



# Sessions delivered by East Lindsey Children's Centres and your local area staff – Tattershall

**From 4th January 2022**

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>9.00am – 4.00pm Antenatal Clinic To book an appointment please call 01205 445414</p>	<p>9.00am – 4.00pm Health Visitor Clinic To book an appointment please call 01522 843000</p>	<p>9.00am – 4.00pm Antenatal Clinic To book an appointment please call 01205 445414</p>	<p>9.00am – 4.00pm Health Visitor Clinic To book an appointment please call 01522 843000</p>	<p>9.00am – 4.00pm Antenatal Clinic To book an appointment please call 01205 445414</p>
<p>10.00am – 11.00am <b>Learning Together Babies</b> Learning Together using the evidence based PEEP programme. Focusing on Early Literacy For babies 0 -1 year 10<sup>th</sup> January – 7<sup>th</sup> February <b>Booking required, please email the centre</b></p>	<p>10.00am-11.00am <b>Stay and Play for Under 1's</b></p>	<p>10.00am – 11.00am <b>Virtual Opening Doors to Employment</b> Please email <a href="mailto:beststart@eyalliance.org.uk">beststart@eyalliance.org.uk</a> to find out more</p>	<p>10.00am-11:00am <b>Baby Massage</b> <b>Booking required, please email the centre</b> This is a 6 week programme commencing 6th January – 10th February</p>	<p><b>Virtual GROW Your Own Confidence</b> 4-week Course 12.30pm – 2.00pm 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>1.00pm – 2.00pm <b>Movers &amp; Shakers</b> For children aged 0 – 5yrs</p>		<p>10.00am – 10.45am <b>Rhyme Time</b> ideal for 0-5 years</p>		
		<p>1.30pm-2.30pm <b>Antenatal Education</b> FREE virtual group sessions provided by Children's Health 0-19 and Early Years Alliance on 'Zoom' Session 1 – 5th Jan Session 2 – 19th Jan <a href="#">CLICK HERE</a> TO REGISTER OR SCAN THE QR CODE →</p>		<p><b>All our activities are FREE and no booking is required unless stated otherwise.</b></p>
	<p>1.00pm – 2.00pm <b>Learning Through Play</b> For children aged 0 – 5yrs</p>	<p>1.00pm – 2.00pm <b>Learning Together Toddlers</b> Learning Together using the evidence based PEEP programme. Focusing on Early Literacy For toddlers 1 – 5yrs 6 week programme 5<sup>th</sup> January – 9<sup>th</sup> February <b>Booking required, please email the centre</b></p>	<p><b>To book a place on any of our bookable sessions please e-mail the centre at the address below:</b> <a href="mailto:tattershallchildrenscentre@lincolnshire.gov.uk">tattershallchildrenscentre@lincolnshire.gov.uk</a> Tattershall Children's Centre Tattershall Primary School LN4 4QZ Telephone: 01526 3434858</p>	

## Our session descriptors

**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.

**Learning Together Babies/Toddlers:** Learning Together is a term-time 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 year

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.

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

**Rhyme Time:** A song and rhyme session to support children's early communication skills. Sharing song, music and rhyme being brought to life by different props that the Early Years Educators have to engage young minds. 0-5 years

**GROW Your Own Confidence Course:** A relaxed course for parents who want to build their 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.

**Antenatal Education** – Are you due to have a baby? We are offering 2 weekly sessions which include; Baby equipment and safety, bonding and attachment, supporting your babies' early development, parental wellbeing, understanding baby's cues, brain development, community resources and children's centres.

**Baby Massage** - A 6 week course for you and your baby to spend precious time bonding through baby massage.

