

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

Children's Services  
Sandhill Centre  
Grindon Lane  
Sunderland  
SR3 4EN  
Tel: 0191 520 5505  
Fax: 0191 553 5690  
Email: [fis@sunderland.gov.uk](mailto:fis@sunderland.gov.uk)

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

All information correct at time of going to press.  
Published November 2008.



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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

Activities or service	Activities or service	Available for:
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

# Sunderland Children's Centre Washington– Spring Term

Activities start from Monday 11 January to Thursday 1 April

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Toy Library (0-14yrs)</b> 9:00am- 12:00noon 12:30pm- 6:00pm Rainbow Family Centre</p> <p><b>Childminder Network Group</b> 9:15am- 12:15pm Drop- in (pm in holiday times) Washington Village Hall</p> <p><b>Soft Play (0-5yrs)</b> 9:15am- 10:15am &amp; 10:15am- 11:15am &amp; 11:15am- 12:15pm &amp; 4:00pm- 6:00pm Rainbow Family Centre</p> <p><b>Stay &amp; Play (0-5yrs)</b> 9:30am- 11:00am Rainbow Family Centre</p> <p><b>Coffee morning for Stay and Play parents</b> 9:30am- 11:30am 1<sup>st</sup> Monday of the month Rainbow Family Centre</p> <p><b>Bosom Buddies</b> 10:00am- 11:30am Drop- in TTO Oxclose Children's Centre</p> <p><b>Stay &amp; Play (0-5yrs)</b> 1:00pm- 2:30pm Rainbow Family Centre</p> <p><b>Messy Play (0-5yrs)</b> 1:00pm- 2:45pm Wessington School</p>	<p><b>Toy Library (0-14yrs)</b> 9:00am- 12:00noon &amp;12:30-4:00pm Rainbow Family Centre</p> <p><b>Childminders Network Group</b> 9:15am- 11:00am Lambton Primary Group</p> <p><b>Stay &amp; Play (0-5yrs)</b> 9:15am- 10:45am Wessington School</p> <p><b>Volunteer Drop in</b> 9:30am- 11:30am TTO Rainbow Family Centre</p> <p><b>Washington Village Playgroup or Columbia Toddlers</b> 9:45am- 10:30am (Alternate weeks)</p> <p><b>Toy Library (0-14yrs)</b> 9:45am- 10:30am Washington Village Playgroup or Columbia Toddlers</p> <p><b>Baby Days (0-1yrs)</b> 10:00am- 11:30am Rainbow Family Centre</p> <p><b>Family Learning</b> 10:00am- 11:30pm Oxclose Children's Centre</p> <p><b>Time for Rhyme (0-3yrs)</b> 11:00am- 11:30am Wessington School</p>	<p><b>Toy Library (0-14yrs)</b> 9:00am- 12:00noon 12:30pm- 4:00pm Rainbow Family Centre</p> <p><b>Play Work Level 2 course</b> 9:15am- 11:45am* TTO (Commenced September 2009- continuing) Rainbow Family Centre</p> <p><b>Baby Days (0-1yrs)</b> 9:30am- 11:00am Oxclose Children's Centre</p> <p><b>Busy Bodies (2-4yrs)</b> 9:30am- 10:15am Rainbow Family Centre</p> <p><b>Story Time (0-5yrs)</b> 10:00am- 10:45pm George Washington School</p> <p><b>Busy Bodies (ages 2yrs-4yrs)</b> 10:50am- 11:30am George Washington School</p> <p><b>Time for Rhyme (0-3yrs)</b> 11:00am- 11:45am Oxclose Children's Centre</p> <p><b>Stay &amp; Play (0-5yrs)</b> 12:45pm- 2:45pm Rainbow Family Centre</p> <p><b>Baby Days (0-1yrs)</b> 1:00pm– 2:30pm Harraton Association</p>	<p><b>Toy Library (0-14yrs)</b> 9:00am- 12:00noon 12:30pm- 4:00pm Rainbow Family Centre</p> <p><b>Messy Play (0-5yrs)</b> 9:15am- 11:15am Oxclose Children's Centre</p> <p><b>Childminder Network Group</b> 9:15am- 12:15am Drop in Barmston Primary 9:15am- 11:15am Drop in Lambton Primary</p> <p><b>Stay &amp; Play (0-5yrs)</b> 9:15am- 11:15am Rainbow Family Centre</p> <p><b>Stay &amp; Play (0-5yrs)</b> 9:30am- 11:00am Springwell Village Community Hall</p> <p><b>Netmums Coffee Morning</b> 9:30am- 11:30am (First Thursday of the month) Oxclose Children's Centre</p> <p><b>Whoops Volunteer training</b> (Commenced 05.11.2009) 9:30am- 11:30am TTO (Level 1- Whoops Volunteer training) (Level 2- Paediatric First Aid) (Level 3- Child Safety Officer) Springwell Village Community Venue</p> <p><b>Healthy Eating on a Budget Cookery Course</b> 9:30am- 11:30am TTO Rainbow Family Centre</p>	<p><b>Toy Library (0-14yrs)</b> 9:00am- 12:00noon Rainbow Family Centre <b>Community &amp; Volunteer Drop in</b> 9:30am- 11:30am TTO Wessington Children's Centre <b>Volunteering In Children's Centre training</b> 9:30am- 11:30am* TTO (Commencing 12.02.2010) Oxclose Children's Centre <b>Time for Rhyme (0-3yrs)</b> 9:15am- 10:00am Rainbow Family Centre <b>Story time (0-5yrs)</b> 10:15am- 11:00am Rainbow Family Centre <b>Busy Bodies (2-4yrs)</b> 11:15am- 12:00pm Rainbow Family Centre</p> <p style="text-align: center;"><b>SATURDAYS AT THE RAINBOW!</b></p> <p style="text-align: center;"><b>10:00am- 12 noon</b> Dads &amp; Kids Toy Library Play activities</p> <p>La Leche Regional Meeting 2<sup>nd</sup> Saturday of each month 10-12 noon</p>

Information can also be accessed via: [www.sunderlandchildrenscentres.co.uk](http://www.sunderlandchildrenscentres.co.uk)

For further information on any activities or services please do not hesitate to contact us at:

**Rainbow Family Centre**, 34 Elliott Terrace, Concord, Tel: 0191 2193995 Fax: 0191 2193996

**Wessington Children's Centre**, Wessington Primary. School, Lanercost, Glebe Tel: 0191 2193720

**Oxclose Children's Centre**, Oxclose Primary School, Brancepeth Road, Oxclose Tel: 0191 2193770, Fax :0191 2193773 [www.sunderlandchildrenscentres.co.uk](http://www.sunderlandchildrenscentres.co.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sensory Group (0-3yrs)</b> 1:00pm- 1:55pm &amp; 2:00pm- 2:55pm Rainbow Family Centre</p> <p><b>Washington Parents' Group &amp; Community Drop In</b> 1:00pm- 3:00pm* TTO Rainbow Family Centre</p> <p><b>Cake Decorating</b> 1:00pm- 3:00pm* TTO <u>Rainbow Family Centre</u> <b>CITYWIDE</b></p> <p><b>Twin Thing</b> Meet monthly 7-9pm VALLEY ROAD PRIMARY SCHOOL, SUNDERLAND 25 Jan,22 Feb, 29 March 2010</p> <p><b>Ups &amp; Downs</b> Thorney Close Children's Centre Every 2nd Thurs 1-3pm. Support Group &amp; play session for children with Down's Syndrome</p> <p><b>Hydrotherapy Pool, Fulwell ATC</b> Mon 9.30-11am &amp; Wed 5-6.30pm For further info tel: Rosemary 5534127</p> <p><b>Baby Massage</b> Various dates, times and locations please call 0191 219 3995 for further info</p>	<p><b>Washington Parents Group café session</b> 11:30am- 3:00pm TTO Rainbow Family Centre</p> <p><b>Soft Play (0-5yrs)</b> 1:00pm- 2:00pm &amp; 2:00pm- 3:00pm Rainbow Family Centre</p> <p><b>Messy Play (0-5yrs)</b> 1:00pm- 2:30pm Rainbow Family Centre</p> <p><b>Young Parents</b> 1:00pm- 3:00pm Rainbow Family Centre</p> <p><b>Toy Library (0-14yrs)</b> 1:30pm- 2:30pm Wessington Children's Centre</p> <p><b>Busy Bodies (2-4yrs)</b> 1:00pm- 2:00pm Wessington School</p> <p><b>Time for Rhyme (0-3yrs)</b> 1:00pm- 1:45pm Oxclose Children's Centre</p> <p><b>Story time (0-5yrs)</b> 1:45pm- 2:30pm Oxclose Children's Centre</p> <p><b>Story time (0-5yrs)</b> 2:00pm- 3:00pm Wessington School</p> <p><b>Messy Play (0-5yrs)</b> 3:15pm- 5:00pm Oxclose Children's Centre</p>	<p><b>Messy Play (0-5yrs)</b> 1:00pm- 3:00pm Oxclose Children's Centre</p> <p><b>Baby Makaton (6 months +)</b> 1:30pm- 2:30pm (for 6 weeks places are limited booking required) Wessington School</p> <p><b>Stay &amp; Play (0-5yrs)</b> 3:15pm- 4:45pm Oxclose Children's Centre</p> <hr/> <p><b>COURSES</b> <b>The Incredible Years Parenting Course*</b> For info on the next venue, dates &amp; times please contact Donna Carlyle Tel: 0191 3851801</p> <p><b>Family Nurturing*</b> Offered termly. Contact Rainbow Family Centre for dates &amp; times</p> <p><b>Post natal Depression Support Group "Motherhood in Mind"</b> Offer support to Mums with children under 1 year. Contact Tammy Birkett at Washington MIND 417 8043 <u>for further details.</u></p> <p><b>Courses coming soon:</b> Emergency First Aider at Work Course Paediatric First Aid Rainbow Family Centre</p>	<p><b>Soft play (0-5yrs)</b> 9:30am- 10:30am &amp; 10:30am- 11:30am Rainbow Family centre</p> <p><b>Baby Days (0-1yrs)</b> 1:00pm- 2:30pm Drop in Wessington Children Centres</p> <p><b>Sensory Group (0-3yrs)</b> 12:45pm- 1:45pm &amp; 1:45pm- 2:45pm for 6 weeks places are limited booking required Rainbow Family Centre</p> <p><b>Toy Library (0-14yrs)</b> 1:00pm- 2:00pm Wessington Children's Centre or Oxclose Children's Centre (Alternate weeks)</p> <p><b>Messy Play (0-5yrs)</b> 1:00pm- 2:30pm Harraton Children's Centre</p> <p><b>Busy Bodies (ages 2yrs-4yrs)</b> 1:00pm- 1:45pm Oxclose Children's Centre</p> <p><b>Story time (0-5yrs)</b> 1:45pm- 2:30pm Oxclose Children's Centre</p> <hr/> <p><b>If you are interested in becoming a Breastfeeding Support Volunteer (La Leche)</b> please contact the Rainbow Family Centre 0191 219 3995</p>	<p><b>Stay &amp; Play (0-5yrs)</b> 9:15am- 11:00am Blackfell Primary School</p> <p><b>Time for Rhyme (0-3yrs)</b> 11:00am- 11:30am Blackfell Primary School</p> <p><b>Messy Play (0-5yrs)</b> 10:00am- 11:30am Barmston Primary School</p> <p><b>Busy Bodies (2-4yrs)</b> 1:00pm- 1:45pm Blackfell Primary School</p> <p><b>Story Time (0-5yrs)</b> 2:00pm- 2:45pm Blackfell Primary School</p> <p><b>Messy Play (0-5yrs)</b> 1:00pm- 3:00pm Rainbow Family Centre</p> <p><b>Soft Play (0-5yrs)</b> 1:00pm- 2:00pm &amp; 2:00pm- 3:00pm Rainbow Family Centre</p> <p><b>Bosom Buddies</b> 1:00pm- 3:00pm Wessington Children's Centre</p> <hr/> <p><b>FAMILIES INFORMATION SERVICE</b> If you would like assistance with information on childcare, help with childcare costs, nurseries, schools, leisure activities or a list of parent &amp; toddler groups in the area please contact Kelly Meikle at Rainbow or Oxclose Children's Centres. Mon to Fri 9-5pm</p>
<p><b>Families Information Service Contact us on 0191 219 3770</b> for information on childcare, childminders, nurseries, parent and toddler groups, leisure activities &amp; more</p>				