

Version 12

Issued April 2021

# NEWCASTLE DISTRICT

Children's Centre  
Activities Timetable

FPC = Children's Centre Free Pass  
Card Accepted  
(£5 max per session)



## MONDAY

### Baby Massage and Yoga FPC

Venue: **Newcastle Children's Centre**, ST5 6DH  
Massage your baby, please bring a towel  
Suitable from birth to walking  
BOOKING ONLY 10:00am - 11:00am  
BOOKING ONLY 11:30am - 12:30pm  
6 week course £30.00  
Tel: Kerri Marsh 07785 787683

### Little Athletes Foundation Class FPC

Venue: **Newcastle Children's Centre**, ST5 6DH  
Physical play session for 18mths - 3 year olds  
BOOKING ONLY 1:15pm - 2:00pm  
BOOKING ONLY 2:15pm - 3:00pm  
£6.00 per session,  
Tel: Dan Hatton 07512 357038



Stay home if you or  
anyone in your household  
has symptoms

## TUESDAY

### Lockdown Babies

Venue: **Maryhill Children's Centre**, ST7 4DJ  
Small group session to help parents/carers and  
their babies born during lockdown socialise and  
make some memories. This group will run for 6  
weeks beginning on Tuesday 20th April.  
Suitable from birth - 12 months  
BOOKING ONLY 9.45am - 10.45am  
BOOKING ONLY 11.00am - 12.00pm  
FREE, Tel: 01782 296830 for more information



## WEDNESDAY

### Lockdown Babies

Venue: **Maryhill Children's Centre**, ST7 4DJ  
Small group session to help parents/carers and  
their babies born during lockdown socialise and  
make some memories. This group will run for 6  
weeks beginning on Wednesday 21st April.  
Suitable from birth - 12 months  
BOOKING ONLY 9.45am - 10.45am  
BOOKING ONLY 11.00am - 12.00pm  
FREE, Tel: Steph Mayer 01782 296830 for more  
information or go to Maryhill Explorers Facebook  
page

### WiGiggles Wiggle It FPC

Venue: **Newcastle Children's Centre**, ST5 6DH  
Music and movement session  
Toddlers confident walkers to 5 years  
BOOKING ONLY 9:30am - 10:30am  
Babies, 12 weeks to confident walkers  
BOOKING ONLY 11.00am - 12.00pm  
£6.00 per child,

### WiGiggles Nature Group FPC

Social group for grown ups & babies from birth to  
confident walkers  
BOOKING ONLY 12.30pm - 2.00pm  
£6.00 per child,  
Tel: Kerry Holland 07729 192880  
**Starting in May**

### Little Athletes Foundation Class

Venue: **Maryhill Children's Centre**, ST7 4DJ  
Physical play session for 18mths - 3 year olds  
1.00pm - 1.45pm  
2.00pm - 2.45pm  
£6.00 per session, BOOKING ONLY  
Tel: Dan Hatton 07512 357038

## THURSDAY

### Little Athletes Foundation Class

Venue: **Maryhill Children's Centre**, ST7 4DJ  
Physical play session for 18mths - 3 year olds  
9:30am - 10:15am  
10:30am - 11:15am  
£6.00 per session, BOOKING ONLY  
Tel: Dan Hatton 07512 357038

### Breathe 'n' Bee Yoga FPC

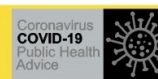
Venue: **Newcastle Children's Centre**, ST5 6DH  
This lovely session introduces toddlers to yoga  
through stories, themes, songs and games.  
Suitable for children aged 2 - 4 years  
BOOKING ONLY 10:15am - 11.00am  
£5 per child  
Tel: Kim Taylor 07539 513177



## FRIDAY

Sessions coming  
soon!

Coronavirus  
COVID-19



Face Masks Must Be Worn  
On This Premises

## PARENTING PROGRAMMES & INFORMATION

### Simply Play Babies Course 0-12 months

Virtual course for families with a baby up to 12  
months old.

Enjoy new sensory play ideas, early language  
activities and lots of ideas to try at home.

Referral Only, FREE

Email groupwork@staffordshire.gov.uk

### Simply Play PEEP course 0-4 years

Virtual course for families with child/ren 0-4years  
Fun activities and learning to support your child's  
development.

Referral Only, FREE

Email groupwork@staffordshire.gov.uk

### From Pram to Primary (0-11yrs)

Virtual course to help if you are struggling with  
your child's behaviour, mealtimes or bedtimes.

Referral Only, FREE

Email groupwork@staffordshire.gov.uk

### Parenting Teenager's Course (6weeks)

Designed to help parents with strategies and  
confidence to parent children age 11yrs + is still  
being offered virtually by the Early Help Team

Referral Only FREE

Free, Tel: Early Help Team 01782 485044

### Bump to Baby B2B (Antenatal Club)

Six sessions for both Mum and Dad to be is still  
being offered virtually by the Early Help Team

Referral Only FREE

Free, Tel: Early Help Team 01782 485044

## SUPPORT

### Home-Start Family Support

Being a parent is a tough job and we all need a  
little help sometimes. Homestart offer free  
friendship and practical help within the home to  
families with children. For more information  
please call 01782 938912 or visit [www.home-start.org.uk/home-start-newcastle-borough](http://www.home-start.org.uk/home-start-newcastle-borough)

### Early Help Team

The Early Help Team are available to talk to you  
about any concerns you may have about your  
family or your child. We can offer support or sign  
post you to other services available in our area.  
Don't sit and worry, have a chat with a member of  
the team. Contact LST duty on 01782 485044.

## COVID REGULATIONS

Social distancing, face coverings and hand  
sanitising is compulsory on-site. If you are  
medically exempt from these restrictions please  
inform the provider when booking on to the  
session.