

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

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.
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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 Centres South and East

Telephone: 0191 553 7650

Monday 20 July to Friday 4 September

Monday

Toy Library

Valley Road Community Primary School
8.45am to 12.45pm

Baby Days (0-1 year)

Ryhope Community Centre
9am to 10.30am

Toy Library

Ryhope Community Centre
9am to 12pm

Baby Days (0 to 1 year)

Silksworth Health Centre
9.30am to 10.45am

Hydrotherapy Pool Session

For children with a special need or disability
Fulwell Day Centre
9.30am to 11am
Please contact Rosemary on
0191 553 4127 for details

Messy Play (0 to 5 years)

Valley Road Community Primary School
10am to 11.30am

Bosom Buddies

Ryhope Community Centre
10.30am to 12.30pm

Baby Days (0 to 1 year)

Richard Avenue Primary School
12.45pm to 2.45pm
First Monday of every month

Messy Play (0 to 5 years)

Grangetown Children's Centre
1pm to 2.30pm

Family Fun Session

Hudson Road Primary School
1pm to 3pm

Time for Rhyme

Valley Road Community Primary School
1.30pm to 2.45pm

Twins, Triplets and more group

Valley Road Community Primary School
Please call us for details of groups on
0191 5537650

Tuesday

Toy Library

Millfield Children's Centre at Millfield
Community Nursery School
9am to 10am
(except w/c 31 August)

Stay and Play and Story Time

(18mths - 4yrs) Drop in anytime
Millfield Children's Centre at Millfield
Community Nursery School
9am to 11am
(except w/c 31 August)

Rhyme Time (12 months to 2 years)

New Silksworth Children's Centre
10am to 11am

Messy Play (0 to 5 years)

Valley Road Community Primary
School
10am to 11.30am

Baby Days (0 to 1 year)

Grangetown Children's Centre
1pm to 3pm

*Sensory Play and Baby Massage

for children with complex needs
Austin House Children's Centre
1pm to 3pm
Please call Trish on 561 8126 for
details

Toy Library

Valley Road Community Primary
School
1pm to 4pm

Busy Bodies (2 to 5 years)

Valley Road Community Primary
School
1.30pm to 2.45pm

Parentcraft

Ryhope Children's Centre
5pm to 7pm
Riverview Health Centre, Hendon
5.30pm to 6.45pm
Please contact your midwife for details
or us on 0191 553 7650

Wednesday

Coffee Morning

Grangetown Children's Centre
9am to 11am

Toy Library

Valley Road Community Primary
School
9am to 12pm

Toy Library

Hudson Road Primary School
9.30am to 11.30am

Messy Play/ Story Time

(0 to 5 years)
Hudson Road Primary School
10am to 11.15am

Toy Library

Ryhope Children's Centre
12.30pm to 2pm

Time for Rhyme (0 to 15 months)

New Silksworth Children's Centre
1.15pm to 2.15pm

Messy Play/ Story Time

(0 to 5 years)
Ryhope Children's Centre
1.15pm to 2.30pm

Hydrotherapy Pool Session

For children with a special need or
disability
Fulwell Day Centre
5pm to 6.30pm
Please contact Rosemary on 0191 553
4127 for details

SATURDAY

Toy Library

Ryhope Community Centre
9.45am to 11.30am

Dads and Kids

Ryhope Community Centre
10am to 11.30am

Thursday

Baby Days (0 to 1 year)

Hudson Road Primary School
9am to 11am

Toy Library

Valley Road Community Primary
School
9am to 12pm

Bosom Buddies

Hudson Road Primary School
9.30am to 11.30am

Ups and Downs

Support group and play session for
children with Down's syndrome
Thorney Close Children's Centre
9.30am to 12pm
Second Thursday of every month
Please contact Andrea on
0191 523 9520

Busy Bodies (2 to 5 years)

Ryhope Community Centre
10.15am to 11.15am

Toy Library

Ryhope Community Centre
12.30pm to 3pm

Messy Play (0 to 5 years)

Ryhope Community Centre
1pm to 2.30pm

Family Fun Session

Grangetown Children's Centre
1pm to 3pm

Friday

Toy Library

Grangetown Children's Centre
9am to 12am

Time for Rhyme (0 to 15 months)

Ryhope Children's Centre
9.30am to 10.15am

Stay and Play and Story Time

(18mths - 4yrs)
Millfield Children's Centre at Millfield
Community Nursery School
1pm to 3pm
(except w/c 31 August)

Busy Bodies (2 to 5 years)

Grangetown Children's Centre
1.15pm to 2.15pm

***Triple P** – Positive Parenting
Programme for 0-12 years. For more
information on a variety of parenting
programmes please contact Sharon
Norton on 0191 553 6206

***Baby Massage** – various courses
and venues. Please ring for
information on 0191 553 7650

More activities overleaf...

Family Fun Days at Venerable Bede School

The Hungry Caterpillar

22 July 2009

Special Kite Making Workshop 10-12pm

*Families need to book in advance

We're Going on a Bear Hunt

29 July 2009

The Tiger who came to Tea

5 August 2009

Owl Babies

12 August 2009

Everyone welcome

Bring your own picnic and stay for lunch.

Come rain or shine, we will be here whatever the weather.

Activities will include sports, crafts, games, cooking, face painting and story time.

Suitable for children aged 0 to 16 years.

All children must be supervised.

For more information please contact Clare Sutherland on
0191 523 9745

Ryhope Early Days Fun Day

Tuesday 4 August 10am to 2pm

Activities will include face painter, Story Time, Messy Play, market stalls, Time for Rhyme, arts and crafts and much more.

***Dads and Kids trip to Preston Park**

Saturday 15 August 2009 9.30am to 4pm

Dad must attend 4 Children's Centre activities to qualify.

To book a place please contact us on 0191 553 6206.

Other Information

Families Information Service - Contact Katie on 0191 553 7650 for information on childcare, parent and toddler groups, leisure activities and much more.

For information on more courses please call us on 0191 553 6206.

Activity information correct at time of printing but may be subject to change

Activities marked * must be pre-booked

There will be no activities running on bank holiday Monday