

All our children and families deserve our support to enable them to: be healthy, stay safe, grow in confidence, reach their potential and inspire a love of learning whilst having fun! If you require this programme in another language, colour, size or type please ask.

North City's Mission Statement

If you require this programme in another language, colour, size or type please ask.



Languages/print?

Parent and Toddler Groups, Term Time Only - all include a snack and drink
 First Steps, Magdalen Gates Primary School, NR3 1NQ, Mon and Wed, 9-11am, £2
 Café Tots, Norwich Baptist Church, NR3 3AP, Wed and Thurs, 10am-12pm, £1.50

Local Parent and Toddler Groups

The North City Children's Centre Team

Welcome to the Summer Term 2018 at North City Children's Centre!
 We are a service offering fun groups and activities for you and your child from birth to age five. Most of our groups are free and any charges are listed on the timetable.
 On 01 April 2018 North City Children's Centre will convert to the Diversa Academy. This is a new Academy in Norfolk and links us with Bignold Primary School, Angel Road Infant School and Angel Road Junior School. We are not anticipating for this change of Lead Partner to affect our services.
 This term we are working closely with Norfolk Community Learning Services to offer you activities such as Step into Story Sacks, Fun With Dinosaurs and School Readiness. If you are looking to return to Adult Education please let us know and we can advise you of courses taking place across Norwich.
 Wishing you a happy Summer 2018!

Dear Parents and Carers



Useful Contacts



BEAT (beating eating disorders)	0345 6341414
Citizens Advice Bureau	03444 111 444
Credit Union	01603 764904
My Dentist	01603 219024
Emergency Services	999
Family Information Service	0344 800 8020
GP Surgeries—Oak Street 01603 613431, Gurney Surgery	01603 729728
Prospect Medical Practice	01603 488477
Magdalen Medical Practice	01603 475555
Lawson Road Health Centre	01603 427096
Health Visiting Team	0300 300 0123
ICash Clinic (contraceptive and sexual health)	0300 300 30 30
Job Centre	0345 603 3719
Leeway Domestic Violence and Abuse Services	0300 5610077
Nelson's Journey (bereavement support for children)	01603 431788
Non Emergency Police	101
Norwich City Council	0344 980 3333
NSPCC Anonymous Helpline	0808 800 5000
The National Breastfeeding Helpline	0300 100 0212
The National Careers Service	0800 100 900
The Samaritans	08457 90 90 90
111 Service (non emergency medical advice)	111

Helpful Information

Access is via a long footway opposite Angel Road Junior School if you require assistance in reaching us please telephone the centre on 01603 253610.
Emergency Closures we will announce any closures or cancellations via Facebook or our website.
Breastfeeding cushions, high chairs, booster seats, food warming facilities are available at the centre for your use.
Buggies please leave prams, pushchairs and scooters in the buggy sheds provided.
Cameras including mobile phone cameras are not allowed to be used on site.
Disabled Parking is available next to the end tennis court on the left, if you require assistance from your car please telephone reception on 01603 253610.
Dogs are strictly not allowed on site.
Parking is not available at the centre the nearest parking is at Waterloo Car Park. You may also park mid way on Angel Road or Rosebery Road.
Safeguarding if you have any concerns please speak to a member of staff.
Smoking is strictly forbidden anywhere on the school site.



For providers outside of our area please visit www.norfolk.gov.uk/fdsd. You can also view details about each provider too, including their most recent Ofsted report.

Childcare Outside the Area

Justyna Allison	07871 264848	Allison Butcher	077305 71736
Victoria Chenery	01603 465513	Julie Rees	01603 461019
Katarzyna Czosnowska	07961 955381	Debra Norwell	07948 552430
Ceryl Glinwell	01603 479364		

Childminders

Little People's Montessori, Magdalen Road, NR3 4LN	01603 219195
Magdalen Gates Pre-School, Bull Close Road, NR3 1NG	01603 665783
Mousehold Nursery and Infant School, Mousehold Avenue, NR3 4RS	01603 427012
Patchwork Childcare, Silver Road, NR3 4TF	01603 400647
Pavilion Playschool, Waterloo Park, NR3 3HR	01603 404053
Treeshouse Children's Centre, Chatham Street, NR3 3DN	01603 665740

Nurseries and Pre-Schools

It is never too early to think about early education and childcare. There is a shortage of places in this area so even if you do not need to access childcare now it is a good idea to look around childminders, pre-schools and nurseries early and add your child's name to their waiting lists. You could use childcare to give your child the best start to their early years education, or you may wish to return to work or study.
 Did you know that some 2 year olds and all 3 and 4 year olds, are entitled to 15 hours per week of free Early Years Education (for 2 year olds the term after their 2nd birthday and for 3 year olds the term after their 3rd birthday) at an Ofsted approved childcare provider? If you are a single parent working 16 hours a week or more or if both parents are living together and each working 16 hours or more per week you may be eligible for 30 hours of free childcare the term after your child is 3 years old. Please visit www.norfolk.gov.uk/hs for more information. The children's centre offers a full Childcare Brokerage Service to assist you in your search. Please telephone for up to date information regarding fees, vacancies and provisions.

Local Early Education & Childcare Information



North City A Sure Start Children's Centre

Summer 2018

16 March 2018– Friday 7 September 2018

Free activities and services for mums from pregnancy, dads, carers, babies and children up to 5 years.



Inclusion and Access

At North City Children's Centre our free activities and services are inclusive to all families with children under the age of 5 years. If you or your child have additional needs, or experience barriers which may make accessing our activities or services difficult, please telephone so we can provide extra support for you.

Opening Times

Monday to Thursday 8.30am-4.30pm
 Friday 8.30am-4.00pm

North City Children's Centre

Angel Road Infant School Tel 01603 253610
 Angel Road Web www.northcitycc.co.uk
 Norwich Email childrenscentre@angelroadinfant.norfolk.sch.uk
 NR3 3HR www.facebook.com/NorthCityChildrensCentre



Norfolk County Council

Activities are free unless otherwise stated and begin from Monday 16 April 2018 until Friday 7th September 2018

May half term runs from Monday 28th May until Friday 1 June 2018

The Summer Holiday period is from Wednesday 25th July until Thursday 6 September 2018.

CALL US ON: 01603 253610

Day	Activity	Action	Age	Description	When	Location
Monday	Forest School	Drop in	Birth up to 5 years	Explore and learn about nature, have fun with sticks, mud and more. Waterproof jackets, trousers and wellies available. Partly funded by the Centre. Please bring a healthy snack. Minimum £2 donation per family.	Weekly 9.30-11.00am. term time only, excluding bank holidays	North City Children's Centre, NR3 3HR
	Honesty Cafe	Drop In	Birth up to 5 years	Feed your child in our relaxed café (please bring your own food). Highchairs, booster seats, breastfeeding cushions and warming facilities available. Small charge for hot drinks.	Weekly 11.00am-3.00pm term time only, excluding bank holidays	North City Children's Centre, NR3 3HR
	Bounce and Babble	Drop in	Birth to 18 months	A fun musical session, promoting speech and language development through song, music, movement and instrument. You also have the opportunity to engage in our Bookstart Programme and receive a Bookstart Pack for your child.	Weekly 1.30-2.15pm, term time only, excluding bank holidays	North City Children's Centre, NR3 3HR
	Child Health Clinic	Drop in	Birth up to 5 years	Weigh your baby or child and receive advice from a Health Visitor.	Weekly 12.30-2.00pm excluding bank holidays	North City Children's Centre, NR3 3HR
Tuesday	Stay and Play	Drop In	Birth to 5 years	Come along with your children and explore lots of different areas of play and learning. For example, role play, messy play, sharing stories, singing, construction and physical.	Weekly 1.00-2.30pm term time only and 7th,14th, 21st August and 4th September	North City Children's Centre, NR3 3HR
	Fun with Dinosaurs	Book it!	Birth to five	A two hour taster session provided by Norfolk Community Learning Services. A combination of art and craft activities such as making dinosaur fossils.	31/07/2018 1.00-3.00pm	North City Children's Centre, NR3 3HR
	Ready for School	Book it!	Those starting school	A two hour taster session provided by Norfolk Community Learning Services. A fun play session supporting you and your child to be ready for starting at Angel Road Infant School.	28/08/2018 1.00-3.00pm	Angel Road Infant School, NR3 3HR
	Postnatal Group	Book it!	Birth up to 4 months	A five week course offering sensory play sessions for your baby and themed topics offering information about baby development, advice and support for this first stage with your baby.	Weekly dates and times given on booking	North City Children's Centre, NR3 3HR
Wednesday	Baby Massage	Book it!	From 6 weeks to 1 year	A five week course teaching infant massage strokes to soothe your baby. Promotes bonding, attachment and allows quality one to one time with your baby.	Weekly dates and times given on booking	North City Children's Centre, NR3 3HR
Thursday	English as an Additional Language Stay and Play	Drop in	Birth up to 5 years	A fun and informative session for parents and children from different cultures with English as an additional language to socialise and play together.	Weekly 9.30-11.00am term time only & 2nd, 9th,16th & 23rd August	North City Children's Centre, NR3 3HR
	Fun with Dinosaurs	Book it!	Birth up to 5 years	A two hour taster session provided by Norfolk Community Learning Services for our families with English as an Additional Language.	02/08/2018 9.30-11.30am	North City Children's Centre, NR3 3HR
	Honesty Cafe	Drop In	Birth to 5 years	Feed your child in our relaxed café (please bring your own food). Highchairs, booster seats, breastfeeding cushions and warming facilities available. Small charge for hot drinks.	Weekly 11.00am-2.30pm term time only	North City Children's Centre, NR3 3HR
	Little Hippos	Drop in	24 & under & birth up to 5 years	A fun and informative play session for parents and expectant parents aged 24 and under. Includes inside and outside play activities and parenting support around raising babies and children.	Weekly 1.00-2.30pm term time only & 2nd, 16th and 23rd August	North City Children's Centre, NR3 3HR
	Let's Get Crafty	Book it!	24 & under & birth up to 5 years	A two hour taster session provided by Norfolk Community Learning Services for our Little Hippos Group (see above). An opportunity to be creative using recycled materials	09/08/2018 1.00-3.00pm	North City Children's Centre, NR3 3HR
Friday	International Sewing Group	Book it!	Adults	An opportunity for parents and carers to learn how to sew using a needle and sewing machine whilst practicing English skills. No childcare is provided.	Fortnightly dates given on booking . term time only	North City Children's Centre, NR3 3HR
	Solihull Approach to Behaviour and Communication	Book it!	Adult course free crèche	A 10 week course to help mums, dads and carers who want to know more about sensitive, effective parenting and to build positive and strong relationships.	Weekly 9.15-11.15am term time only	North City Children's Centre, NR3 3HR
	Step into Story Sacks	Book it!	Adult course free crèche.	A 10 week course giving you the opportunity to be creative and make your own story sack based around your child's favourite book. All resources provided.	Weekly 1.00-3.00pm term time only	North City Children's Centre, NR3 3HR
Saturday	The Sewell Toy Library	Drop in	Birth up to 5 years	An opportunity for mums, dads and carers to socialise together and borrow toys. Small fees apply, the joining fee per family is £3 and each toy is 50p to hire per week.	Weekly 10.30am-12.30pm term time only	North City Children's Centre NR3 3HR
Daily	Breastfeeding Support	Please call	Parents	Advice and support available to help with all aspects of breastfeeding. Breastfeeding hire of Medela electric breast pumps £12.	Each weekday 9.00am-4.00pm	North City Children's Centre, NR3 3HR
	Childcare Support	Please call	Birth up to 5 years	Help to find childcare in the local area whether you are returning to work, study or wish to access your 2, 3 or 4 year old childcare funding.	Each weekday 9.00am-4.00pm	North City Children's Centre, NR3 3HR
	Family Support Advice	Please call	For all the family	Our team of family support workers can offer practical support on a wide range of issues affecting family life.	Each weekday 9.00am-4.00pm	North City Children's Centre, NR3 3HR
	Self Weigh Your Baby	Drop in	Birth up to 5 years	Our scales are available each day for you to weigh your baby or child.	Each weekday 9.00am-4.00pm	North City Children's Centre, NR3 3HR
	Sensory Room	Book it!	Birth up to 5 years	Awaken your baby or child's senses in our sensory room, bright lights, bubble tube, touch screen, natural objects, sensory music and more.	Each weekday 9.00am-4.00pm	North City Children's Centre, NR3 3HR
	Sexual Health	Drop in	From 13 years +	Free condoms, chlamydia testing kits and sexual health advice is available for 13-24 year olds. Sexual health advice available for all 25 years plus.	Each weekday 9.00am-4.00pm	North City Children's Centre, NR3 3HR
	Online Food Hygiene Course	Book it!	Adult Learning	We can fund an online course for you to complete at the centre to help you into employment – for no or low income households only.	Each weekday 9.00am-4.00pm	North City Children's Centre, NR3 3HR
Termly	Parent's Voice	Book it!	Adult group	An opportunity for all parents and carers to express their ideas and opinions about how their children's centre is run and to fundraise. Limited crèche spaces are available.	02/05/2018 1.30-2.30pm	North City Children's Centre, NR3 3HR
	Save a Baby's Life Workshop	Book it!	Adult course	One off course teaching parents and carers important first aid and life saving skills. No childcare provided but you can bring your children along to the workshop. Please bring £10.00 if you would like to purchase a First Aid Manual.	08/05/2018 at 9.30am 01/08/2018 at 10.00am	North City Children's Centre, NR3 3HR
	Weaning Workshop	Book it!	4-6 months	An interactive, one off workshop offering practical information, support and advice with your baby. Free information pack, food tasting and recipes. Delivered in partnership with a Health Visitor.	13/06/2018 and 15/08/2018 2.00pm	North City Children's Centre, NR3 3HR
	Pathway to Parenting	Book it!	First time, expectant parents	A four week antenatal course guiding parents to be through labour, birth and care of your newborn. Delivered in partnership with Midwives, Health Visitors and Children's Centre staff.	4 week course dates, times and location given on booking.	North City Children's Centre, NR3 3HR
	Joy of Food	Book it!	Adult Course	A free four week course helping you to cook healthy meals from scratch. All ingredients are free and you get to take home what you cook. No childcare available.	Dates and times given on booking.	North City Children's Centre, NR3 3HR