

October 2017

Children's Centres' contact details

Buttercup 03000 421295

Triangles Community Centre,
Poulton Close Dover, CT17 0HL

Blossom 03000 411555

The Downs Primary School,
Owen Square Deal CT14 7TL

**Buckland & Whitfield
03000 414941**

St Nicholas Church, The Linces,
Dover, CT16 2BN

Samphire 03000 420882

Aycliffe Primary School,
St David's Avenue, Dover, CT17 9HJ

Sunflower 03000 415858

Eythorne & Elvington School,
Adelaide Road, Eythorne, CT15 4AN

Opening hours

9am - 5pm Monday to Thursday
9am - 4.30pm Friday

Samphire opening times are
9am - 1.30pm Monday to Thursday
Closed on Fridays

Useful

Telephone numbers

Health Visitors

01304 873590

Kent Baby Matters

0300 302 0223

NHS Direct

111

24 hour Domestic Violence
helpline 0808 2000 247

NSPCC 24hr Child Protection
line 0808 800 5000

Halloween Discos

Come dressed in your spooky costume and join in the fun!

Halloween craft, music and dancing.

50p contribution per child (pay on the day), please book in advance.

Suitable for children 0 to 8 years, older siblings welcome.

Buckland And Whitfield CC — call 03000 421295

Saturday 28th October, 2pm - 4pm

St Richards Church, Mill Hill, Deal, CT14 9JU — call 03000 411555

Monday 30th October, 4pm - 5.30pm

Healthy Families, Happy Families

A Healthy family is a Happy family !

Come along and join in activities based around preparing healthy meals on a budget, how to cope with stressful experiences and recognising the importance of good nutrition and exercise for you and your children. Build a positive self image and increase your confidence.

**This 8 week course will run every Tuesday from 31st October,
12.30pm to 2.30pm at Buttercup Children's Centre.**

(limited crèche places available), call to book your place

Introducing Solids

Come along and meet other parents with children under 1, play and chat, and receive support with introducing solids to your baby.

Samphire CC - Tuesday 3rd October, 10am - 11.30am

Blossom CC - Friday 6th October, 12.30pm - 2.30pm

Buckland and Whitfield CC - Friday 10th November, 1.30pm - 3pm

Book Start Workshop

Would you like to encourage your child to develop a love of stories, books and rhymes?

Practical activities and resources to take home.

**This four week parent / child workshop starts on Monday 30th October,
1pm - 2.30pm, at Buckland and Whitfield CC. Call 03000 414941 to book.**

Exploring Early Communication

Come and explore early communication, development and learn how you can help your child's language and learning...

This mini course, for parents or carers is led by Gaylene and Jenny from speech and language and is held over two sessions.

Mondays 13th October and 20th November
1pm - 2.30pm at Blossom CC.



Call to book your place, limited crèche available

First Foods

Receive healthy nutritional meal ideas for young children. Prepare a meal with us for your child to try! A local health visitor will also attend. No need to book. For ages 6 months to 4 years.

Fridays 6th October and 3rd November, 1.30pm - 3pm
At Buckland and Whitfield Children's Centre



Are you interested in volunteering for Children's Centres. If so follow this link to see the opportunities available

<http://www.kent.gov.uk/leisure-and-community/volunteering/children-and-young-people-volunteering/volunteer-in-childrens-centres-and-youth-hubs>

Current opportunities include supporting our monthly Family Breakfast in Dover and new weekly Baby Group. For further information contact Mandy on 03000 419036.

Also Bizzy Bees toddler group weekly and Let's Get weekly in Aylesham
Contact Sarah on 03000 414486

Save a Baby's Life

Have you got, or do you care for a baby under 1? This session is taught by a qualified Royal Life Saving Society member, and will look at how to deal with choking and resuscitation in babies.

Thursday 12th October, 1.30pm - 2.30pm, Sunflower CC - 03000 415858

Tuesday 4th November, 10am—11am, Buttercup CC - 03000 421295

Monday 20th November, 11.45pm - 12.45pm, Blossom CC - 03000 411555

Stoptober



How will you quit this Stoptober?

There's a lot of support available.

Search STOPTOBER for more information, download the app or contact you local Children's Centre for help and advice.



'Like' us on
Facebook

Search for Dover, Deal and Sandwich Children's Centres

Last month over **63'000** people viewed our Facebook posts! Our page is updated daily and is the best place for all current information and what's going on across our centres. Search for us and like our page!

If you have children aged between 8 and 18:

Dover Youth Hub
03000 420008

Park Avenue, Deal,
CT14 9UU

Search them on Facebook
Linwood Youth Hub—Deal/Dover

Have you recently attended a group or event? We want to know!

We love to hear from our local families. Please get in touch and support the development of our Children Centres.

Email us at:
ddsc@kent.gov.uk

Complete our 'Have your Say' leaflet in centres

Comment on Facebook

Are you registered with the Children's Centres?

If not visit www.kent.gov.uk/childrensecentres



What's On in Dover

There is no charge for groups unless stated, however voluntary contributions are welcome

Monday

09:30-11:00 Curzon Baby Group. Curzon Hall, Curzon Road, Tower Hamlets, Dover

A sensory morning for babies under 1 year. A friendly and fun place to meet new parents and chat.

Health Visitor attending on 16th October, 6th November, 4th December, 10-11am

10:00-11:30 Healthy Baby Hub. Buttercup Children's Centre

Drop in service provided by Dover Health Visiting team with support from Children Centre staff for babies under 1 year. Offering help and support, health/development advice. NO HEALTH VISITOR ON 9TH OCTOBER, cc staff available.

10:00-12:30 Play Tots. Dover Leisure Centre. £1.95 for 1 child, 90p for each additional child

Includes baby corner, bouncy castle and ride-on toys.

Tuesday

10:00-11:30 Introducing Solids. Samphire Children's Centre, Dover. 3rd October

10:00-11:15 Book Bugs at Dover Library, 0-4 years (Term Time Only)

Join us for stories, songs and fun activities based on a new book each week.

10:00-11:30 Tumble Time. Buttercup Children's Centre, Dover. 0 to 4 years

Large play equipment for pre-school children including ride-on toys and bouncy castle. Baby area available. Healthy snack provided.

10:00-12:00 Crosslinks Toddler Group. Buckland Community Centre, Dover (term time only) 0-5 years. £1.00 donation

13:00-14:00 Baby Massage Drop In. Buckland & Whitfield Children's Centre. Please bring a towel & oil

Benefits to baby include boosting immune system, helps baby's breathing, improves digestion, relieves stress and reduces colic.

14:00-16:00 Healthy Child Clinic. Buckland & Whitfield Children's Centre

Wednesday

10:00-11:30 Play-A-Weigh. Burgoyne Heights Community Hall. 0-5 years (Term Time Only)

Come and have lots of fun with your children. Baby corner, home corner, bikes, and crafts,

Community Nursery Nurse available on 18th October, 15th November, 13th December

10:00-11:30 Nature Tots. Old Park Hill Nature Reserve, Dover. (Term Time Only)

13:00-14:15 Talking Matters. Buttercup Children's Centre, Dover. 1-4 years (Term Time Only)

Using and teaching simple Makaton signs to support your child's language development. Singing, crafts, stories and a range of toys.

12:30-14:30 First Steps. Buckland & Whitfield Children's Centre. Parents under 20 and their children

Information, support and advice to help you be a more confident parent. Lunch and crèche provided.

Thursday

09:30-11:00 Let's Get Crafty! Samphire Children's Centre

Sensory play, singing, arts & crafts and baby area.

09:45-10:15 Baby Rhyme Time. Dover Library.

10:00-11:30 Tumble Time. Buckland Community Centre, Dover. 0-5 years

Large play equipment for pre-school children. Including ride-on toys and bouncy castle. Baby area available.

10:00-12:00 Mum2Mum Breastfeeding Support. Buckland & Whitfield Children's Centre, Dover

13:00-14:15 Buttercup Baby Group. Buttercup Children's Centre (Term Time Only)

Sensory activities, singing, messy play. Come and have fun and make new friends for you and baby.

Friday

10:00-11:30 Little Stars. Salem Baptist Church, Maison Dieu Rd, Dover. 0-5 years

Arts and Crafts, parachute games, story time, baby corner, active song time and healthy snacks

13:30-15:00 First Foods, Buckland and Whitfield Children's Centre, Dover. 6th October

Saturday

10.00-11:30 Family Breakfast. St Marys Church Hall, Dover Town Centre. 21st October

Healthy Breakfast. Hot food served 10.00-11.00am. Crafts, taste testing and a family challenge

Healthy Child Clinics

Come and see the health visitor and get your baby weighed

Monday	10:00-11:00 Curzon Hall Community Centre. Health Visitor advice - 16th October 10:00-11:30 Buttercup Children's Centre, Dover. Facilitated by Health Visitor, for parents with under 1s. No Health Visitor on 9th October, cc staff available
Tuesday	09:30-12:00 Dover Health Centre, Maison Dieu Road 14:00-16:00 Buckland and Whitfield Children's Centre
Wednesday	10:00-11:00 Burgoyne Heights Community Centre, Dover. Community Nursery Nurse advice - 18th October



What's On in Deal and Rural

There is no charge for groups unless stated, however voluntary contributions are welcome

Monday

09:00-11:00 Mini Mondays. Sunflower Children's Centre. 0-5 years

Activities include arts & crafts, cooking, messy play, story telling and a baby play area for the little ones plus healthy snacks provided. Health Visitor weekly 9am-10.30am.

09:30-11:00 Incy Wincy Parent and Toddler Group. Bubbles Nursery, Eastry

Activities include arts & crafts, cooking

10:00-11:30 Tiddlers Group. St Georges Hall, High Street, Deal. Suitable for up to 2 years old (Term Time Only)

Includes messy play, singing & music, toys and creative activities.

10:30-12:00 Baby Massage Drop In. Blossom Children's Centre. 0-1 years. Please bring a towel & oil

Benefits to baby include boosting immune system, helps baby's breathing, improves digestion, relieves stress and reduces colic.

13:00-15:00 Multiple Births Group. Blossom Children's Centre First Monday of the month. 2nd October

13:15-14:45 Disco Tumble. Elvington Community Centre (Term Time Only) Large play equipment for pre-school children. Including ride-on toys and bouncy castle. Baby area available. Fortnightly disco with music and lights.

Tuesday

09:30-11:00 Let's Get Baking! Baptist Free Church, Dorman Ave, Aylesham, CT3 3AA (Term Time Only) Create healthy snacks with your little ones. Toys and activities also available. Suitable for 0-5 years

13:00-14:30 Breastfeeding Group with Peer Support. Blossom Children's Centre

Wednesday

09:30-11:30 Bizzy Bees. Baptist Free Church, Dorman Ave, Aylesham, CT3 3AA From 0-2 years old. Health Professional available every week. Come and enjoy some interactive play with your child.

10:00-11:30 Let's Get Messy! Phoenix Centre, Sandwich (Term Time Only) Messy activities for little ones to enjoy. Health Visitor available 11th October

10:00-11:30 Let's Get Physical! Blossom Children's Centre, Deal Lots of fun activities and physical play

09:30-10:30 Bookworms Book Club. Deal Library. Monthly (Term Time Only) - 4th October

Story telling and singing session. Suitable for children aged 0-5

13:00-15:00 Healthy Baby Hub. Blossom Children's Centre, Deal

Drop in service provided by Dover Health Visiting team for babies under 1 year. Offers help and support, health / development advice.

Thursday

09:30-11:30 Little Bunnies. Shepherdswell Village Hall. For ages 0-5 years (Term Time Only)

10:00-11:15 Ash Stay and Play. Cartwright & Kelsey Primary School (Term Time Only) Suitable for 0-5 years. Art & crafts, messy play, singing, baby area and healthy snacks. Health Visitor available 12th October

09:30-11:30 Woodnesborough Toddler Group. Woodnesborough Village Hall, CT13 ONQ. (Term Time Only)

10:00-11:15 Talking Matters. Blossom Children's Centre, Dover. 1-4 years (Term Time Only)

Using and teaching simple Makaton signs to support your child's language development. Singing, crafts, stories and a range of toys.

13:15-14:30 Baby Massage Drop In. Sunflower Children's Centre. Please bring a towel and oil

Benefits to baby include boosting immune system, helps baby's breathing, improves digestion, relieves stress and reduces colic.

Friday

09.30-10:30 Bookworms Book Club. Sandwich Library. Monthly (Term time only) - 6th October

Story telling and singing session. Suitable for children aged 0-5 years

10:00-11:30 Blossom Baby Club. Blossom Children's Centre, Deal. Up to 1 year

Sessions include baby massage, singing and messy play. Come along, have fun and make new friends for you and baby.

13:30-15:00 Introducing Solids. Blossom Children's Centre. Deal 6th October

12:30-14:30 SEN Support Group. Blossom Children's Centre. 13th October, 17th November, 15th December

Saturday

09:00-11:00 Family Breakfast. Baptist Free Church, Aylesham - 7th October

Place orders before 10:00. £1.00/adult, 0.50/child, under 5's free. Fun craft activities for children

09:30-11:30 Tumble Time. Sandwich Leisure Centre. £2 per family

Healthy Child Clinics

Come and see the health visitor and get your baby weighed

Monday 09:00-10:30 Sunflower Children's Centre

Wednesday 09:30-11:30 The Baptist Church, Dorman Avenue, South Aylesham
10:30-11:30 The Phoenix Centre, Jubilee Road, Sandwich - **11th October**
13:00-15:00 Blossom Children's Centre, Deal

Thursday 09:30-12:00 Deal Community Centre, Bowling Green Lane
10:00-11:30 Cartwright & Kelsey Primary School, Ash - **12th October**