term time only)

Ryhope Community Centre

Free 5-week course starting Monday 10 January and Monday 28 February. For bookings please telephone 0191 553 7650

Bosom Buddies

10.30am to 13.30pm

Ryhope Community Centre

Childminder Network (Millie Minders)

9am to 11am (term time only)

Diamond Hall Infant School

Hydrotherapy Pool

9.30am to 11am

Fulwell Day Centre

For bookings please telephone 0191 553 4127

Lifestyle, Activity and Food Programme

9.30am to 10.30am

Hendon Children's Centre

(Valley Road Community Primary School)

Four week course starting Monday 24 January. For bookings please telephone 0191 561 4691

Messy Play

1pm to 2.30pm (starting 10 January)

Grangetown Children's Centre

(Grangetown Primary School)

Rhyme Time

9.15am to 10am (starting 10 January)

Grangetown Children's Centre

(Grangetown Primary School)

Suitable for walkers up to 2 years

Stay and Play

1.30pm to 2.45pm (starting 10 January)

The Hive, Valley Road Community Primary

School

Time for Rhyme

10.15am to 10.45am

(starting 10 January)

Grangetown Children's Centre

(Grangetown Primary School)

Suitable for children from birth to walking

Tuesdays

Baby Days

1pm to 3pm

Grangetown Children's Centre

(Grangetown Primary School)

Baby Days

1.30pm to 3pm

Diamond Hall Infant School

Childminder Network

9am to 11am (term time only)

Diamond Hall Infant School

Citywide Parents' Group

12.30pm to 2.30pm (term time only)

Group meets once a month. Venue varies each month. For more information please telephone 0191 561 2852

Preparing for Baby

4.30pm to 5.45pm

Hendon Children's Centre
(Hudson Road Primary School)*For bookings please contact your midwife*

5pm to 7pm

Ryhope Children's Centre
(Ryhope Infant School)*For bookings please contact your midwife***Smoking Cessation**

Drop-in session

*For more information please telephone
0191 283 2240***Stay and Play**

1.30pm to 2.45pm

(starting 10 January)

The Hive, Valley Road Community
Primary School**Stay and Play/Story Time**

9am to 10.30am (starting 11 January)

Millfield Children's Centre
(Millfield Community Nursery School)**Wednesdays****How to wean your baby**

9.30am to 11.30am

Hendon Children's Centre
(Hudson Road Primary School)*Free 3-week course, starting 2 February.
For more information and to book a place
please contact your Health Visitor. More
sessions may be available throughout the
term.***Hydrotherapy Pool**

5pm to 6.30pm

Fulwell Day Centre

*For bookings please telephone
0191 553 4127***Messy Play/Stay and Play**

1.30pm to 3pm

(term time only starting 12 January)
Diamond Hall Infant School**Messy Play/Story Time**

1.15pm to 2.30pm (starting 12 January)

Ryhope Children's Centre
(Ryhope Infant School)**Thursdays****Baby Days**

9am to 11am

Hendon Children's Centre
(Hudson Road Primary School)**Baby Massage**

10am to 11am (term time only)

Millfield Children's Centre
(Millfield Community Nursery School)
*Free 5-week course starting Thursday 13
January. For bookings please telephone
0191 553 7650*

1.30pm to 2.30pm (term time only)

Hendon Children's Centre
(Valley Road Community Primary School)
*Free 5-week course starting Thursday 20
January. For bookings please telephone
0191 553 7650***Bosom Buddies**

9.30am to 11.30am

Hendon Children's Centre
(Hudson Road Primary School)**Busy Bodies**

10.15am to 11.30am

(starting 13 January)

Ryhope Community Centre

Messy Play

1pm to 2.30pm (starting 13 January)
Ryhope Community Centre

1.30pm to 2.45pm (starting 13 January)
The Hive, Valley Road Community
Primary School

Money Management

9am to 11am

Grangetown Children's Centre
(Grangetown Primary School)
*Four week course starting 13 January.
For bookings please telephone
0191 561 2852*

Parent drop-in

9am to 11am (term time only)
Grangetown Children's Centre
(Grangetown Primary School)

Fridays

Busy Bodies

1.15pm to 2.15pm (starting 14 January)
Grangetown Children's Centre
(Grangetown Primary School)

Childminder Network

9am to 11.30am (term time only)
Grangetown Children's Centre
(Grangetown Primary School)

Coffee morning

9.30am to 11.30am (term time only)
Southmoor Community School

How to wean your baby

10am to 12noon
Richard Avenue Primary School
*Free three week course starting 28
January. For more information or to book a
place please contact your health visitor*

Messy Play/Stay and Play

1pm to 2.30pm (starting 14 January)
Millfield Children's Centre
(Millfield Community Nursery School)

Parent drop-in

9am to 11am (term time only)
New Silksworth Children's Centre
(New Silksworth Infant School)

Rhyme Time

9.30am to 10.15am (starting 14 January)
Ryhope Children's Centre
(Ryhope Infant School)
Suitable for children from birth to walking

Time for Rhyme

10.30am to 11.15am
(starting 14 January)
Ryhope Children's Centre
(Ryhope Infant School)

Saturdays

Dads and Kids

10am to 11.30am
Ryhope Community Centre

Drama Club

10am to 11am (term time only)
Ryhope Community Centre
*An Extended Services activity for children
aged 5 to 9. £1 per session. For bookings
please telephone 0191 523 9745*



Give a child a better future through fostering or adoption

If you think you could help please contact Sunderland City Council for more information:

Telephone: 0191 520 5555
24 hour answerphone: 0191 382 3020
email: adopt.foster@sunderland.gov.uk

Or come along to one of our information events at:

Leechmere Training Centre,
Carrmere Road, Leechmere
Industrial Estate, Grangetown,
Sunderland at 6.30pm on the
following dates:

Monday 24 January 2011
Wednesday 16 February 2011
Monday 28 March 2011
Wednesday 13 April 2011
Monday 23 May 2011
Wednesday 22 June 2011
Monday 11 July 2011
Wednesday 21 September 2011
Monday 17 October 2011
Wednesday 16 November 2011
Monday 5 December 2011



North

Mondays

Baby Days

1.30pm to 3.30pm
Fulwell Medical Centre

Bosom Buddies

1pm to 3pm
Austin House Children's Centre

Busy Bodies

9.30am to 10.45am (starting 10 January)
Southwick Community Centre

Community drop-in

1pm to 3pm
Maplewood Centre



Hydrotherapy Pool

9.30am to 11am
Fulwell Day Centre
*For bookings please telephone
0191 553 4127*

Special events on Mondays...

Health and safety awareness

Monday 17 January and
Monday 24 January
1pm to 3pm
Maplewood Centre
*For bookings please telephone
0191 561 8126*

First Aid

Monday 31 January and
Monday 7 February
1pm to 3pm
Maplewood Centre
*For bookings please telephone
0191 561 8126*

Tuesdays

Baby Busy Bodies

1.30pm to 2.30pm (starting 11 January)
St Peter's Children's Centre
(Dame Dorothy Primary School)

Baby Massage/Parent Support Group

10am to 11.30am
Austin House Children's Centre
*For babies under six months.
For more information please telephone
0191 566 2650*

We're moving

Bunny Hill Children's Centre is moving...

From January 2011 Bunny Hill Children's Centre will be located on the ground floor of Bunny Hill Centre, making it much easier to access with young children, prams and pushchairs.

Just head for the old Gentoo local office via Bunny Hill Centre main entrance.

To find out when activities such as Stay and Play and Messy Play are taking place at Bunny Hill from January to Easter please telephone 0191 561 8126 or visit www.sunderlandchildrenscentres.co.uk

**Sure Start
Children's Centres**


**Sunderland
Children's Centres**

Busy Bodies

10am to 11am (starting 11 January)
Roker Methodist Church

Childminder Network

9.15am to 11.15am
Maplewood Centre

Sensory Play/Baby Massage

1pm to 3pm
Austin House Children's Centre
*For more information please telephone
0191 566 2650*

Stay and Play

1.15pm to 2.45pm (starting 11 January)
Southwick Primary School

Time for Rhyme

10.45am to 11.45am
(starting 11 January)
Bunny Hill Library



Wednesdays

Baby Days

1pm to 2.30pm
Monkwearmouth Health Centre

Family Learning taster sessions

10am to 11.15am
St Peter's Children's Centre
Free 6-week course, starting 12 January

Hydrotherapy Pool

5pm to 6.30pm
Fulwell Day Centre
*For bookings please telephone
0191 553 4127*

Stay and Play

1pm to 2.45pm (starting 12 January)
Maplewood Centre

Thursdays

Baby Makaton

10.45am to 11.45am
St Peter's Children's Centre
*Free 6-week course starting 13 January.
For bookings please telephone
0191 561 8126*

Baby Massage

10am to 11.30am
Monkwearmouth Health Centre

Bosom Bodies

1.30pm to 3pm
St Peter's Children's Centre
(Dame Dorothy Primary School)

Childminder Network

9.15am to 11.15am
Redby Community Centre
*For more information please telephone
0191 561 8126*

Stay and Play

1.15pm to 2.45pm (starting 13 January)
Southwick Community Primary School

Time for Rhyme

10.45am to 11.45am (starting 3 March)
St Peter's Children's Centre
(Dame Dorothy Primary School)

Fridays

Baby Days

10am to 11.30am
Austin House Children's Centre

Busy Bodies

9.30am to 10.30am
(starting 14 January)
Castletown Community Centre

1.30pm to 2.30pm
(starting 14 January)
Southwick Community Primary School

Personal Enhancement course

1pm to 3pm
Austin House Children's Centre
Free 10-week course starting 14 January

Time for Rhyme

11.15am to 12noon
(starting 14 January)
Austin House Children's Centre

Saturdays

Dads and Kids

10.30am to 12.30pm
Sunderland North Family Zone

North



Washington

Mondays

Baby Massage

1pm to 2pm and 2pm to 3pm

Washington Children's Centre
(Oxclose Primary and Nursery School)

Free five week course starting 7 February

Busy Bodies

1pm to 2.30pm

(term time only starting 10 January)

Lambton School Hall

Busy Bodies/ Soft Play

9.30am to 11am

(term time only starting 10 January)

Washington Children's Centre
(Oxclose Primary and Nursery School)

Childminder Network

9.15am to 12noon

Washington Children's Centre
(Wessington Primary School)

Colic drop-in sessions

1pm and 1.45pm

Rainbow Family Centre

Community drop-in

1pm to 3pm (term time only)

Rainbow Family Centre

Food Hygiene Level 2

*For information please telephone
0191 219 3995*

Hydrotherapy Pool

9.30am to 11am

Fulwell Day Centre

*For bookings please telephone
0191 553 4127*

Messy Play

9.30am to 11am

(term time only starting 10 January)

Usworth Colliery Nursery

1pm to 2.30pm

(term time only starting 10 January)

Washington Children's Centre
(Wessington Primary School)

Motherhood in Mind

1pm to 3pm

Washington Children's Centre
(Oxclose Primary and Nursery School)

*For bookings and details of the next
course please telephone 0191 417 8043*

Postnatal Clinic

Appointment only

*For bookings please telephone
0191 219 3995*



Washington

Soft Play

9am to 9.45am, 9.45am to 10.30am,
10.30am to 11.15am, 11.15am to
12.15pm and 3.30pm to 5pm
(term time only starting 10 January)
Rainbow Family Centre

Stay and Play

9.30am to 11am
(term time only starting 10 January)
Rainbow Family Centre

Washington Parents Group

1pm to 3pm (term time only)
Rainbow Family Centre

Special events on Mondays...

Whoops home safety

Wednesday 7 March 1pm to 3pm
*For more information please telephone
0191 219 3995*

Tuesdays

Baby Days

10am to 11.30am
Rainbow Family Centre

Baby Makaton

10am to 11am
(term time only starting 11 January)
Rainbow Family Centre
Suitable for six months plus

Bosom Buddies

10am to 11.30am
Rainbow Family Centre

Busy Bodies

1pm to 2pm
(term time only starting 11 January)
Washington Children's Centre
(Wessington Primary School)

Childminder Network

9.30am to 11am
Lambton (Lambton Primary School)

Community drop-in and cafe

9.30am to 11.30am (term time only)
Rainbow Family Centre

Family Learning

10am to 11.30am
(term time only starting 11 January)
Washington Children's Centre
(Oxclose Primary and Nursery School)

Messy Play

1pm to 3pm
(term time only starting 11 January)
Rainbow Family Centre

3.15pm to 5pm

(term time only starting 11 January)
Washington Children's Centre
(Oxclose Primary and Nursery School)

Preparing for Baby

1pm to 5pm
(first Tuesday of each month)
Washington Children's Centre
(Oxclose Primary and Nursery School)

Sensory Play

12.45pm to 2.45pm
(term time only starting 11 January)
Rainbow Family Centre
*Suitable for children aged from birth to 18
months old*

Soft Play

9.30am to 10.30am and
10.30am to 11.30am
(term time only starting 11 January)
Rainbow Family Centre

Stay and Play

9.15am to 11am
(term time only starting 11 January)
Washington Children's Centre
(Wessington Primary School)

Time for Rhyme

11am to 11.30am
(term time only starting 11 January)
Washington Children's Centre
(Wessington Primary School)

1pm to 2pm
(term time only starting 11 January)
Washington Children's Centre
(Oxclose Primary and Nursery School)

Washington Parents Group Café

9.30am to 11.30am (term time only)
Rainbow Family Centre

Young Parents

1pm to 3pm
Rainbow Family Centre

Young Parents – Antenatal Clinic

1pm onwards
Rainbow Family Centre
For bookings please contact your midwife

Wednesdays

Baby Days

9.30am to 11am
Washington Children's Centre
(Oxclose Primary and Nursery School)

Baby Makaton

1.30pm to 2.30pm
(term time only starting 12 January)
Washington Children's Centre
(Wessington Primary School)
Suitable for six months plus

Bosom Buddies

9.30am to 11am
Washington Children's Centre
(Oxclose Children's Centre)



Bridge taster course

For more information please telephone
0191 219 3995

Hydrotherapy Pool

5pm to 6.30pm

Fulwell Day Centre

For bookings please telephone
0191 553 4127

Messy Play

1.15pm to 3pm

(term time only starting 12 January)

Washington Children's Centre

(Oxclose Primary and Nursery School)



Postnatal clinic

Appointment only

For bookings please telephone
0191 219 3995

Smoking Cessation

Drop in 1.30pm to 3pm

Rainbow Family Centre

Stay and Play

9.30am to 11am and 1.15pm to 3pm
(term time only starting 12 January)

Rainbow Family Centre

9.30am to 11am

(term time only starting 12 January)

Washington Children's Centre

(Oxclose Primary and Nursery School)

3.30pm to 5pm

(term time only starting 12 January)

Washington Children's Centre

(Wessington Primary School)

Thursdays

Baby Days

1pm to 2.30pm

Washington Children's Centre

(Wessington Primary School)

Baby Massage

9.30am to 10.30am and

10.30am to 11.30am

Washington Children's Centre

(Wessington Primary School)

Free 5-week course starting 6 January.

For bookings please telephone

0191 219 3995

Bosom Buddies

1pm to 2.30pm

Washington Children's Centre

(Wessington Primary School)

Childminder Network

9.15am to 12noon
Barmston Primary School

9.30am to 11am
Lambton Primary School

Family Learning

1pm to 2.30pm
(term time only starting 13 January)
Rainbow Family Centre

Family Nurturing

9.30am to 11.30am
Venue to be confirmed
*For more information please telephone
0191 219 3995*

Messy Play

9.15am to 11.15am
(term time only starting 13 January)
Washington Children's Centre
(Oxclose Primary and Nursery School)

Preparing for Baby

5.30pm to 7pm
Rainbow Family Centre
*For more information please telephone
0191 219 3995*

Sensory Group

12.45pm to 2.45pm
(term time only starting 13 January)
Rainbow Family Centre
*Suitable for children aged from birth to
18 months old*

Stay and Play

9.45am to 11.30am
(term time only starting 13 January)
Rainbow Family Centre

Soft Play

9.15am to 10.15am and
10.15am to 11.15am
(term time only starting 13 January)
Rainbow Family Centre

Washington Parents Group

1pm to 3pm (term time only)
Rainbow Family Centre

*Special events on
Thursdays...*

Whoops home safety

Thursday 3 February
1pm to 3pm
*For bookings or further information
please telephone 0191 219 3995*

Fridays

Baby Massage

9.30am to 10.30am and
10.30am to 11.30am
Rainbow Family Centre
*Free five-week course starting 4 March.
For bookings please telephone
0191 219 3995*

Busy Bodies

10.30am to 11.30am
Rainbow Family Centre

Maths and English

*For more information please telephone
0191 219 3995*

Messy Play

9.15am to 11.15am
(term time only starting 14 January)
Barmston Primary School

1pm to 3pm
(term time only starting 14 January)
Rainbow Family Centre

Postnatal clinic

Appointment only
*For bookings please telephone
0191 219 3995*

Sensory Play

1pm to 2pm
(term time only starting 14 January)
Washington Children's Centre
(Oxclose Primary and Nursery School)

Soft Play

1pm to 2pm and 2pm to 3pm
(term time only starting 14 January)
Rainbow Family Centre

Stay and Play

9.30am to 11.30am
(term time only starting 14 January)
Washington Children's Centre
(Wessington Primary School)

Time for Rhyme

9.30am to 10.15am
(term time only starting 14 January)
Rainbow Family Centre

Twins, Triplets and more

10am to 12noon
Washington Children's Centre
(Wessington Primary School)

Saturdays

Dads and Kids

10am to 12noon
(term time only starting 15 January)
Rainbow Family Centre

La Leche

10am to 12noon
(second Saturday of every month)
Rainbow Family Centre

Stay and Play

10am to 12noon
(term time only starting 15 January)
Rainbow Family Centre



West

Mondays

Baby Days

9.30am to 11am

Highfield Children's Centre
(Highfield Primary School)

1pm to 2.30pm

Silksworth Health Centre

Childminder Network

10am to 12noon

Thorney Close Children's Centre

Hydrotherapy Pool

9.30am to 11am

Fulwell Day Centre

*For bookings please telephone
0191 553 4127*

Stay and Play/Story Time

1.30pm to 3pm (starting 10 January)

Pennywell Neighbourhood Centre

Time for Rhyme

10am to 11am (starting 10 January)

Highfield Children's Centre
(Highfield Primary School)



Tuesdays

Baby Days

1pm to 2.30pm

(term time only starting 11 January)
Thorney Close Children's Centre

Bosom Buddies

1.30pm to 3pm

Highfield Children's Centre
(Highfield Primary School)

Busy Bodies

9.30am to 11am

Highfield Children's Centre
(Highfield Primary School)

1.30pm to 3pm

Thorney Close Children's Centre

Preparing for Baby

1.30pm to 3pm

Highfield Children's Centre
(Highfield Primary School)

For bookings please contact your midwife

Stay and Play/Story Time

1.30pm to 3pm

(term time only starting 11 January)
Pennywell Neighbourhood Centre

Time for Rhyme

9.30am to 10.30am

(term time only starting 11 January)
New Silksworth Children's Centre
(New Silksworth Infant School)

10am to 11am

(term time only starting 11 January)
Thorney Close Children's Centre

Special events on Tuesdays...

Weight Management

9.30am to 11am

Thorney Close Children's Centre
12-week course starting 11 January.
For more information please telephone
0191 553 4127

Paediatric First Aid course

12.30 to 3pm

Thorney Close Children's Centre
5-week course starting 1 February.
For more information please telephone
0191 553 4127

Wednesdays

Busy Bodies

10am to 11am

(term time only starting 12 January)
South Hylton Primary School

1.30pm to 3pm

(term time only starting 12 January)
Pennywell Community Centre

Dads and Kids

3.30pm to 5pm

For venue information please contact
0191 553 4127

Hydrotherapy Pool

5pm to 6.30pm

Fulwell Day Centre
For bookings please telephone
0191 553 4127

Stay and Play/Story Time

9.30am to 11am and 2pm to 3pm

(starting 12 January)
Highfield Children's Centre
(Highfield Primary School)

Time for Rhyme

1pm to 2pm

(starting 12 January)
Highfield Children's Centre
(Highfield Primary School)

1.30pm to 2.30pm

(starting 12 January)
New Silksworth Children's Centre
(New Silksworth Infant School)

Young Parents Group

1pm to 3pm

Highfield Children's Centre
(Highfield Primary School)

Special events taking place on Wednesdays...

Whoops child safety

9am to 12noon

Thorney Close Children's Centre
Two day course 16 and 17 March.
For more information please telephone
0191 553 4127

Thursdays

Baby Days

9.30am to 11am

Springwell Health Centre

9.30am to 11am

St Luke's Neighbourhood Centre

1.30pm to 3pm

(first and third Thursday of each month)
South Hylton Surgery

Bosom Buddies

9.30am to 11.30am

Thorney Close Children's Centre

Busy Bodies

1.30pm to 3pm

(term time only starting 13 January)
Farringdon Primary School

Stay and Play/Story Time

(starting 13 January)

9.30am to 11am

Highfield Children's Centre
(Highfield Primary School)

9.30am to 11am

(starting 13 January)

Thorney Close Children's Centre

Special events taking place
on Thursdays...

Ups and Downs

(second Thursday of each month)

1pm to 3pm

Highfield Children's Centre
(Highfield Children's Centre)

For information please telephone
0191 561 2050

Weight Management

9.30am to 11am

Ford, Pallion and Millfield Community
Development Project

12-week course starting 13 January.

For information please telephone
0191 553 4127

Fridays

Baby Days

9.30am to 11.30am

Sessions alternate fortnightly between
Pennywell Neighbourhood Centre and
South Hylton Surgery. For more
information please telephone
0191 561 2050

Childminder Network

9am to 11am

Highfield Children's Centre
(Highfield Primary School)

Soft Play

9am to 11am

Highfield Children's Centre
(Highfield Primary School)

Stay and Play/Story Time

1.30pm to 3pm

(term time only starting 21 January)

Thorney Close Children's Centre

Time for Rhyme

9.45am to 10.45am

(starting 21 January)

Pennywell Neighbourhood Centre

10am to 11am

(starting 21 January)

Thorney Close Children's Centre

Saturdays

Tots Football (4 to 7 Years)

9am to 10am

Highfield Children's Centre
(Highfield Primary School)

£1 per session

Soft Play and Stay and Play (0 to 7 Years)

9am to 11am

Highfield Children's Centre
(Highfield Primary School)

Coming soon...

Soft Play six days a week at Highfield
Children's Centre. For information please
telephone 0191 561 2050

Baby Massage

Groups run regularly in the West
throughout the term. For more
information please telephone
0191 561 2050

Become a friend of Sunderland children's centres on Facebook

Become a friend of Sunderland Children's Centres on Facebook to find out all the latest news and family information first.

Search for 'Sunderland Children's Centres' or visit www.facebook.com/SunderlandChildrensCentres



Keeping children and young people safe is everybody's business...

Sunderland Children's Centres are committed to safeguarding and promoting the welfare of children and young people. Staff and volunteers share this commitment and consider the safety of all children to be paramount and central to their work.

If you have concerns about a child's safety or well-being please speak to a member of staff as soon as possible.

This information can be made available in large print, Braille, audio and other languages. Please contact the Communications on 0191 561 5627 or email communications@sunderland.gov.uk for help.

All information correct at time of going to press.
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Sunderland

We've got **Just the Job** for you!

Looking for a job, setting up your own business or want to gain new skills in Sunderland? Well you're looking in the right place. **Just the Job** is a new initiative, brought to you by Sunderland City Council.

Just the Job has brought together a wide range of resources in Sunderland to make finding work easier. One point of contact, one telephone number and one website.

Just the Job has a dedicated team of Enterprise Talent Scouts and Business Advisors on hand with helpful advice and assistance if you want to go it alone and start your own business. Or, if you are looking to gain new skills, **Just the Job** can help you train for a new career.

There are a number of initiatives running across Sunderland to help people gain the skills required to help them back into work and provide support that's **Just the Job**.

Call the number below or visit our website to find out more.



FREE advice about work, training or starting your own business in Sunderland.

 **08081 789 380**  **www.justthejob.org**

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A woman with long brown hair, wearing a light blue bomber jacket over a white crop top and dark blue jeans, is captured in a dynamic pose against a clear blue sky. Her arms are outstretched, and she has a joyful expression, looking upwards.

FREE

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The logo for SMOKEFREE, featuring a stylized white icon of a person with arms raised above the text 'SMOKEFREE' in a bold, white, sans-serif font.

SMOKEFREE

*Working together to make
South of Tyne and Wear healthy for you*