

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

*Sarah, Amber, Heather, Jess, Natalie, Jo,  
 Jasmine, Rocio, Sarah and Vicki*

Best Wishes Your North City Team

This programme is for the first half of the Summer Term (after Easter and up until May half term). In line with the decision made by the Children's Services Committee at Norfolk County Council, North City Children's Centre will close permanently on Monday 30th September 2019. With this news, we anticipate that some staff will leave during this term as they seek permanent employment elsewhere. This may mean that due to staffing levels we may not be able to offer all of our courses until the end of July. With this in mind we will plan the second half of our programme during May and we will release a new programme for the second half of the Summer Term (after May half term until July). A new Early Childhood and Family Service will commence on 1st October 2019 in Norfolk with the nearest base being located at Catton Grove, Fiddlewood and Mile Cross Children's Centre, Hunter Road, Norwich, NR3 3PY. May we take this opportunity to thank you for your support since the opening of the centre in 2008. We have thoroughly enjoyed providing activities and services to families in this area and will miss working with you all.

*Dear Parents/Carers,*

## 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/ftsd](http://www.norfolk.gov.uk/ftsd). You can also view details about each provider too, including their most recent Ofsted report.

## Childcare Outside the Area

Justyna Allison	07871 264848	Alison Butcher	077305 71736
Victoria Chenery	01603 465513	Julie Rees	01603 461019
Katarzyna Czosnowska	07961 955381	Debra Norwell	07906142898
Cheryl Glinwell	07948 552430		

## Childminders

Chestnut Nursery, St Clements Hill, NR3 4BX	07591207316
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
Trehouse 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 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/fts](http://www.norfolk.gov.uk/fts) 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 2019

23rd April – 24th May 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](http://www.northcitycc.co.uk)  
 Norwich Email [childrenscentre@angelroadinfant.norfolk.sch.uk](mailto:childrenscentre@angelroadinfant.norfolk.sch.uk)  
 NR3 3HR [www.facebook.com/NorthCityChildrensCentre](https://www.facebook.com/NorthCityChildrensCentre)

## Summer 2019 at North City Children's Centre

Activities are free unless otherwise stated and begin from Monday 23rd April 2019 until Friday 24th May 2019.

May half term is Monday 27th May until Friday 31st May 2019 we will be running clinic, self-weigh and sensory room during this week.

We will also be open for general advice and support through May half term.

A Summer holiday programme will be available to collect at the centre or to view on our website from the 1st July 2019

The centre is open each weekday for advice and support excluding Public Bank Holidays until Monday 30th September 2019.

In line with the decision made by the Children's Service Committee, North City Children's Centre will close permanently on Monday 30th September 2019. A new Early Childhood and Family Service will commence on 1st October 2019 with the nearest base being located at Catton Grove, Fiddlewood and Mile Cross Children's Centre, Hunter Road, Norwich, NR3 3PY. Activities and services planned this term will be dependant on staffing levels as we draw to a close.

Day	Activity	Action	Age	Description	When	Location
Monday	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 contribution for hot drinks.	Weekly 12.45-3pm 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 12.30-2pm excluding bank holidays	North City Children's Centre, NR3 3HR
Tuesday	Education Psychology Drop In	Book it	Birth up to 5 years	It's a hard job being a parent. Perhaps you have worries about tantrums, sleep, eating, toileting, friendships or speech and communication. Perhaps you are worried about your child going to nursery or school. Would you like the opportunity to discuss these issues or others with staff from Educational Psychology and Specialist Support? Book your appointment today.	30th April 2019 30 minute appointments available between 9am-12pm	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 1-2.30pm 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.	2nd-30th April 1.30-2.30pm	North City Children's Centre, NR3 3HR
Wednesday	Baby Massage	Book it!	From 6wks 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.	24th April–22nd May 10.30-11.30am and 1.30-2.30pm	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 9.30-11am 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 contribution for hot drinks.	Weekly 11.am-12pm and 12.45pm-2.pm 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 1-2.30pm 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	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 free hire of Medela electric breast pumps but you will to purchase a bottle accessory pack.	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
Termly	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.	7th May 2019 23rd July 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.	17th April 2019 1.30-2.30pm	North City Children's Centre, NR3 3HR
	Speech and Language Advice	Drop in	Up to 5 years	A drop in for parents and children aged under five years to have a friendly, informal chat with a speech and language therapist if they have concerns about their child's communication skills.	8th April 2019 23rd May 2019 9.30-11.30am	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.	2nd –23rd May 2019 4-6pm	North City Children's Centre, NR3 3HR