

FREE activities
Please take a copy

Spring family activities

Tuesday 3 January to Saturday 30 March 2012



- Coalfields
- East
- North
- Washington
- West

Sure Start
Children's Centres


Sunderland
Children's Centres

Finding activities in your area...

Take a look at the activity timetables to find out what's happening at your local Children's Centre.

How to find activities in your area:

- 1 Check the map to see which area you live in.
- 2 Look for the pages that are shaded in the same colour as your area.
- 3 This is where you will find activities, listed by day, that are taking place closest to you.



Centres in the Coalfields

1a Monument - Dubmire Primary School

Britannia Terrace, Houghton le Spring
DH4 6HL
Tel: 0191 382 3057

1b Monument - Barnwell Primary School

Whitefield Estate, Peshaw,
Houghton le Spring DH4 7RT
Tel: 0191 553 6576

2 Houghton Children's Centre

Houghton Community Nursery School
Nesham Place, Houghton le Spring DH5
8AE
Tel: 0191 553 6557

3 Hetton Children's Centre

Hetton Lyons Nursery School
Four Lane Ends, Hetton le Hole DH5 0AH
Tel: 0191 553 6735

Centres in the East

4a Hendon Hudson Road Children's Centre

Hudson Road Primary School
Villiers Street South, Sunderland SR1 2AH
Tel: 0191 553 7675

4b Hendon Valley Road Children's Centre

Valley Road Community Primary School
Corporation Road, Sunderland SR2 8PL
Tel: 0191 553 7750

5 Grangetown Children's Centre

Grangetown Primary School
Spelterworks Road, Sunderland SR2 8PX
Tel: 0191 553 7650

6 Ryhope Children's Centre

Ryhope Infant School
Shaftesbury Avenue, Sunderland SR2 0RT
Tel: 0191 553 6206

7 Millfield and Diamond Hall Children's Centre

Millfield Community Nursery School
Bell Street, Sunderland SR4 6JR
Tel: 0191 553 2775

Centres in the North

8 Austin House Children's Centre

Austin House Family Centre
22 Shakespeare Street, Southwick,
Sunderland SR5 2JX
Tel: 0191 566 2650

9 Bunny Hill Children's Centre

Sunderland Customer Service Centre
Bunny Hill, Hylton Lane, Sunderland
SR5 4BW
Tel: 0191 561 8126

10 St Peter's Children's Centre

Dame Dorothy Primary School
Dock Street, Sunderland SR6 0EA
Tel: 0191 553 7618

Centres in Washington

11 Rainbow Family Centre

34 Elliott Terrace, Concord, Washington
NE37 3AE
Tel: 0191 219 3995

12 Oxclose Children's Centre

Oxclose Primary and Nursery Schools
Brancepeth Road, Oxclose, Washington
NE38 0LA
Tel: 0191 219 3770

13 Wessington Children's Centre

Wessington Primary School
Lanercost, Glebe Village, Washington
NE38 7PY
Tel: 0191 219 3720

Centres in the West

14 Pennywell & South Hylton Children's Centre

Pennywell Early Years Centre
Portsmouth Road, Pennywell, Sunderland
SR4 5AX
Tel: 0191 553 6820

15 Highfield Children's Centre

Highfield Community Primary School
Fordfield Road, Ford Estate, Sunderland
SR4 0DA
Tel: 0191 561 2050

16 Thorney Close Children's Centre

Thorney Close Action & Enterprise Centre
120 Thorndale Road, Sunderland SR3 4JQ
Tel: 0191 553 4127

17 New Silksworth Children's Centre

New Silksworth Infant School
Blind Lane, New Silksworth, Sunderland
SR3 1AS
Tel: 0191 553 6190

A-Z of Sunderland children's centre services and activities...

...taking place this spring

A Aquanatal

Using the resistance of the water and buoyancy floats, this is a fun aerobic and body conditioning workout for pregnant women and women who have recently given birth. For further information telephone 0191 561 4533.

B Baby Days

A drop-in session for parents and carers with children up to 2 years old. Come and meet other parents and receive useful information and advice. Scales are available if you would like to have your baby weighed.



Baby Makaton

A six week course. Learn how to support and improve your child's communication skills using signs and symbols. Sessions include singing, talking and rhymes. Suitable for children 6 months to 3 years.

Baby Massage

A five-week course for mams, dads and carers with babies aged 6 weeks to 6 months. Learn how to massage your baby to help calm and relax them, bringing you closer together. Week five is a Whoops safety session. Find out how to prevent your child having an accident in and around the home. To book please contact your health visitor or local Children's Centre.

Bookworms

Suitable for children birth to 5 years. Come along and share stories and related activities in a fun and friendly environment.

Bosom Buddies

Meet other breastfeeding mams informally and learn more about breastfeeding and its benefits.

Busy Bodies

Open to children birth to 5 years. Your child can have fun through music and movement using song, dance and musical instruments. Busy Bodies also helps to keep your child healthy, active and on the move.

Baby Busy Bodies

Similar to Busy Bodies but for children who are not yet walking.

C Child Safety

Sunderland Children's Centres can provide safety equipment and advice workshops to help prevent accidents in your home. For more information contact your health visitor or visit your nearest centre.

Childcare

Registered childcare is available via your local Children's Centre. The Sunderland Families Information Service can also help you decide what childcare option is best for you. Visit www.familiesinfoservice.com or telephone 0191 520 5505 for more information.

Childminder Network

An opportunity for childminders to get together to share ideas and good practice, and support each other in the development of their services.

Children's Doctor

Your very own children's centre doctor can help you with anything from crawling and walking to behaviour and growing problems. You can see the doctor at a time and place that's convenient for you.

Common Childhood Illnesses

A free six-week course for parents/carers who would like to know a little more about a wide variety of illnesses such as asthma, eczema, ear infections, diarrhoea and vomiting, Meningitis, rashes and other common childhood infections. You will also have the opportunity to discuss topics of your choice.



Community Drop-in

Everybody welcome. Come and meet new people, take part in art and craft activities, short courses and lots more.

Courses and Training

You can access a variety of training and courses through your local Children's Centre. For more information call 0191 520 5505.

D Dads and Kids

Dads, grandads and male carers can spend time with the children, enjoy games, arts and crafts, outdoor fun and learn about various health topics.

E Early Years Mental Health Service

Early Years Mental Health Service offers support to you when life's stresses or mental health issues are affecting your relationship with your child/ren.

Employment

Mams, dads and carers can find training and employment opportunities with free use of computers, employment advice and Jobcentre Plus advisors.

F Family Fit and Fun

A fun and interactive session for the whole family. Get active and find out about healthy lifestyles together.

Families Information Service

The Families Information Service provides information and advice to parents/carers on topics such as childcare, parenting support, benefits, school choices and local family events. Visit www.familiesinfoservice.com or telephone 0191 520 5505.



Family Nurturing

This 10 week parenting course focuses on family life and can help you to manage some of the day-to-day difficulties that families can often face.

Family Support

If only children came with a set of instructions... Family support teams can listen, befriend and offer practical support and advice to help you and your family through challenging times.

Family Zumba

An activity for all the family. Get fit and have fun at the same time.

Fun with Phonics

A six week course that focuses on the art of sound, and how sometimes we hear things differently to what the sound really is. This is a fun way of learning sounds using visual pictures and actions, which you can then share with your children.

G Groundwork North East

Fun for all the family. Learn about nature and the environment, whilst having fun outdoors.

H Health and Well-being

Centres provide a range of health advice and support on topics such as weaning, healthy eating and oral hygiene. Ask your health visitor, nursery nurse or staff nurse for advice and support.

How to Wean your Baby

This course helps you to move your baby on from milk to solids. Find out what foods to try and when, and how to prepare them. Receive a free pack of weaning resources in the final week.

Hydrotherapy Pool

Hydrotherapy pool sessions provide the benefits of physiotherapy to disabled children and children with additional needs. For bookings and further information please telephone 0191 553 4127.

M Messy Play

Ideal for children birth to 5. Messy Play sessions give your child the freedom to explore a wide range of materials and textures such as sand and bubbles, in a safe and friendly place. Please dress for mess...

Note: The products we use in Messy Play activities state that they are washable, but experience tells us that they may stain. We advise all parents/carers to ensure that their children wear clothing and shoes that can be stained without concern. Sunderland Children Centres will not be held responsible for any damage or stains to clothing.

Mums in the Pool

A fitness class for mums, similar to aquafit, but your baby can join in too. Classes run at Sunderland Aquatic Centre and Hetton Community Pool. For further information telephone 0191 561 4533.

Mums on the Move

Group walks led by a fully qualified instructor. The instructor will take you and your baby (in the stroller) on structured walks, which include strengthening and toning exercises to target those areas needing some attention after child birth. For further information telephone 0191 561 4533.

P Paediatric First Aid

This four week course focuses on first aid techniques for babies, infants and young children, leading to a recognised Level 2 certificate, which is valid for three years.



Postnatal Clinic

For friendly advice and support from your local midwifery team.

Preparing for Baby

An information sharing sessions for parents-to-be and birthing partners. This session helps prepare you and your partner for the birth of your baby and becoming a parent. For more information please contact your midwife.

S Sensory Play

Children can use the sensory play facilities to learn through touch, sight, hearing and smell. Great for babies and children with additional needs to stimulate and enhance their development.

Smoking Cessation

Practical support for pregnant women and their families who want to stop smoking. Contact your midwife or maternity health care assistant at your nearest Children's Centre. Alternatively check the timetables to see when drop-ins take place in your area.

Soft Play

Come along and have fun in our soft play area. Children can climb, balance, crawl and play to their heart's content. Sessions run at Rainbow Family Centre and Highfield Children's Centre.

Stay and Play

Suitable for children birth to 5 years. Enjoy a variety of play activities and watch your child's talking and imagination develop.



T Time for Rhyme/Rhyme Time

Great for children birth to 5. Sing a variety of songs and nursery rhymes together in a relaxed environment. A great way to help grow your child's confidence and develop their speech.

Toy Library

Why buy when you can borrow for FREE? Toy Library offers a fantastic range of toys and art and craft materials for children from birth to 14 years old, with a special selection for children with additional needs. For opening times please visit www.sunderlandchildrenscentres.co.uk

Triple 'P'

A short course for mams, dads and carers to learn various ways to manage children's behaviour, set boundaries and build good relationships.



U Ups and Downs

A support group and play session for children with Down's Syndrome.

V Volunteering Opportunities

An exciting way to become more involved in your local centre, whilst gaining practical work-based experience. Call into your nearest centre for more information.

W We-ar-Fit Kids

A five week course that aims to get families physical whilst having fun. The course is suitable for children aged 3 to 5 years and children must be accompanied by an adult.

What's Cooking

Cooking sessions which include the five a day message, snack times, me size meals, packed lunches and cooking on a budget.

Whoops Safety Session

Join week five of Baby Massage to find out about home safety and how to prevent your child from having an accidental injury. Please contact your health visitor or nearest children's centre to book a place.

Work Clubs

If you're unemployed and want to get back to work, work clubs offer useful advice and guidance in job searching techniques, interview skills and personal development opportunities. Clubs are located in your community. Check the timetable pages for details.

Y Young Parents Group

Parents and parents-to-be under 20, can meet other young parents in a relaxed and friendly environment. Crèche facilities maybe available and some sessions are for family play activities. The group is run by the health team who are available for advice and support.

Children birth to 5 are welcome to attend play activities, however the age suitability of some sessions may vary across the city. Contact your nearest centre for more information.

coalfields

Mondays

Baby Days

9.30am to 11am

Monument Children's Centre
(Barnwell Primary School)

9.30am to 11am

Kepier Church Hall

Bosom Buddies

9.30am to 11.30am

Hetton Centre

Busy Bodies

9.30am to 11.30am

(term time only starting 9 January)

Monument Children's Centre
(Dubmire Primary School)

Childminder Network

9.15am to 11am

(term time only starting 9 January)

Houghton Children's Centre
(Houghton Community Nursery School)

Messy Play

1pm to 3pm

(term time only starting 9 January)

Houghton Children's Centre
(Houghton Community Nursery School)

Time for Rhyme

10am to 11am

(term time only starting 9 January)

Houghton Library

1pm to 2pm

(term time only starting 9 January)

Monument Children's Centre
(Barnwell Primary School)

1.30pm to 2.30pm

(term time only starting 9 January)

Easington Library, Easington

Young Parents Group

1.30pm to 2.30pm

Houghton Children's Centre
(Houghton Community Nursery School)

Coalfields



Tuesdays

Aquanatal

2.15pm to 3.15pm

Hetton Pool

*Concession £2; Non-concession £2.80;
without a Life Card £3*

Baby Days

1.30pm to 3pm

Trinity Methodist Church, Shiney Row

Baby Massage

9.45am to 11.15am

Hetton Children's Centre

(Hetton Lyons Nursery School)

*For bookings please telephone
0191 502 5700*

1.30pm to 3pm

Trinity Methodist Church

*For bookings please telephone
0191 502 5700*

Busy Bodies

1pm to 2.30pm

(term time only starting 10 January)

Houghton Children's Centre

(Houghton Community Nursery School)

Messy Play

9.30am to 11am

(term time only starting 10 January)

Hetton Primary School

1pm to 2.30pm

(term time only starting 10 January)

Monument Children's Centre

(Barnwell Primary School)

Smoking Cessation

Drop in 9am to 11.30am

Hetton Centre

1.30pm to 3.30pm

Hetton GP Practice

*For appointments please telephone
0191 283 2240*



Time for Rhyme

9.30am to 10.30am

(term time only starting 10 January)

Shiney Row Library

Wednesdays

Baby Days

9am to 10.30am

Monument Children's Centre

(Dubmire Primary School)

Baby Massage

1.30pm to 3pm

Monument Children's Centre

(Dubmire Primary School)

*For bookings please telephone
0191 502 5700*

10am to 11.30am

Houghton Children's Centre

(Houghton Community Nursery School)

*For bookings please telephone
0191 502 5700*



Bosom Buddies

10am to 12noon

Monument Children's Centre
(Barnwell Primary School)

Hydrotherapy Pool

5pm to 6.30pm

Fulwell Day Centre

*For bookings please telephone
0191 553 4127*

Messy Play

1.45pm to 3pm

(term time only starting 11 January)

Hetton Children's Centre
(Hetton Lyons Nursery School)

Postnatal clinic

9.30am to 12.30pm

Monument Children's Centre
(Dubmire Primary School)

*Appointment only. For bookings please
contact your midwife*

Stay and Play

1pm to 2.30pm

(term time only starting 11 January)

Monument Children's Centre
(Dubmire Primary School)

1pm to 2.30pm

(term time only starting 11 January)

Burnside Primary School

Work Club

1pm to 3pm

Houghton Children's Centre
(Houghton Community Nursery School)

Thursdays

Baby Days

9.30am to 11am

Hetton Methodist Church

ELCAP Parents Group

9am to 10.30am

(term time only)

Easington Lane Community Access Point

Family Fit and Fun

3.30pm to 4.45pm

Houghton Sports Complex

Houghton Parents Group

1pm to 2.30pm

(term time only starting 5 January)

Houghton Children's Centre
(Houghton Community Nursery School)

Messy Play

9.30am to 11am

(term time only starting 12 January)

Monument Children's Centre
(Dubmire Primary School)

Preparing for Baby

4pm to 6pm

Monument Children's Centre
(Dubmire Primary School)

For bookings please contact your midwife

Sensory Play

1.30pm to 2.30pm

Hetton Children's Centre
(Hetton Lyons Nursery School)

*For bookings please telephone
0191 385 1809*

Stay and Play

10.30am to 11.30am

(term time only starting 12 January)

Hetton Children's Centre
(Hetton Lyons Nursery School)

*For bookings please telephone
0191 553 6735*

1pm to 2.30pm

(term time only starting 12 January)

Monument Children's Centre
(Barnwell Primary School)

Time for Rhyme

10am to 11am

(term time only starting 12 January)

Hetton Library

Ups and Downs

1pm to 3pm

(second Thursday of each month)

Highfield Children's Centre
(Highfield Community Primary School)

*For information please telephone
0191 561 2050*

Fridays

Baby Massage

10am to 11.30am

Monument Children's Centre
(Barnwell Primary School)

*For bookings please telephone
0191 502 5700*

Busy Bodies/Soft Play

9.30am to 11am

(term time only starting 13 January)

Monument Children's Centre
(Barnwell Primary School)

Fun on Fridays

1pm to 3pm

(term time only starting 13 January)

41 - 42, The Harbour, Shiney Row

Messy Play

9.30am to 11am

(term time only starting 13 January)

Newbottle Church Hall

Mums in the Pool

1.30pm to 2.30pm

Hetton Pool

Each session costs £1

Smoking Cessation

9.30am to 11.30am

YMCA Herrington Burn

*For appointments please telephone
0191 283 2240*

Saturdays

Dads and Kids

10am to 12noon

(starting 14 January)

Monument Children's Centre
(Dubmire Primary School)

Courses...

A variety of courses are available through Children's Centres in Coalfields including:

- Family Nurturing course
- La Leche Breast Feeding Peer Counsellor Training
- Whoops Home Safety

*For more information on courses in Coalfields please telephone
0191 553 6576.*

East

Mondays

Baby Days

9am to 10.30am

Ryhope Community Centre

Baby Massage

1.30pm to 2.30pm

(term time only)

Ryhope Community Centre

Free five-week course. Contact your nursery nurse for dates and times.

For bookings please telephone 0191 553 7651

Childminder Network (Millie Minders)

9am to 11am

(term time only)

Diamond Hall Infant School

How to wean your baby

(date and venue to be confirmed)

Beginning in January. Booking is essential.

For more information please telephone 0191 553 7651

Messy Play (birth to 5 years)

1pm to 2.30pm

(starting 9 January)

Grangetown Children's Centre

(Grangetown Primary School)

Rhyme Time (walkers to 2 years)

9.15am to 10am

(starting 9 January)

Grangetown Children's Centre

(Grangetown Primary School)



Stay and Play (birth to 5 years)

1.30pm to 2.45pm

(starting 9 January)

The Hive, Valley Road Community Primary School

Time for Rhyme (birth to walkers)

10.15am to 11am

(starting 9 January)

Grangetown Children's Centre
(Grangetown Primary School)

Tuesdays

Baby Days

1pm to 3pm

Grangetown Children's Centre
(Grangetown Primary School)

1.15pm to 2.45pm

Diamond Hall Infant School

Bosom Buddies

9.30am to 11.30am

Ryhope Children's Centre
(Ryhope Infant School)

Childminder Network

9am to 11am

(term time only)

Diamond Hall Infant School

Citywide Parents' Group

12.30pm to 2.30pm

(term time only)

Group meets once a month. Venue varies each month. For more information please telephone 0774 748 5435

Dads and Kids

3.15pm to 4.30pm

(term time only)

Millfield Children's Centre

(Millfield Community Nursery School)

This session runs the first Tuesday of every month

Family Nurturing

1pm to 3pm

(term time only)

Diamond Hall Infant School

Ten-week course starting Tuesday 10

January. For bookings please telephone

0191 553 7651

Parents drop-in

9am to 11am

Grangetown Children's Centre

(Grangetown Primary School)

Smoking Cessation

Drop-in session

For more information please telephone

0191 283 2240

Stay and Play (birth to 5 years)

9am to 10.30am

(starting 10 January)

Millfield Children's Centre

(Millfield Community Nursery School)

Stay and Play

1.30pm to 2.45pm

(starting 10 January)

The Hive at Valley Road Community

Primary School

Wednesdays

Hydrotherapy Pool

5pm to 6.30pm

Fulwell Day Centre

For bookings please telephone

0191 553 4127

Messy Play/Story Time (birth to 5 years)

1.15pm to 2.30pm

(starting 11 January)

Ryhope Children's Centre

(Ryhope Infant School)

Postnatal clinic

9.30am to 12noon

Riverview Health Centre

Stay and Play (birth to 5 years)

1.30pm to 3pm

(starting 11 January)

Diamond Hall Infant School

We-ar-Fit Kids

3.30pm to 4.30pm

Raich Carter Centre, Hendon

Five-week course. Place are limited,

booking essential. For bookings please

telephone 0774 748 5435

Special Event taking place on
Wednesday

NHS Health Event

Wednesday 22 February 2012

10am to 3pm

Raich Carter Centre

Information at the event will include health checks for 40-70yrs, smoking cessation, healthy eating, emotional well-being and the active bus.

Thursdays

Baby Days

9am to 11am

Hendon Children's Centre
(Hudson Road Primary School)

Baby Massage

1.30pm to 2.30pm

Hendon Children's Centre
(Valley Road Community Primary School)
Free five-week course – dates to be arranged. For bookings please telephone 0191 553 7651

9.30am to 11am

(starting 19 January)

Millfield Children's Centre
(Millfield Community Nursery School)
Free five-week course – dates to be arranged. For bookings please telephone 0191 553 7651

Bosom Buddies

9.30am to 11.30am

Hendon Children's Centre
(Hudson Road Primary School)

Busy Bodies

(2 years and over)

10.15am to 11.15am

(starting 12 January)

Ryhope Community Centre



Common Childhood Illness

1pm to 3pm

(starting 12 January)

Hendon Children's Centre
(Hudson Road Primary School)
For booking please telephone 0191 553 7651

Messy Play

(birth to 5 years)

1pm to 2.30pm

(starting 12 January)

Ryhope Community Centre

1.30pm to 2.45pm

(starting 12 January)

The Hive, Valley Road Community
Primary School

Ups and Downs

1pm to 3pm

(second Thursday of each month)

Highfield Children's Centre
(Highfield Community Primary School)
For information please telephone 0191 561 2050

Young Parents Toddler Group

10.30am to 11.30am

(term time only starting 12 January)

Grangetown Children's Centre
(Grangetown Primary School)

Fridays

Busy Bodies

(2 years and over)

1.15pm to 2.15pm

(starting 13 January)

Grangetown Children's Centre
(Grangetown Primary School)

Childminder Network

9am to 11.30am

(term time only)

Grangetown Children's Centre
(Grangetown Primary School)



Rhyme Time (walkers to 2 years)

9.30am to 10.15am
(starting 13 January)
Ryhope Children's Centre
(Ryhope Infant School)

10.30am to 11.15am
(starting 13 January)
Ryhope Children's Centre
(Ryhope Infant School)

Stay and Play (birth to 5 years)

1pm to 2.30pm
(starting 13 January)
Millfield Children's Centre
(Millfield Community Nursery School)

Work Club

1pm to 3pm
Hendon Children's Centre
(Valley Road Community Primary School)

Saturdays

Dads and Kids

10am to 11.30am
Ryhope Community Centre

Preparing for Baby

10am to 12noon
Ante-natal Clinic Day Unit,
Sunderland Royal Hospital
*3rd and 4th Saturday of each month.
For bookings please contact your midwife.*

Courses...

A variety of courses are available through Children's Centres in the east including:

- Paediatric First Aid
- Manual Handling
- Food Safety
- Infection Control
- Risk Assessment
- Whoops Safety in the Home
- Childcare courses

For more information please telephone 0774 748 5435.

For information on volunteering opportunities in the East area please telephone 07899 745 924.

North

Mondays

Baby Days

1.30pm to 3.30pm
Fulwell Medical Centre

Busy Bodies/ Stay and Play (2 to 5 years)

9.30am to 10.30am
(term time only starting 9 January)
Southwick Community Centre

Community drop-in

1pm to 3pm
Maplewood Centre

Hydrotherapy Pool

9.30am to 11am
Fulwell Day Centre
*For bookings please telephone
0191 553 4127*

Messy Play (birth to 5 years)

9.30am to 10.30am and
1.30pm to 2.30pm
(term time only starting 9 January)
Bunny Hill Children's Centre

Mums in the Pool

1.30pm to 2.30pm
Sunderland Aquatic Centre
Each session costs £1

Preparing for Baby

4pm to 6pm
Bunny Hill Children's Centre
For bookings please contact your midwife

Work Club

1pm to 3pm
Austin House Children's Centre

Tuesdays

Baby Busy Bodies (walkers to 2 years)

1.30pm to 2.30pm
(term time only starting 10 January)
St Peter's Children's Centre
(Dame Dorothy Primary School)

Baby Days

9.30am to 11.30am
Bunny Hill Children's Centre

Baby Massage/Parent Support Group

10am to 11.30am
Austin House Children's Centre
*For babies under six months.
For more information please telephone
0191 566 2650*

Busy Bodies (2 to 5 years)

10am to 11am
(term time only starting 10 January)
Roker Methodist Church

Childminder Network

9.15am to 11.15am
Maplewood Centre



Community and Volunteer drop-in

1pm to 3pm
Bunny Hill Children's Centre

Sensory Play/Baby Massage

1pm to 3pm
Austin House Children's Centre
*For more information please telephone
0191 566 2650*

Stay and Play/Story and Rhyme (birth to 5 years)

9.30am to 11am
(term time only starting 10 January)
Bunny Hill Children's Centre

1.15pm to 2.45pm
(term time only starting 10 January)
Austin House Children's Centre

Work Club

1pm to 3pm
Bunny Hill Children's Centre

*Special events taking place
on Tuesdays...*

Volunteer Information Session

Tuesday 17 January 2012
1.30pm to 2.30pm
Bunny Hill Children's Centre
*For more information please telephone
0191 561 8126*

Wednesdays

Baby Days

10am to 11.30am
Monkwearmouth Health Centre

Hydrotherapy Pool

5pm to 6.30pm
Fulwell Day Centre
*For bookings please telephone
0191 553 4127*

Mums on the Move

10.30am to 11.30am
Seaburn Centre

Stay and Play/Story and Rhyme (birth to 5 years)

9.30am to 11am
(term time only starting 11 January)
Bunny Hill Children's Centre

10am to 11am
(term time only starting 11 January)
St Peters Children's Centre
(Dame Dorothy Primary School)

1pm to 2.45pm
(term time only starting 11 January)
Maplewood Centre

Time for Rhyme (birth to walkers)

1.15pm to 2.15pm
(term time only starting 11 January)
Bunny Hill Children's Centre

Thursdays

Baby Massage

10am to 11.30am
Monkwearmouth Health Centre

Baby Massage/Parent Support Group

1.30pm to 3pm
Bunny Hill Children's Centre

Bosom Buddies

1.30pm to 3pm
St Peter's Children's Centre
(Dame Dorothy Primary School)

Childminder Network

9.15am to 11.15am
Redby Community Centre
*For more information please telephone
0191 561 8126*

Parent Group/Community Drop In

9.30am to 11am

Austin House Children's Centre

Postnatal clinic

9.30am to 11.30am

Bunny Hill Children's Centre

*For more information please telephone your midwife***Stay and Play/Story and Rhyme (birth to 5 years)**

1.15pm to 2.45pm

(term time only starting 12 January)

Austin House Children's Centre

Time for Rhyme (birth to walkers)

10am to 11am

(term time only starting 12 January)

St Peters Children's Centre

(Dame Dorothy Primary School)

Ups and Downs

1pm to 3pm

(second Thursday of each month)

Highfield Children's Centre

(Highfield Community Primary School)

For information please telephone

0191 561 2050

*Special events taking place on Thursdays...***Volunteer Information Session**

Thursday 23 February 2012

10am to 11am

Austin House Children's Centre

For more information please telephone

0191 566 2650

Fridays**Baby Days**

9.30am to 11.30am

Austin House Children's Centre

Busy Bodies (2 to 5 years)

9.30am to 10.30am

(term time only starting 13 January)

Castletown Community Centre

1.30pm to 2.30pm

(term time only starting 13 January)

Southwick Community Primary School

Postnatal clinic

10am to 11.30am

Austin House Children's Centre

*For more information please telephone your midwife***Stay and Play/ Story and Rhyme (birth to 5 years)**

1pm to 2.30pm

(term time only starting 13 January)

Bunny Hill Children's Centre

Time for Rhyme (birth to walkers)

11.15am to 12noon

(term time only starting 13 January)

Austin House Children's Centre

Saturdays**Dads and Kids**

10am to 12noon

Bunny Hill Children's Centre

Courses in the north...*Additional courses will be running during the Spring term in the North area.**For more information please telephone*

0191 561 8126.

Family Nurturing course*To book a place or for further information please telephone*

0191 566 2650.

Washington

Mondays

Bookworms

1.30pm to 2.30pm
(starting 9 January)
Rainbow Family Centre

Bosom Buddies

10am to 11.30am
Rainbow Family Centre

Fun with Phonics

1pm to 3pm
Rainbow Family Centre
*Six-week course starting 5 March.
For bookings please telephone
0191 219 3995*

Groundwork North East Environmental Family Learning

1pm to 3pm
Rainbow Family Centre
*Six-week course starting 9 January.
For information and bookings please
telephone 0191 219 3995*

Hydrotherapy Pool

9.30am to 11am
Fulwell Day Centre
*For bookings please telephone
0191 553 4127*

Messy Play

1.30pm to 3pm
(starting 9 January)
Washington Children's Centre
(Wessington Primary School)

Paediatric First Aid

9.30am to 12noon
Rainbow Family Centre
*Four-week course starting 27 February.
For bookings please telephone
0191 219 3995*

Postnatal clinic

Rainbow Family Centre
For bookings please contact your midwife

Soft Play

9am to 9.45am, 9.45am to 10.30am,
10.30am to 11.15am and
3.30pm to 5pm
(starting 9 January)
Rainbow Family Centre

Soft Play/Busy Bodies

9.30am to 11am
(starting 9 January)
Washington Children Centre
(Oxclose Primary and Nursery School)

Stay and Play

9.30am to 11am
(starting 9 January)
Rainbow Family Centre



Tuesdays

Baby Days

10am to 11.30am
Rainbow Family Centre

Baby Makaton

1.30pm to 2.30pm
Rainbow Family Centre
*Six-week course starting 10 January.
For bookings please telephone
0191 219 3995*

Preparing for Baby

1pm to 3pm
Washington Children Centre
(Oxclose Primary and Nursery School)
For bookings please contact your midwife

Sensory Play

10am to 11.30am
(starting 10 January)
Rainbow Family Centre

Soft Play

9am to 9.45am, 9.45am to 10.30am
and 10.30am to 11.15am
(starting 10 January)
Rainbow Family Centre

Soft Play/Busy Bodies

1pm to 2.30pm
(starting 10 January)
Washington Children's Centre
(Wessington Primary School)

Stay and Play

9.30am to 11am
(starting 10 January)
Washington Children's Centre
(Wessington Primary School)

Time for Rhyme

1pm to 2pm
(starting 10 January)
Washington Children Centre
(Oxclose Primary and Nursery School)

Young Parents Group

1pm to 3pm
Rainbow Family Centre

Young Parent Antenatal Clinic

1pm onwards
Rainbow Family Centre
For bookings please contact your midwife

Washington





Wednesdays

Baby Days

9.30am to 11am

Washington Children Centre
(Oxclose Primary and Nursery School)

Bosom Buddies

1pm to 2.30pm

Washington Children Centre
(Oxclose Primary and Nursery School)

Hydrotherapy Pool

5pm to 6.30pm

Fulwell Day Centre

*For bookings please telephone
0191 553 4127*

Messy Play

1.15pm to 2.45pm

(starting 11 January)

Washington Children Centre
(Oxclose Primary and Nursery School)

Postnatal Clinic

Rainbow Family Centre

For bookings please contact your midwife

Smoking Cessation Drop-in

1.30pm to 3pm

Rainbow Family Centre

Stay and Play

9.30am to 11am

(starting 11 January)

Rainbow Family Centre

9.30am to 11am

(starting 11 January)

Washington Children Centre
(Oxclose Primary and Nursery School)

3.30pm to 5pm

(starting 11 January)

Washington Children's Centre
(Wessington Primary School)

Time for Rhyme

9.30am to 10.30am

(starting 11 January)

Washington Children's Centre
(Wessington Primary School)

Thursdays

Baby Days

1pm to 2.30pm

Washington Children's Centre
(Wessington Primary School)

Baby Makaton

10am to 11am

(starting 12 January)

Washington Children's Centre
(Wessington Primary School)

Bosom Buddies

1pm to 2.30pm

Washington Children's Centre
(Wessington Primary School)

Messy Play

1pm to 2.30pm
(starting 12 January)
Rainbow Family Centre

Sensory Group

1pm to 2.30pm
(starting 12 January)
Washington Children's Centre
(Wessington Primary School)

Soft Play

9.15am to 10am, 10am to 10.45am
and 10.45am to 11.30am
(starting 12 January)
Rainbow Family Centre

1pm to 3pm
(starting 19 January)
Rainbow Family Centre

Soft Play/Busy Bodies

1pm to 2.30pm
(starting 12 January)
Washington Children Centre
(Oxclose Primary and Nursery School)

Stay and Play

9.30am to 11am
(starting 12 January)
Rainbow Family Centre

Ups and Downs

1pm to 3pm
(second Thursday of each month)
Highfield Children's Centre
(Highfield Community Primary School)
*Support Group and Play session for
children with Down Syndrome.
For bookings please contact
0191 5612050.*



Work Club

10am to 12noon
Rainbow Family Centre

Fridays

Busy Bodies

10.30am to 11.30am
(starting 13 January)
Rainbow Family Centre

Family Zumba

3.45pm to 4.45pm
(starting 9 January)
Washington Children's Centre
(Wessington Primary School)
*For information please telephone
0191 219 3995*

Fun on Fridays

9.30am to 11am
(starting 20 January)
Washington Children's Centre
(Wessington Primary School)

Mums on the Move

10.45am to 11.45am
Washington Leisure Centre

Postnatal Clinic

Rainbow Family Centre
For bookings please contact your midwife

Sensory Play

1pm to 2pm
(starting 13 January)
Washington Children Centre
(Oxclose Primary and Nursery School)

Stay and Play

9.30am to 11.30am
(starting 13 January)
Washington Children's Centre
(Wessington Primary School)

1pm to 3pm
(starting 13 January)
Rainbow Family Centre

Time for Rhyme

9.30am to 10.15am
(starting 13 January)
Rainbow Family Centre

Saturdays

Dads and Kids

10am to 12noon
Rainbow Family Centre

Courses in Washington...

A variety of courses are available through Children's Centres in Washington including...

- Family Nurturing
- La Leché Breast Feeding Peer Counsellor Training
- Baby Massage
- Whoops Home Safety
- Food Hygiene
- Volunteering in Children's Centres
- Community Parents

*For more information please telephone
0191 219 3995 or contact your health
visitor.*

Parents Area Forums

*Meets monthly at Rainbow Family
Centre and Wessington Children's
Centre, everyone welcome.
For more information please telephone
0191 219 3995.*

West

Mondays

Baby Days

9.30am to 11am

Highfield Children's Centre
(Highfield Primary School)

1pm to 2.30pm

Silksworth Health Centre

Childminder Network

10am to 12noon

Thorney Close Children's Centre

Hydrotherapy Pool

9.30am to 11am

Fulwell Day Centre

*For bookings please telephone
0191 553 4127*

Mums on the Move

9.30am to 10.30am

Silksworth Community Pool, Tennis and
Wellness Centre

Paediatric First Aid

1pm to 3pm

(starting 16 January)

Thorney Close Children's Centre

*For bookings please telephone
0191 553 4127*

Stay and Play

1.30pm to 3pm

(starting 9 January)

Thorney Close Children's Centre

Time for Rhyme

(birth to 12 months)

10am to 11am

(starting 9 January)

Highfield Children's Centre
(Highfield Primary School)

Tuesdays

Baby Days

1pm to 2.30pm

Thorney Close Children's Centre

Bosom Buddies

1.30pm to 3pm

Highfield Children's Centre
(Highfield Primary School)

Busy Bodies

9.30am to 11am

Highfield Children's Centre
(Highfield Primary School)

1.30pm to 3pm

Thorney Close Children's Centre

Preparing for Baby

1.30pm to 3pm

Pennywell Neighbourhood Centre

For bookings please contact your midwife

Stay and Play

1.30pm to 3pm

(starting 10 January)

Pennywell Neighbourhood Centre

Time for Rhyme

(birth to 12 months)

10am to 11am

(starting 10 January)

New Silksworth Children's Centre
(New Silksworth Infant school)

10am to 11am

(starting 10 January)

Thorney Close Children's Centre

What's Cooking

10am to 12noon

(starting 17 January)

Thorney Close Children's Centre

For bookings please telephone

0191 553 4127

*Special events and activities
on Tuesdays...*

Coffee morning – Pennywell Residents Group

9am to 12noon

(every Tuesday)

Academy 360 Achievement Centre

(Old Penny Well Inn)

For more information please telephone

0191 553 4127



Wednesdays

Busy Bodies

10am to 11am

(starting 11 January)

South Hylton Primary School

1.30pm to 3pm

(starting 11 January)

Farringdon Primary School

Dads and Kids - swimming sessions

4pm to 5pm

Silksworth Community Pool

For information please telephone

0191 553 4127

Hydrotherapy Pool

5pm to 6.30pm

Fulwell Day Centre

For bookings please telephone

0191 553 4127

Stay and Play

9.30am to 11am

(starting 11 January)

Highfield Children's Centre

(Highfield Community Primary School)

1.30pm to 3pm

(starting 11 January)

Highfield Children's Centre

(Highfield Community Primary School)

Whoops Child Safety Course

12.30pm to 2.30pm

(starting 11 January)

Academy 360 Achievement Centre

For bookings and information please

telephone 0191 553 4127

Work Club

1pm to 3pm

Thorney Close Children's Centre

Young Parents Group

1.30pm to 3pm

Highfield Children's Centre
(Highfield Community Primary School)

*Special events and activities
on Wednesdays...*

Volunteer Information Session

Wednesday 18 January 2012

9.30am to 11am

Pennywell and South Hylton
Children's Centre

*For more information please telephone
0191 553 4127*

Thursdays

Baby Days

9.30am to 11am

Springwell Health Centre

1.30pm to 2.30pm

South Hylton Surgery

Sessions run fortnightly starting 12 January

Bosom Buddies

9.30am to 11.30am

Thorne Close Children's Centre

Stay and Play

9.30am to 11am

(starting 12 January)

Thorne Close Children's Centre

1.30pm to 3pm

(starting 12 January)

New Silksworth Children's Centre
(New Silksworth Infant School)

Time for Rhyme (birth to 12 months)

10am to 11am

(starting 12 January)

Highfield Children's Centre
(Highfield Community Primary School)

*Special events and activities
on Thursdays...*

Coffee morning – Pennywell Resident Group

9am to 12noon

(every Thursday)

Academy 360 Achievement Centre
(Old Penny Well Inn)

*For more information please telephone
0191 553 4127*

Register your child's birth

*You can register your child's birth on
Thursdays at Highfield Children's Centre.
To book an appointment please
telephone 0191 520 5555.*

Ups and Downs

1pm to 3pm

(second Thursday of each month)

Highfield Children's Centre
(Highfield Community Primary School)

*For information please telephone
0191 561 2050*

Volunteer Information Session

Thursday 16 February 2012

9.30am to 11am

New Silksworth Children's Centre
(New Silksworth Primary School)

*For more information please telephone
0191 553 4127*

Fridays

Aquanatal

9.15am to 10am

Silksworth Community Pool, Tennis and
Wellness Centre

Baby Days

9.30am to 11am

Pennywell Neighbourhood Centre
Sessions run fortnightly starting 6 January

Childminder Network

9am to 11am

Highfield Children's Centre
(Highfield Primary School)

Time for Rhyme (birth to 12 months)

10am to 11am

(starting 13 January)

Pennywell Neighbourhood Centre

10am to 11am

(starting 13 January)

Thorney Close Children's Centre

1.30pm to 2.30pm

(starting 13 January)

New Silksworth Children's Centre
(New Silksworth Infant School)

Special events and activities on Fridays...

Coffee morning – Silksworth Community Friends

9am to 11am

(every Friday)

New Silksworth Children's Centre
(New Silksworth Infant School)

For more information please telephone
0191 553 4127

Volunteer Information Session

Friday 16 March 2012

9.30am to 11am

Highfield Children's Centre
(Highfield Community Primary School)

For more information please telephone
0191 553 4127

Saturdays

Soft Play/ Stay and Play

9am to 11am (term time only)

Highfield Children's Centre
(Highfield Community Primary School)

Baby Massage

Groups run regularly in the West throughout the term. For more information please telephone 0191 561 2050.

Highfield Customer Services

Do you need advice or support about, Housing Benefit, Council Tax Benefit, Environmental concerns or Blue Badges? Call in to Highfield, Customer Service Centre. Open Mondays to Thursdays 8.30am to 4.30pm and Fridays 8.30am to 4pm. For more information please telephone 0191 520 5555.

Courses in the West...

Additional courses will be running during the spring term in the West area. For more information please telephone 0191 553 4127.



More things to do
and useful
information for
families in
Sunderland...

Dads 'n' Kids club

Saturday 25 February and 31 March
10.30am to 11.30am
City Library and Arts Centre
For more information please telephone
0191 561 8407.

Childminders required in Coalfields

Do you live in the Coalfields area?
Are you interested in becoming a
childminder? If so, please call the Families
Information Service on 0191 520 5505.

Save 10% on your next holiday...

Sunderland City Council has teamed up
with Hays Travel, to reduce the cost of
family holidays when taken outside of
term time. Whether it's a holiday within
the UK or abroad, as long as it's during
your child's school holidays, you can
receive 10% off the cost. To find out
more visit: [www.sunderland.gov.uk/
schoolholidays](http://www.sunderland.gov.uk/schoolholidays)

Advice on loan sharks

If you are a victim of a loan shark or
know where loan sharks are operating
call the confidential 24/7 hotline
number 0300 555 2222 or text 'loan
shark + your message' to 60003. Visit
www.direct.gov.uk/stoploansharks for
more information.

World Book Day

Thursday 1 March
During this week in March activities will
take place in all libraries to celebrate
World Book Day. For further information
please telephone 0191 561 8407.

Benedict Biscop Celebration Day

Saturday 14 January
City Library and Arts Centre
Come and take part in activities to
celebrate the life of Benedict Biscop
- Sunderland's patron saint.
For times and more information
please telephone 0191 561 8407.

Youth, Drug and Alcohol Project (YDAP)

Are you aged between 10 and 18 or know
someone who is and is having problems with
drugs or alcohol? YDAP can provide specialist
advice and support to help overcome problems
or difficulties relating to drugs or alcohol. For
more information or to make a referral visit
www.yourhealthsunderland.com/ydap

Families Information Service

To find out about more events and services for families visit the Families Services Directory at www.familiesinfoservice.com/findaservice or telephone 0191 520 5505.

Your local library

To find out what's happening at your local library and what activities are planned for February half term please telephone your local library or visit www.sunderland.gov.uk/libraries

Birth to five - Your NHS guide to parenting in the early years

Visit: www.nhs.uk and search for 'birth to five' where you'll find all kinds of useful health advice and information for your child aged birth to five years old.

Junior run

Sunday 6 May 2012

The Junior Run is open to all youngsters aged between 8 and 15 years old on 6 May 2012. It's a fun run over approximately 3km or just less than 2 miles in old money! Entry fee is just £6 and the race starts at 9.30am. For more information visit www.sunderlandcity10k.com

Underneath The Floorboards

Thursday 1 March, 1.30pm
Arts Centre Washington
A Magical Dance Show for under 5s.
Tickets £5. For more information or to book please telephone 0191 219 3455 or visit www.artscentrewashington.co.uk

Marathon of the North

Sunday 6 May 2012

Sunderland's very first marathon, the Marathon of the North, is now accepting entries. Log on to www.marathonofthenorth.com
Club runners can register for the event for £33 and non club runners for £35.

Learn to swim

The city's 'learn to swim' programme commences in January 2012. Sessions are available for various ages, including babies and toddlers. For more information or for bookings please telephone 0191 561 6161.

For more information on events and things to do around the city, visit www.sunderlandlive.co.uk

celebrating communication

In 2011 Sunderland's Children's Centres celebrated communication within the family in support of the national 'Hello' Year of Communication.

Our highlights

Chatterbox Challenge

Nationally children, parents and teachers recited a set of rhymes on the same day at the same time - 1 March 2011 at 11am to be exact!

Outdoor picnics

Providing lots of opportunities to talk whilst preparing tasty picnics at home and talking about it with friends and family.

Reading a Book at Bedtime

Pyjamas and teddies were the theme, encouraging families to share a regular bedtime story - a great way to develop your child's understanding of language.

Book Camp!

We loved your book dens. Story props and puppets were added for families to share stories in the cosy atmosphere of a den.

'Talk and Go' bags

Children received special bags to collect items in that they could later share and talk about at the Children's Centre.

It's not just words

Families were shown Makaton signs to go with nursery rhymes and received copies to practice at home.

Look out for lots
more fun in 2012
when we say
'Hello Again!'



Our very own nursery rhyme booklet

Preeti Gill at Dubmire Children's Centre has fun reading 'A Year of Rhymes (and actions)', developed in Sunderland especially for families to take home and enjoy together.