

**Sunshine Programme**

**Roundabout Children’s Centre**

A FREE 5 week programme

Date to be confirmed. Creche Spaces available

**Topics include**

 Raising your confidence and self-esteem.

 Increasing your family’s support network.

 Helping you to feel less isolated

**Cooking on a Budget**

**Roundabout Children’s Centre**

1.00-2.30

A FREE 5 week workshop

Starting Friday 24th April

Learning how to cook good healthy meals whilst on a budget.

**Limited crèche spaces available**

**Dads Stay and Play**

Harlequin Children’s Centre

On Saturday 18th April

From 10.00 – 12.00

A mixture of outside activities along with Arts and Crafts

If you are successful at getting a place on any of these courses/programmes you will be telephoned confirming your place prior to the programme/course starting.

**Early Start**

**Valley Children’s Centre**

Developing children’s communication skills

A FREE 5 week programme

Starting 26th January.

1.00-2.30

**Topics Include**

* Speaking and Listening skills
* Nursery Rhymes and Songs

**All of these**

**programmes are bookable sessions.**

**Please contact your local centre to book your FREE place.**

**Big Cook Little Cook**

**Silver End Children’s Centre**

A FREE 5 week workshop

Starting Wednesday 25th February

From 1.00—2.30

**Roundabout Children’s Centre**

Starting Friday27th February

From 1.00—2.30

A fun packed cooking session for you and your child.

We have lots more to offer, for a more detailed timetable of sessions, events and programmes please call your local centre.

**Internet Safety**

Roundabout Children’s Centre

A FREE 2 week programme

Starting Monday 12th January

From 9.30 – 11.00

Learning to keep you and your family safe when online.

**Incredible Years Parenting Programme**

**Roundabout Children’s Centre**

A FREE 12 week programme

Starting Monday 19th January

From 1.00—2.45

**Limited crèche places available**

**Topics include,**

 Establishing clear and predictable routines,

 Using positive discipline to manage misbehaviour,

 Using time out effectively,

 Positive attention, encouragement and praise,

 Understanding Children’s play

**Witham Cluster Children’s Centres**

**Roundabout Children’s Centre**

**01376 517973 CM8 2NJ**

**The Valley Children’s Centre**

**01787 223673 C06 2RH**

**Silver End Children’s Centre**

**01376 587960 CM8 3RQ**

**Harlequin Children’s Centre**

**01376 535270 CM8 1NA**

**Bag of Numbers**

**A FREE 4 week workshop**

**Harlequin Children’s Centre**

Starting Friday 23rd January

From 1.00 – 2.30pm

Enjoy Nursery Rhymes together and make craft items you can use at home

**Starting School**

A FREE 3 week workshop to prepare your child starting School

Taking place at Roundabout, Harlequin, Silver End and Valley Children’s Centres

Coming soon for the Summer Term!

For more information please call Harlequin Children’s Centre 01376 535270

Programmes and courses taking place in the Spring Term 2015 at Witham Cluster Children’s Centres

We have lots more to offer, for a more detailed timetable of sessions, events and programmes please call or pop into your local centre.