

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!

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

North City Children's Centre

Wishing you a very happy Autumn and Spring Term!

Feedback will be essential to the future of Children's Centre services.

Welcome back to the Autumn Term 2018. This programme runs for the Autumn Term 2018 and Spring Term 2019. We have some new activities taking place over these terms and we are looking forward to booking our families onto them.

There is a change in Management for the next two terms. Sarah Sewell will be managing the centre alongside the current Manager, Amber Bowyer.

The Children's Centre's existing financial contract with Norfolk County Council has been extended by six months to take us to October 2019. It is anticipated that beyond October 2019 Children's Centre budgets will be reduced by 50%. A Public Consultation is due to be launched at the end of September 2018 so please keep an eye out for this as your views and feedback will be essential to the future of Children's Centre services.

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/fds. 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	07906142898
Ceryll Glinwell	07948 552430		

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 Play School, 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 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/ffs 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

Autumn 2018 to Spring 2019
 10th September 2018— 5th April 2019
 Free activities and services for mums from pregnancy,
 dads, carers, babies and children up to five years old.



Inclusion and Access

At North City Children's Centre our free activities and services are inclusive to all families with children up to five years old. 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

Activities are free unless otherwise stated and begin from Monday 10th September 2018.
The centre is open each weekday for advice and support excluding Public Bank Holidays.

October half term is Thursday 18th until Friday 26th October 2018
Christmas Holiday Wednesday 19th December 2018 - Thursday 3rd January 2019
February half term is Monday 18th until Friday 22nd February 2019
The Easter Holiday's commence from Monday 8th April 2019

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. £2.00 fee per family.	Weekly 9.30-11.00am. Term Time Only, 10/09/2018-15/10/2018 and 25/02/2019-01/04/2019	North City Children's Centre, NR3 3HR
	Honesty Cafe	Drop In	Birth up to 5 years	Feed your baby 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.	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	Joy of Food	Book it!	Adults	A free four week course helping you learning how to cook healthy meals from scratch. All ingredients are provided and you get to take home what you cook. No childcare available.	Booked on demand. Contact centre for information	North City Children's Centre, NR3 3HR
	Stay and Play	Drop In	Birth to 5 years	Come along with your children and explore lots of different areas of play and learning. Activities include, role play, messy play, sharing stories, singing, construction and physical.	Weekly 1.00-2.30pm Term Time Only	North City Children's Centre, 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.	Call for dates 2.00-3.00pm	North City Children's Centre, NR3 3HR
Wednesday	Baby Massage	Book it!	From 6 wks 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.	10.30-11.30am and 2.00-3.00pm. Call for dates	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	North City Children's Centre, NR3 3HR
	Honesty Cafe	Drop In	Birth to 5 years	Feed your baby or 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-12.00pm and 12.45pm-2.00pm 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 young parent and parents to be. Includes inside and outside play activities and parenting support around raising babies and children.	Weekly 1.00-2.30pm Term Time Only	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 and times given on booking . Term Time only	North City Children's Centre, NR3 3HR
	Supporting your child's behaviour	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 September to December 9.15am-11.15am	North City Children's Centre, NR3 3HR
	Learning Through Play	Book it!	Adult course free crèche	An 11 week course to support parents and carers to develop confidence in developing their child's learning through play using books, songs and rhymes, puppets and games.	Weekly 1.00pm-3.00pm September 2018 Call for details	North City Children's Centre, NR3 3HR
	Circle of Security	Book it!	Adult course Free crèche	A nine week course helping parents to understand their child's world better. Course focuses on managing children's emotions, enhancing their self esteem and building secure relationships.	Weekly January 2019 Call for details	North City Children's Centre, NR3 3HR
	Computer Basics	Book it!	Adult course, free crèche	An Entry Level 3 Functional Skills Qualification aiming to help those who would like to improve their confidence with ICT, gain a qualification for employment or apply for benefits online. Eligibility criteria applies to fund your place for free. Please contact the centre for further information.	Weekly January 2019 Call for details	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 and free baby sling hire.	Each weekday 9.00am-4.30pm	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-4.30pm	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-4.30pm	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-4.30pm	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-4.30pm	North City Children's Centre, NR3 3HR
	Online Food Hygiene Course	Book it!	Adult Learning	Are you trying to gain a career in the catering industry? Or, do you think you have poor food hygiene knowledge in your home? We can fund an online course for you to complete at the centre – for no or low income households only.	Each weekday 9.00am-4.30pm	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.	03/10/2018 06/02/2019 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.	02/10/2018 04/12/2018 29/01/2019 26/03/2019 9.30-11.30am	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.	17/10/2018 1.30-2.30pm	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