

Additional Services available at Swingbridge Children's Centre
If you would like any further information on the Services available at the Children's Centre, please ask a member of staff.

Swingbridge Children's Centre is part of South Kesteven North Children's Centres which also include:
Belton Lane: 01522 550901 & South Witham: 01572 768876

Skills Development Service – How Can We Help?

Works with parents who want to make positive changes for themselves and their families. The service offers encouragement and practical support with trying new things and getting more involved often leading to learning, training, volunteering and employment.

ESCO Service:

A scheme to co-ordinate the care for children and young people from birth to 18 years, who have complex health needs, sensory needs and/or disabilities.

Our Health Service

There are many different health professionals within the Centre, delivering services such as midwifery and health visiting clinics. A health visitor clinic includes 6-8 week, 8-12 months and 2-2.5 year's assessments as well as 3-4 month contact.

Breastfeeding Group: Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group along with a parent volunteer. Pregnant ladies also welcome. Opportunity to self-weigh for breastfeeding mums. To book please contact the Health Visiting Team on 01522 843 000.

Top Tips for Babies: Join us for discussions on subjects like when to introduce solids, healthy eating, oral health, accident prevention, immunisation, how to access support and more. No need to book, just come along to a session on the timetable.

Swingbridge Children's Centre

WHAT'S ON GUIDE



From 31st October – 9th December 2022

**Trent Road
Grantham
NG31 7XQ
Tel: 01476 590034**

Opening Times

Monday - Thursdays 9:00 – 5:00pm
Fridays 9:00 – 4:30pm



New

Email: SwingbridgeCC@lincolnshire.gov.uk

Like us on Facebook to stay in touch 

<https://www.facebook.com/groups/southkestevenchildrenscentresnorth>

For all up to date information please go to our web pages at:





<https://www.lincolnshire.gov.uk/childcare-and-family-support/find-a-childrens-centre/>



Lincolnshire
COUNTY COUNCIL
Working for a better future

Swingbridge Children's Centre Timetable (Free Family Activities) From 31st October – 9th December

SwingbridgeCC@lincolnshire.gov.uk 01476 590034

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>10:00 – 11:00am Breastfeeding Group</p> <p>Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group. Pregnant ladies also welcome. Opportunity to self-weigh for breastfeeding mums.</p>	<p>10:00 – 11:00am 3 – 4 months Top Tips</p> <p>Join the family health worker for discussions on subjects like when to introduce solids, healthy eating, oral health, accident prevention, immunisation</p> <p>Information session for babies from 3 months of age.</p> <p>No need to book your place. Email details to us.</p> <p>Programme dates: 3rd Nov, 1st Dec, 5th Jan</p>	<p>10:30 – 11:30am Keepsakes (For children aged 0 – 6 months) Invitation only</p> 	<p>9:30 - 10:30am Little Explorers (For children aged 0 – 5 years)</p> <p>A sensory and messy play session providing materials of differing textures, temperatures and consistencies for children to explore.</p>	<p> 10:00-11:30pm Pop in & Play</p> <p>Pop along and explore the toys in our community room with your children under 5. You can come along by yourselves or with friends to follow your child's lead and play with the things of interest to them.</p> <p>We just ask that you tidy away before you go home.</p>
<p>10:00 - 11:00am Learning Through Play (For children aged 0 – 5 years)</p> <p>This drop-in session provides a variety of activities for children to explore, supporting children's changing needs and interests. As well as encouraging children's independence, confidence and social skills.</p>	<p>9:30 – 10:30am Let's Get Active (For children aged 0 - 5 years)</p> <p>A fun active session offering a variety of activities to support children's physical development and promote a healthy lifestyle. During the session, a variety of fun learning opportunities will be offered to support the development of children's gross motor skills, co-ordination and teach them that being active is fun!</p>	<p>1:00 – 2:00pm Stay and Play Under 1s (Under 1's or not yet walking)</p> <p>This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their unique developmental milestones, following their interests and curiosities.</p>	<p>1:00 – 2:00pm Baby Massage 6-week programme</p> <p>A 6-week course for you and your baby to spend precious time bonding through Baby Massage</p> <p>To book – Email: SwingbridgeCC@lincolnshire.gov.uk</p>	
				<p>1:00 – 2:00pm Quiet Time (For children aged 0 – 5 years) Invitation only</p>
<p>1:00 – 2:00pm Early Explorers (Under 1's or not yet walking)</p> <p>A sensory and messy play session providing lots of fun filled opportunities each week for babies to explore using their senses, giving them an opportunity to learn and explore supporting their early development.</p> 	<p>1:00 - 2:30pm Big Cook, Little Cook A 6-week programme (For children aged 2 and half years +)</p> <p>Children and parents can work together to prepare and cook a nutritious meal. As well as promoting a healthy lifestyle, children will enjoy cooking alongside their parent /carer while developing their motor skills.</p> <p>Email SwingbridgeCC@lincolnshire.gov.uk To book your place.</p>	<p>Virtual 'Preparation for Parenting' Sessions run fortnightly 1:30 – 2:30pm To start your registration process for our Zoom sessions, please click here: https://www.eyalliance.org.uk/sites/default/files/virtual_ey_sessions_and_antena_tal_education.pdf</p> <div style="border: 2px solid green; border-radius: 15px; padding: 10px; text-align: center;"> <p>Re-use Re-love</p> <p>Help the environment by re-using baby and children's clothing. You can donate clothes that you are no longer using or take something that you might like from our clothing rail.</p> </div>	<p>Opening Doors to Employment 10:00 – 11:00am</p> <p>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. To find out more email beststart@eyalliance.org.uk</p>	<p>GROW Your Own Confidence 12:30 – 2:00pm</p> <p>A friendly and relaxed 4-week course for parents who would like to build their own confidence. Run in partnership with Lincolnshire Adult Skills and Family Learning Service. To find out more email beststart@eyalliance.org.uk</p> 