

Clubmoor Children's Centre

Utting Avenue East, L11 1DQ , 01512338500

**CLUBMOOR**  
& **ELLERGREEN**  
CHILDRENS CENTRE

www.clubmoorandellergreen.co.uk

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## Monday

### **You & Me, Mum.**

**9.30 - 11.45am**

#### **Multi Purpose Room**

Women's support group - booking only.

### **Health Visitor Drop in – 9.30am–11am at Clubmoor Centre.**

—come along and have your baby weighed, advice and support from a health visitor

### **You & Your Child**

**9.30 - 11.45am** Booking only.

#### **Multi Purpose Room**

6 week flexible programme to help with many aspects of parenting.

### **Attention & Listening 1.15pm - 1.45pm - Meeting Room - Booking only**

Language support session. Over 2's

### **Listen with Me**

**2.00pm - 2.30pm**

#### **2.30pm 3.00pm- Meeting Room - Booking only**

Language support session. Over 2's

### **Toddler Gym -**

#### **Multi Purpose Room**

**3.30pm - 4.30pm.**

An active play session for toddlers using gym equipment and exercise equipment.

**Suitable for 2-5 year olds.**

## Tuesday

### **Baby Massage - 10am-12pm**

- A relaxing session that gives you and your baby some quality time to bond in a warm and friendly environment. **"This service is by booking only"**

### **Sleep Clinic - 1PM–3PM -**

**Meeting Room -** Is your child having sleep problems? come and see our trained sleep counsellors for support. Appointment only for children over 1 year old. **"This service is booking only"**

### **BAMBIS Infant Feeding**

**Group 1PM -3PM** – Offering support and guidance with regards to feeding and breastfeeding.

### **Learn 4 Life Toddler Group –**

**1-30pm-2-45pm Family**

**Room.** a group for children 0-5. Prepare your child to be ready for school through fun and learning.

## Wednesday

### **Prepare 2 Work**

**9.30am - 12pm - Adult Learning Room**

6 week programme supporting parents in getting back into employment, CV's Interview skill etc. **"Booking Only"**

### **Nurture Programme**

**9.15am - 12pm**

10 week programme which helps adults understand and manage their child's feelings and behaviour and become more positive **"This service is by booking only"**

### **Introduction to solids—**

**1.30pm-2.30pm**

Monthly drop in session—will run first Wednesday of the month

Advice and support on introducing your baby to solids foods.

### **Domestic Abuse**

**If you have experienced**

**Domestic Abuse?**

**Clubmoor & Ellergreen**

**have support for you!**

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**Partner agencies can offer you advice and help, for further information please call 0151-233-8500**

## Thursday

### **Incredible Years**

**9.15am - 12pm**

Based in a local School  
12 week Support programme for families on how to control tantrums and behaviour. **"This service is booking only"**

### **Under 2's– Ellergreen Centre.**

**This group Is divided into 2**

#### **Sessions:**

**Session 1:** Age 1-2 years **9.30am – 10.30am**

**Session 2:** Birth – 1 year old, **11am - 12pm**

Offering a stimulating environment. Advice and support for Parents/ Carers.

### **Musical Movers – 10AM - 11AM -**

**Multi Purpose Room-** A fun musical session which can encourage children's speech and language. Suitable for children 0-5 years old. **"This service is by booking only"**

### **Splash & Play – 12PM– 1PM, Held**

at **Ellergreen Leisure Centre,** swimming session suitable for children 0-5 years.

### **SENSory Stay and Play 1.30PM -**

**2.30PM Family Room -** Sensory playgroup for children with additional needs.

## Friday

### **Friday Toddler Group – 9.30AM**

**– 11AM Family Room.** a group for children 0-5. Prepare your child to be ready for school through fun and learning.

### **Attention & Listening**

**10.15am - 10.45am**

**Meeting Room - Booking only** Language support session. Over 2's

### **Vocab Boosting**

**11am - 11.30am**

**Meeting Room - Booking only** Language support session. Over 2's

### **Baby Massage – 1pm-3pm - A**

relaxing session that gives you and your baby some quality time to bond in a warm and friendly environment. **"This service is by booking only"**

### **Baby Talk – This is by appoint-**

ment only – 3 week Ante Natal parent advice course. **"This service is by booking only"**

**\*\*\*Parents To Be\*\*\***

**If you're expecting a baby and would like to be shown around our centre or get any information, please call and make an appointment with one of our Health Promotion Workers.**