

CORE OFFER

Activity	Description	Ages	Details	Delivered by	Booking
Stay and Play	Fun activities for you and your baby. The sessions promote social skills and stimulation to support your baby’s development. The session also aims to offer ideas to support your child’s learning at home	0 to 12 months	Individual sessions	Children’s Centre staff	All welcome- no booking needed
Stay and Play	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child’s development. The session also aims to offer ideas to support your child’s learning at home	12 to 24 months	Individual sessions	Children’s Centre staff	All welcome- no booking needed
Stay and Play	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child’s development. The session also aims to offer ideas to support your child’s learning at home	24 to 60 months	Individual session	Children’s Centre staff	All welcome- no booking needed
Play and Learn	A structured six week programme for families to support their child’s learning through play. The sessions will also provide you with ideas on how to support your child’s learning at home.	24 to 60 months	6 week programme	Children’s Centre staff	Contact the Children’s Centre to book a place.
Baby Massage	The baby massage course offers a wonderful opportunity for you to bond and learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.	0 to 12 months	6 week programme	Children’s Centre staff	Contact the Children’s Centre to book a place.
Fun, Food and Fitness	Fun, physical activities and ideas to keep your child healthy and fit. An opportunity for your child to try different types of food each week and for parents to receive advice on healthy eating including fussy eating and portion sizes.	18 to 60 months	6 weeks programme	Children’s Centre staff	Contact the Children’s Centre to book a place
Fun, Food and Fitness	Fun, physical activities and ideas to keep your child healthy and fit. An opportunity for your child to try different types of food each week and for parents to receive advice on healthy eating including fussy	5-11 years	6 weeks programme	Children’s Centre staff	Contact the Children’s Centre to book a place

	eating and portion sizes.				
Patch	A parenting course which provides support with everyday challenges of parenting young children. The sessions will cover topics such as being a parent, play, temper tantrums and praise. Parents have the opportunity to discuss other areas of concern if they wish to do so.	Parents and carers who have children between the ages of 18 to 60 months	6 weeks programme	Children's Centre staff	Contact the Children's Centre to book a place.
Pyramid Parenting	A parenting course which raises parent's awareness of the role they play in promoting a positive self-image and resilience in their children. The course also provides parents with the knowledge, skills and positive experiences that can be used to enhance their relationship with their children.	Parents and carers who have children between the ages of 5-11 years	6 week programme	Children's Centre staff	Contact the Children's Centre to book a place.
Empowering Parents Empowering Communities	EPEC is a parenting group delivered by parents to parents. Parents will learn how to use a range of parenting skills, understand their children's feelings and develop a closer parent-child relationship.	Parent and carers who have children 2-11 years	8 week programme	EPEC Parent Facilitators	Contact the Children's Centre to book a place.
Chatterbox	A structured language group running for six to eight weeks providing support, advice and guidance to help your child develop their communications skills.	18 to 60 months	6 to 8 weeks programme Referral only	Children's Centre staff	Contact the Children's Centre for more information
Bookstart Corner	A Booktrust programme to support families to develop a love of stories, books and rhymes to help their children's early reading skills.	12 to 24 months	4 week programme	Children's Centre staff	Contact the Children's Centre for more information
Parent Outreach Service	Parent Outreach Workers provide high quality support and parental outreach services to families in their own home with a series of home visits. Parent Outreach Workers will also support parents to access and use services at the Children's Centre and in the community.	Parents and Carers	Visits to the home.	Children's Centre staff	Contact the Children's Centre for more information
Speech and Language Drop in	Speech and language therapists will be available to provide advice and support to families who feel their child might be experiencing	18 to 60 months	Individual sessions	Speech and Language Therapists	All welcome- no booking needed

	some delay in their speech and language development.				
Let's Talk With Your Baby	A programme to promote positive adult-child interaction and communication skills, attachment, stimulation in a rich environment through interactive, fun activities.	0 to 12 months	6 weeks course	Children's Centre staff	Contact the Children's Centre for more information
Language Focused Play	An evidence based therapy for children with expressive or receptive language delay	24 to 60 months	Individual sessions Referral only	Speech and Language Therapists	Contact the Children's Centre for more information
Early Interaction Advice Sessions	The advice sessions provide parents with practical strategies to use at home with your child to help develop their early interaction skills/ social skills which includes attention and listening, eye contact, turn taking, copying and body language.	24 to 60 months	Individual sessions Referral only	Speech and Language Therapists	Contact the Children's Centre for more information
SEND-ADHD Group	This group is to support parents who have children with ADHD, ADD, Asperger and autistic spectrum disorders.	Parents of children 0-19 years	Individual sessions	Prevention and Support Service	Contact the Children's Centre for more information
SEND- Early Years Communication Group for Sensory Impaired Children	A session for families with children who have hearing impairment or visual impairment.	0 to 60 months	Individual session Referral only	Thurrock Sensory Service staff	Contact the Children's Centre for more information
PEEP	A programme to support parents and carers to value and build on the home learning environment and relationships with their children, by making the most of everyday learning opportunities – listening, talking, playing, singing and sharing books and stories together.	Parents and carers	6 weeks course	Children's Centre staff	Contact the Children's Centre for more information
Go Girls	A programme to support parents and carers with practical approaches for supporting girls' emotional development and building their self-esteem. Packed with ideas for activities, exercises, group-work, games and helpful hints on supporting girls' and young women's personal development.	Parents and Carers	6 weeks course	Children's Centre staff	Contact the Children's Centre for more information

ESOL Conversation Club	A club for parents and carers to develop their speaking and listening skills in English with friends.	Parents and Carers	Individual sessions	Children's Centre staff	Contact the Children's Centre for more information
Dental Sessions	Sessions to help families gain knowledge and understanding about supporting their children with good dental hygiene the frequency of sugars, the importance of brushing teeth and how to manage dental visits.	0 to 60 months	Individual sessions	Children's Centre Staff	Contact the Children's Centre for more information
Special Events	Events throughout the year to support families with learning and playing with their children.	0 to 11 years	Individual sessions	Children's Centre staff	Contact the Children's Centre for more information
Child minder Led Session	Sessions led by Child minders to support children's learning and development who are in the care of a child minder.	0 to 11 years	Individual sessions	Child minders	Contact the Children's Centre for more information
Phonics Workshop	A one hour workshop to help parent and carers develop their children's early reading and writing skills.	24 to 60 months	One hour	School Improvement Team Officer	Contact the Children's Centre for more information
Anglian Water-Keep It Clear Campaign	Sessions to support families to learn about the correct disposal of waste, such as fats, oil, grease and un-flushable items, wipes, nappies and sanitary waste and to support financial awareness by avoiding big repair bills.		Individual sessions	Anglian Water	Contact the Children's Centre for more information
Adult and Family Learning	Accredited and non-accredited training courses which aim to help families return to volunteering and/or employment		Individual to each course	Children's Centre staff and Thurrock Adult Community College	Contact the Children's Centre for more information
Job Centre Plus	Information, advice and guidance for families who are receiving working age benefit. Appointments with a work coach are on an individual basis.	Families who have children aged 0-5 years.	Individual sessions	Job Centre Work Coaches	Contact the Children's Centre for more information
On Track	A programme to support families back into training and employment through individual sessions and mentoring support.	16-29 year olds	Individual sessions	TCHC	Contact the Children's Centre for more information
Employment and	Thurrock Council community	18 years	Individual	Community	Contact the

Work Related Support	based employment and work-related support and guidance provision, to help people towards getting into paid employment, volunteering, training or education. CV support	upwards (working aged adults to pension age)	sessions	Support Employment Officer	Children's Centre for more information
Volunteering Project	If you would like to volunteer at the Children's Centre, please contact us to find out more.				Contact the Children's Centre for more information
Food Bank Vouchers	Food Bank Vouchers. Please contact the Children's Centre to speak to a member of staff to arrange a visit and for more information.				Contact the Children's Centre for more information
Breastfeeding Support- Parents 1 st	Peer support and information focused on pregnancy, birth and becoming a parent. For families who are due to have their baby or who are new parents.	Ante natal up to 3- 6 months	Individual sessions	Parent 1st Peer Support workers	All welcome- no booking needed
Blood screening	Blood screening for those in the early stages of pregnancy	Ante natal up to 10 weeks gestation	Individual sessions	Community Maternity Assistants	Community Maternity Assistants
Midwife Clinic	Antenatal midwife checks, advice and support	Ante natal up to birth	Individual sessions	Midwife	Contact your midwife
Glucose Tolerance Test	Blood Screening	Antenatal 24-28 gestation if applicable	Individual sessions	Community Maternity Assistants	Community Maternity Assistants
Blood test 28 weeks	Blood Screening	Antenatal 28 Weeks	Individual session	Community Maternity Assistants	Contact Maternity Bloodline 01268 524900 ext 8300
New Born Screening	Postnatal new born screening includes baby weighing and heel pricks	Postnatal day 5 to day 8	Individual sessions	Community Maternity Assistants	Contact your midwife/ Community Secretaries
Teenage Midwife Clinic	Antenatal checks , advice and support	Antenatal up to birth for mums to be under the age of 19.	Individual sessions	Midwife	Contact your midwife
Introduction to Solids	A programme to support parents and carers with introducing solid	0 to 8 months	Individual sessions	Health Service	Contact the Children's

	foods to their baby.			Nursery Nurses	Centre for more information
Infant Feeding	Support sessions for you to discuss any matters relating to feeding your baby, e.g. breastfeeding, formula feeding and introducing solid foods.	0 to 12 months	Individual sessions	Health Visitors	Contact the Children's Centre for more information
1 and 2 year old Developmental Assessments Checks	Health and development assessment to check your child's weight, height, learning, diet and behaviour etc.	12 to 24 months	Individual sessions	Health Visitors	Contact the Children's Centre for more information
Child Health Clinic (Baby Weighing)	Baby Weighing and support advice and guidance on your child's health	0 to 60 months	Individual sessions	Health Visitors	Contact the Children's Centre for more information.
Child Immunisations	Vaccinations for children of school age	4 to 11 years	Individual sessions	Immunisation Team	Contact the Children's Centre for more information

SERVICES WE REFER TO

Activity	Description	Details	Delivered by	Booking
Mind The mental health charity	Counselling services are available to make sure no one has to face a mental health problem alone.	Individual sessions	Mind	Contact the Children's Centre for more information
Emotional Wellbeing and Mental Health Service (EWMHS NELFT)	If at any time you feel that you cannot cope with life and things around you can ask for support.	Individual sessions	EWMHS NELFT	Contact the Children's Centre for more information
St Luke's Hospice Bereavement Service	A bereavement and Counselling Support service for young people	Individual sessions	St Luke's Hospice	Contact the Children's Centre for more information
Careers Advice	Providers, such as Go Train and National Careers work in partnership with Thurrock Children's Centres to provide information, advice and guidance to families to support them to return to work.	Individual sessions		Contact the Children's Centre for more information
CAB	Free, confidential information and advice to assist people with money, legal, consumer and other problems.	Individual sessions	CAB staff	Contact the Children's Centre for more

				information
Benefit Advice	To support council tenants who have rent arrears and are struggling financially.	Individual sessions	Financial Inclusion Officers	Contact the Children's Centre for more information
St Mungo's Floating Support Service	St Mungo's helps people recover from the issues that create homelessness, such as rent arrears, debt and benefits, and support families with employment and education.	Individual sessions-appointment only	St Mungo's staff	Contact the Children's Centre for more information
Well Homes	A project to improve the health and wellbeing of the residents in the borough who are home owners or non-council tenants to support with repairs and safety in the home as well as referrals to a range of health and lifestyle services e.g. stopping smoking, free NHS health checks, exercise, debt advice etc.	Variety of support available	Thurrock Council's Private Housing Team	Contact the Children's Centre for more information
Housing Solutions Team	For all those of risk of homelessness aged 16 and above. The sessions include assessment of housing needs, provision of housing advice and sign posting to relevant services.	Individual sessions,	Thurrock Councils Housing Solutions	See CC for info
Thurrock Healthy Lifestyles Service	Thurrock adults who may need health improvement intervention. Includes mental health screening, alcohol and consumption screening. There are 3 main health improvement programmes from Thurrock Healthy Lifestyle Service: Smoking Cessation, NHS Health Checks and Weight Management.	A range of sessions available	Thurrock Healthy Lifestyles Service	Contact the Children's Centre for more information
Local Area Coordinators (LAC's)	Local area coordinators (LACs) help people find ways to make a better life. Based in towns and villages around Thurrock, they know the local people – those who need help, and those who can offer different types of help.	Individual sessions	LAC's	Contact the Children's Centre for more information
Parenting Programmes	Helping parents who need additional support with parenting – parents of children aged 0 to 19	13 week parenting programme (once per week)	Coram	Referral only via Children's Services – should be discussed with Children Centre staff
Domestic abuse and violence support	Supporting victims (female and male) of domestic abuse and violence	Drop-in sessions / telephone help and advice	Changing Pathways	01268 729707
Sexual abuse and violence support	Supporting victims of sexual abuse and violence	Variety of support available	SERICC	01375 380609
Wize Up	Substance misuse service for young people	Structured	Wize Up	Contact the

	using substances and support for young people whose lives are affected by parental/carers substance misuse	intervention and hidden harm interventions.	Recovery Workers	Children's Centre for more information
Breastfeeding Support- BRAS	A breastfeeding and reassurance support group for families who are due to have their baby or who are new parents.	Individual sessions	Qualified BRAS Volunteers	Contact the Children's Centre for more information
Thurrock Carers Service	Information, advice and support for unpaid carers caring for someone in Thurrock to help with carer assessments, signposting to relevant organisations, returning to work, volunteering, support groups, respite, training and counselling.	Individual sessions	Thurrock Carer Service	Contact the Children's Centres for more information

WORK PLACEMENTS

Activity	Description	Details	Delivered by	Booking Arrangements
Prince's Trust	The Prince's Trust provide free programmes that give young people the practical and financial support they need to stabilize their lives. The Prince's Trust helps them develop key skills while boosting their confidence and motivation. The Children's Centres support the Prince's Trust programmes by having work placements/volunteer opportunities.	Arranged according to the need of the individual	Prince's Trust	Contact the Children's Centre for more information
TCHC	A private company that work in partnership with Thurrock Council to run government initiatives and programmes to support families back into training and employment. Children's Centres will support work placements/volunteer opportunities	Arranged according to the need of the individual	TCHC	TCHC