

## Where are we?



- B** Blackthorn Children's Centre, Longmead Court, NN3 8QD - 01604 413504
- EB** Ecton Brook Children's Centre, Ecton Brook Road, NN3 5DY - 01604 401230
- KT** Kingsthorpe Children's Centre, St. Davids Road, NN2 7QJ - 01604 791537
- P** Penfold Children's Centre, Penfold Close, NN2 8AP - 01604 820909
- SL** Spring Lane Children's Centre, Spring Lane, NN1 2JW - 01604 791537
- TH** Thorplands Children's Centre, Farmfield Court, NN3 8AQ - 01604 367151



# NORTHAMPTON CHILDREN'S CENTRES PROGRAMME OF ACTIVITIES



To find out what activities are available at the Libraries please visit the Northamptonshire County Council website.

For all NHS services please visit [www.nhft.nhs.uk/0-19](http://www.nhft.nhs.uk/0-19)

## October - December 2019



## Monday



## Tuesday



## Wednesday



## Thursday



## Friday



**Families with Special Education needs and Disabilities**  
10.00am - 11.30am  
*Kingsthorpe CC*

**Flourishing Babies and Stay and Play**  
9.00am - 11.00am  
Term time only  
*Kingsheath Academy*

**Sleep Solutions**  
1.00pm - 2.00pm  
4th Wednesday of month  
*Thorplands CC*  
Booking required

**Health Day Baby Weigh In**  
1.00pm - 3.00pm  
2nd Thursday of month  
*Ecton Brook CC*  
Drop in group

**Health Day Baby Weigh In**  
9.00am - 10.45am  
1st Friday of month  
*Thorplands CC*  
Drop in group

**Breakfast Club by Growing Together**  
9.30am - 10.30am  
Monday; Term time only  
*Blackthorn Community Centre, NN3 8QD*  
Tel: 01604 411166  
Drop in group

**Sleep Solutions**  
12.00pm - 1.00pm  
2nd Monday of month  
*Thorplands CC*  
Booking required

**Multiple Birth Group**  
9.30am - 11.30am  
Term time only  
*Thorplands CC*  
Drop in group

**Housing Advice**  
1.00pm - 3.00pm  
1st & 3rd Wed of month  
*Blackthorn CC*  
Booking required

**Health Day Baby Weigh In**  
1.00pm - 3.00pm  
*Kingsthorpe CC*  
Drop in group

**Craft Club by Growing Together**  
9.30am - 11.00am  
Tuesday Term time only  
*Blackthorn Family Centre, NN3 8QH*  
Tel: 01604 411166  
Drop in group

**Sleep Solutions**  
12.00pm - 1.00pm  
4th Monday of month  
*Blackthorn CC*  
Booking required

**Flourishing Babies**  
12.00pm - 2.30pm  
*Blackthorn CC*  
Drop in group

**Solihull**  
9.30am - 11.30am  
*Kingsthorpe CC*  
Booking required

**Solihull**  
1.00pm - 2.45pm  
*Thorplands CC*  
Booking required

**Teen Triple P**  
1.00pm - 2.45pm  
*Spring Lane CC*  
Booking required

**Health Day Baby Weigh In**  
12.00pm - 2.30pm  
4th Tuesday of month  
*Blackthorn CC*  
Drop in group

**The Incredible Years**  
9.30am - 11.30am  
*Kingsthorpe CC*  
Booking required

**Tots Group**  
9.00am - 11.00am  
Term time only  
*Blackthorn CC*  
Drop in group

**Stay & Play by Woodvale Primary Sch**  
9.00am - 11.00am  
Thursday; Term time only  
*Woodvale Primary School, NN3 8JJ*  
Tel: 01604 493771  
Drop in group

**Coming Soon! Stay & Play**  
1.30pm - 3.00pm  
Term time only  
*Ecton Brook CC*  
Drop in group



We offer the following Parenting Programmes in our centres. Please call 01604 401230 for details

### *Incredible Years*

The goals of this programme are to support young children's behaviour problems and promote their social & emotional development. Aimed for parents of children aged 3-6 years and 6-12 years

### *Solihull, Understanding Your Child's Behaviour*

The programme is about understanding how your child is feeling, tuning into your child's needs, responding to your child's feelings, different styles of parenting, having fun together, communication, the importance of sleep, self regulation and anger. Aimed for parents of children from birth to 18 years.

### *Triple P*

This programme offers support for behavioural and emotional problems in teenagers. The aims are to prevent problems in the family, school and community; to encourage teenagers to reach their full potential in life. Aimed for parents of children from 12-19 years

We also offer the Freedom and Stay Free programmes in our centres.

Please call 01604 367500 or 01604 401230 for further information.

