

# What's on Guide Amble and Coquet Spring Term 2020



## Monday

### Baby Clinic

at Widdrington Surgery  
1.30pm - 3.30pm



## Monday

**Babies & Toddlers**  
at Amble Children's  
Centre (within Amble  
Links First School)

1.30pm - 3.00pm  
Term Time only



## Tuesday

### Baby Clinic

1st & 3rd Tuesdays  
of the month at  
Broomhill Health Centre



## Friday

### Baby Clinic

at Amble Health Centre  
9.30am - 12 noon



## Monday

**Learning Together  
Through Play**  
at Coquet Children's  
Centre

9.30am - 11.00am  
(runs all year round  
excluding Bank Holidays)

For children aged 0-4  
years



## Tuesday

**Early Help Family  
Worker Drop in**  
at Amble Children's  
Centre

1.00pm - 3.00pm

Advice, Help & Support  
for families with  
children aged 0-19  
years



## Monday

**Parent Craft**  
at Coquet Children's  
Centre

Mondays from 10 a.m.  
April 20th, 27th  
June 8th, 15th  
August 3rd, 10th  
To book a place please  
contact Coquet Children's  
Centre on  
01670 624500



## Wednesday

### Brilliant Babies

4 week course for  
babies aged  
8 - 15 weeks  
Please contact Coquet  
Children's Centre to  
book a place



Cubs  
& Kits  
Pre-School  
Coquet



at Coquet  
Children's  
Centre for  
2 year olds

(term-time only)

## Thursday

**Babies &  
Toddlers 0-24  
months including  
breastfeeding  
support**

at Coquet Children's  
Centre  
10.00am - 11.30am  
(runs all year round)



**Free Free Free**  
**Admission into  
Alnwick Garden**

Alnwick Children's Centre has  
passes for Alnwick Garden. If  
you would like to book some  
tickets for a lovely day out (any  
day of the week) for more  
information just

Call Alnwick Children's Centre  
on 01670 620430

If you require tickets at the  
weekend

**please ring before 4pm on  
Friday**

Tickets are available for  
families that reside in North  
Northumberland

## Thursday

### Baby Play

at Grange View School  
Widdrington  
1.30pm - 3.00pm  
Term Time only



01670 624500



[northchildrenscentres.org.uk](http://northchildrenscentres.org.uk)



@surestartchildrenscentrenorth

**Amble and Coquet  
Children's Centre**

Bondicar Road,  
Hadston, NE65 9SR

Visit our Facebook page  
Sure Start Children's  
Centre North to find  
out more in our area!



Parenting Courses at:



## Great Expectations

Three sessions over 3 weeks

- Week 1 - Speech, Language & Communication
- Week 2 - Child Development
- Week 3 - Safety in the Home & Environment

For Parents/carers with children aged 0-2 years

For further information contact your local Children's Centre:

Alnwick 01670 620430  
Berwick 01670 620461  
Coquet 01670 624500



## Incredible Babies

8 week Baby programme - babies must be aged 0-9mths

We will help you to

- Enjoy spending time together
- Talk positively with your child
- To deal with common problems such as crying, sleeping, feeding and behaviour issues
- Understand and meet the needs of your child, no matter what their age.

In the group we will go through:

- Discussion
- DVD clips
- Practising new ideas in the group, before you use them at home.

You will find that meeting other parents with similar experiences helps you feel less isolated.

# Tiny Talkers

Age Range:

12 - 24 months



A 4-week Speech and Language programme covering the importance of communication in your child's development, covering:

- Understanding Communication
- Encouraging Communication
- Developing Communication
- Play and Language
- Stories, books and rhymes
- Let's Celebrate



An 8-week course for babies for parents and carers of babies and young children including:

- Practical Information that will help the whole family eat more healthily and become more active
- Meet the physical and emotional needs of babies and young children
- Increasing self-esteem and emotional well-being so children start school ready to learn
- Helping families change old habits and adopt a healthier lifestyle
- Reduced screen time and increased activity levels



A 14 week Pre-School Programme for parents with children aged 3 - 6 years

We will help you to

- Enjoy spending time together
- Talk positively with your child
- Stay calm and in control ( handle tantrums and conflict more effectively)
- Establish and use routines
- Be more consistent
- Understand and meet the needs of your child, no matter what their age

In the group we will go through:

- Discussion
- DVD clips
- Practising new ideas in the group, before you use them at home.

You will find that meeting other parents with similar experiences helps you feel less isolated.

**For more information and to apply for any of the above courses please contact Coquet Children's Centre  
On: 01670 624500**