

AUTUMN TERM

2023-24 V12

# Lichfield DISTRICT Charnwood Children's Centre Activities Timetable

**Tel: 01543 512024**

**Charnwood Childrens  
Centre, Purcell Avenue,**

**Lichfield,**

**WS13 7PH**



While we endeavour to keep all sessions and information on this timetable up to date, we reserve the right to change sessions at any time.

 **Staffordshire  
County Council**

## MONDAY

### HOKEY COKEY CLUB (FPC)

Charnwood Children's Centre, WS13 7PH  
Friendly, interactive family group with lots of songs, messy, sensory, craft and outdoor play.

Weekly Booking,

9.45 -11.15hrs, 12.30 -14.00hrs

Ages: Birth to 5yrs.

£5.00 per family, up to 2 children FPC--FREE

Tel: Hilary, 07546 165595

### DROP IN BABY CLINIC

Charnwood Children's Centre, WS13 7PH  
Well baby drop-in clinic with the families Health and Wellbeing Team.

Drop In Session

09.30-11.30hrs

FREE

### NEW! PARENT AND BABY YOGA (FPC)

Charnwood Children's Centre, WS13 7PH  
Babies must be at least 8 weeks old, have some head control and are non-walkers. Mums who attend should either have had their 6 week health check or 12 week post C- section.

Drop in sessions 1pm-2:30pm

£2.50 per session

01543 308835 [www.activlichfield.co.uk](http://www.activlichfield.co.uk)

[sportsdevelopment@lichfieldddc.gov.uk](mailto:sportsdevelopment@lichfieldddc.gov.uk)

## TUESDAY

### SIMPLY PLAY

Charnwood Children's Centre , WS13 7PH  
Fun activities, try new sensory ideas and early language activities.

Booking required, Term Time

10.00-11.30hrs Simply Play 0-4s

13.00-14.30hrs Simply Play Babies

FREE

For more information & booking:

[groupwork@staffordshire.gov.uk](mailto:groupwork@staffordshire.gov.uk)

Lynda: 07772 614618

### SALLY'S COURSES:

#### SALLY'S BABY MASSAGE (FPC)

Charnwood Children's Centre , WS13 7PH  
Learn baby massage, incorporate this into your daily routine with your baby.

Booking required 10.15- 11.15 hrs

## TUES CONT.

### SALLY'S BABY MUSIC, MOVEMENT AND MASSAGE PLAY TIME! (FPC)

A combination of massage, yoga stretches & relaxation, incorporating songs & rhymes for lots of interactive fun

Booking required 11.30-12.30hrs

£30.00 FPC £10.00- 4 week course

Babies aged 6wks-6months (Approx.)

Tel: Sally 07759 831419

## WEDNESDAY

### LITTLE STARS PARENT AND TODDLER GROUP

Charnwood Children's Centre, WS13 7PH

A stay and play group for children with development delays and disabilities.

Booking required, Term Time

13.00 – 15.00hrs. FREE

0-5 yrs old

For more information & booking:

Tel: Jackie 01283505160

### Childminder Support Group

Charnwood Childrens Centre WS13 7PH

A fun and friendly stay and play session

providing play and social networking for

local childminders and the

children they care for.

(Stay and Play specifically for childminders)

Drop in Session. Term Time

10:00-11:30 FREE

0-5yrs

Contact Emily on—07815971599

**FPC = Children's Centre Free  
Pass Card Accepted up to a  
value of £5 per participating  
session**



## THURSDAY

### PRAM TO PRIMARY

Charnwood Children's Centre, WS13 7PH

Struggling with your child's behaviour, mealtimes & bedtimes becoming a challenge? If your child is aged between 0 –11 years then this programme could be for you.

Booking required, Term Time

[groupwork@staffordshire.gov.uk](mailto:groupwork@staffordshire.gov.uk)

Morning session

Adults only session, FREE

### HAPPY FEET BUGGY WALK

Lichfield Social Club Car Park, WS13 6TS

Come and join Happy Feet Buggy Walk. A fun way for mums, dads, grandparents & carers to meet new people, chat and share experiences on a safe, steady and welcoming walk.

Drop-in. Term Time

10.15-11.00hrs FREE

[julia.kendrick@lwmservices.co.uk](mailto:julia.kendrick@lwmservices.co.uk)

Facebook: Happy feet buggy walk

### BACK 2 BASICS

#### CHARNWOOD CHAT GROUP.

Charnwood Children's Centre , WS13 7PH

Come along to meet the team, have a chat and enjoy some tea and toast while the children play.

Drop-in. Term Time

11-12.00hrs FREE

For Information:

01543 512024

[naomi.lewis@staffordshire.gov.uk](mailto:naomi.lewis@staffordshire.gov.uk)

### SING & SIGN (FPC)

Charnwood Children's Centre, WS13 7PH

Learn baby signing in a fun, friendly and easy way. Sing and Sign uses music and sensory activities to encourage early communication.

Booking Required

12.30-13.00hrs– babies (under 6mths)

£30.00 for 5 weeks, FPC £6.00

13.20-13.50hrs Stage one (6-18 mths)

£72.00 10 weeks, FPC £22.00

14.20-14.50hrs Stage 2 (Toddlers)

£72 10 weeks, FPC £22.00

Contact 07449 459712 or

[nadiaaustin@singandsign.co.uk](mailto:nadiaaustin@singandsign.co.uk)

[www.singandsignnadia.co.uk](http://www.singandsignnadia.co.uk)

## 0-19 Families Health & Wellbeing Health Visitors Clinics

### MONDAY

Charnwood Children's Centre, Ws13 7PH

Weekly Drop-in  
09.30-11.30hrs

### TUESDAY

Salters Meadow, WS7 1AQ

Weekly Drop-in  
09.30-11.30hrs  
Booking via the HUB

### WEDNESDAY

St Chads Health centre, WS13 7HT

Weekly APPOINTMENT ONLY  
Booking via the HUB

### THURSDAY

Charnwood Children's Centre, Ws13 7PH

Weekly Drop-in  
13.00-15.00hrs

### FRIDAY

St Chads Health centre, WS13 7HT

Weekly Drop-in  
13.00-15.00hrs

**If you need to speak to a Health Visitor please call the Hub on 0300 303 3924**



Not all of our sessions are included within this brochure, new sessions and changes will be advertised on our Facebook page. Search for Lichfield District Children's Centre

## THURSDAY CONT..

### DROP IN BABY CLINIC

Charnwood Children's Centre, WS13 7PH  
Well baby drop-in clinic with the families Health and Wellbeing Team.

Drop In Session  
13.00-15.00 hrs FREE

## FRIDAY

### NCT BIRTH EXPERIENCE SUPPORT GROUP

Charnwood Children's Centre, WS13 7PH  
Informal support group, parents can support one another in a safe space discussing as much or as little as they like.

Booking Required, Monthly sessions  
12.00-2.30hrs  
FREE

For booking & Information: Facebook  
[NCT Lichfield & Tamworth Branch](#)

### BASIC PAEDIATRIC FIRST AID

Charnwood Children's Centre, WS13 7PH  
Learn basic skill on how to manage with choking, burns, CPR and emergency First Aid.

Booking Required, Monthly Sessions— call for dates or see our Facebook page  
12.30-2.30hrs  
2 hours, 'Babies in arms welcome'  
FREE (eligibility applies)  
Tel: Joy- 0300 456 2424  
Joy.peace@southstaffs.ac.uk  
naomi.lewis@staffordshire.gov.uk

### NEW! BONDING WITH BABIES FPC!

Charnwood Children's Centre, WS13 7PH  
Nurturing positive attachments with your little ones through the early stages of growth and development through sensory experiences and rhyme

Drop in session no need to book  
12:45-2pm £4 per Family FPC accepted  
Email [info@littleowlchildcare.co.uk](mailto:info@littleowlchildcare.co.uk)

## SATURDAY

### NCT SLING AND NAPPY LIBRARY

Charnwood Children's Centre, WS13 7PH

After advice on babywearing and cloth nappies? We offer a range of ergonomic slings and baby carriers suitable from new born to toddler, plus cloth nappy support.

Booking required

Sessions— 1st Saturday of the month,  
10-12.30hrs

FREE session— Hire charges apply.

For booking and Information: opens one week prior to session via  
[slinglibrary.lichfield@nct.org.uk](mailto:slinglibrary.lichfield@nct.org.uk) or Facebook-  
Nctlichfieldandtamworthslinglibrary

## OCCASIONAL

All occasional sessions are advertised on our Facebook page with dates and times!

### MUMMY & BABY BUDDIES— TUMMY TIME

Charnwood Children's Centre, WS13 7PH  
Interactive and fun session covering lots of Tummy Time activities.

Booking Required, Ad-hoc Sessions  
1.5 hours, £10.00 FPC- £5.00  
Tel: Lucy 07838 457171  
[mummyandbabybuddies@outlook.com](mailto:mummyandbabybuddies@outlook.com)  
Facebook— Mummy and Baby Buddies

### NEWBORN SLEEP WORKSHOP

Charnwood Children's Centre, WS13 7PH  
Learn tools & tips to understand & shape your baby's sleep. Covering sleep needs, signs, myths, environment, & much more. Meet other new parents with time for questions and a chat at the end of the session.

Booking Required  
1.5hrs, £15 per family (FPC £10)  
Expectant parents & parents with new-borns up to 4mths  
Text: Nadia 07449459712  
[support@sunrisesleepcoach.com](mailto:support@sunrisesleepcoach.com)

## CONTINUED....

### BUMPS & PREGNANCY SOCIAL

Charnwood Children's Centre, WS13 7PH  
SPARK, WS7 4UN  
Monthly event at either Charnwood or SPARK (alternate locations). For expectant (new or experienced) parents to ask questions, meet the teams and providers to find out what's going on across Lichfield. Book in advance  
18.30-20.00hrs FREE  
Call -01543 512024 or  
[pregnancy@sparkburntwood.org](mailto:pregnancy@sparkburntwood.org)  
07742 768296

### TEDDY BEARS PICNIC GROUP- SPECIAL SESSIONS(FPC)

Charnwood Children's Centre, WS13 7PH  
Friendly, interactive family group with lots of fun activities to keep you little one busy.  
Booking required,  
Ages: Birth to 5yrs  
£4 per child, £1 per siblings FPC— FREE (for 2 children additional siblings £1 each)  
Text/ Call Ellie: 07583 185175  
Facebook— Teddy Bears Picnic

### LOVE BIRTH— Hypnobirth Session

Charnwood Children's Centre, WS13 7PH  
Welcoming evidence based session to help prepare for birth— learn about labour & birth, how to change your views & expectations, build self confidence to navigate your experience.  
Booking required, 3 hrs £30.00  
[emma.lovebirth@outlook.com](mailto:emma.lovebirth@outlook.com),  
Facebook; Love Birth



# LICHFIELD DISTRICT

Community Activities  
Timetable in partnership  
with Lichfield Children's  
Centre

Tel: 01543 512024

**FPC = Children's Centre  
Free Pass Card  
Accepted up to a value  
of £5 per participating  
session**



## TUESDAY

### TOTS PLAY(FPC)

Chase Terrace Scouts Hut, WS7 1LL  
Social Tots (8mths– 2 yrs)  
Fun filled sessions for tots on the move to  
explore, make friends, and play, play, play!  
£39.00 for 6 weeks, FPC £9.00  
Discovery Tots (2- 9 mths)  
Session with a strong foundation for growth  
and development  
£38.00 for 6 weeks, FPC £8.00  
Baby development (Birth to 6 mths)  
Yoga, sign language, sensory play, story  
message and more!  
£55.50 for 6 weeks, FPC £25.50  
Booked required  
Rachel 07807 985386

### THROUGH THE STAGE DOOR (FPC)

Curborough Community Centre, WS13 7NY  
A multisensory class experience which  
involves interactive storytelling, bop &  
prop, instrument play, sensory develop-  
ment, creation station, imaginative play  
& lots and lots of fun!  
Booking required, Term Time Only  
£6.00 per session, FPC- £1.00  
0-18mth– 10-10.45hrs  
18mth-3yrs– 11.15-12.00hrs  
3-4yrs– 12.30-13.15hrs  
Facebook/Instagram: @throughthestagedoor  
Email: [info@throughthestagedoor.co.uk](mailto:info@throughthestagedoor.co.uk)

### TIME FOR A STORY (FPC)

Burntwood Library, WS7 2BX  
Little owl Childcare are bringing stories to  
life with these interactive sessions. Week-  
ly book with props and crafts to explore  
new ways to enjoy stories.  
Drop-in, Term Time  
£3.50 per family, FPC-FREE  
Birth to 5 years  
Sarah McCormack  
07980 733926

## THURSDAY

### NEW! SEND PARENTING GROUP

Lichfield City Football Club WS13 6AY  
Drop in Group 11-12:30 FREE Group  
Send Parent Support Group provides friend-  
ship and a safe place to talk and share  
experiences.

### TOTS PLAY(FPC)

Thursday, Martin Heath Hall, WS13 8AY  
Social Tots (8mths– 2 yrs)  
Fun filled sessions for tots on the move to  
explore, make friends, and play, play, play!  
£39.00 for 6 weeks, FPC £9.00  
Discovery Tots (2- 9 mths)  
Session with a strong foundation for growth and  
development  
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Booked required  
Rachel 07807 985386



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advertised on our  
Facebook page.  
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Children's Centre

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and information on this timetable up to  
date, we reserve the right to change  
sessions at any time.

## THURS CONT.

### HARTBEEPS(FPC)

Holy Cross Parish Church Hall WS14 9DX  
Happy House (confident walkers up to age5)  
Baby beeps (crawling to first steps)  
Baby bells (newborns to sitting)  
Term booking £40 for a 5 week term, FPC £15 £9  
per class PAYG, FPC £4  
For booking head to <https://bookey.com/hartbeepsolves>  
Booking required Contact: [Carly@hartbeeps.com](mailto:Carly@hartbeeps.com) Contact number 07977 450513

## SATURDAY

### (FPC) SATURDAY SOCCER SCHOOL

Lichfield City Football Club WS13 6BX  
Fun football activities to help develop your  
child's football knowledge and skills, all ses-  
sions on our 3G pitch.  
For boys & girls age 4-12  
Every Saturday 9am-10am  
£5 per session  
Just turn up or pre book with Joe 07540 651889  
More information on our website  
<https://www.lichfieldcityfc.com/saturday-soccer-school>





## SUPPORT FOR YOU AND YOUR FAMILY IN LICHFIELD

### Healthy Start Vouchers

Are you pregnant or have children under four? You may qualify for the Healthy Start voucher scheme to help you buy food, milk and vitamins.



### Thinking of volunteering with Early Years in Children's Centres?



For more information please contact Kate  
Email: [kate.tomson-rayner@staffordshire.gov.uk](mailto:kate.tomson-rayner@staffordshire.gov.uk)  
Call: 07971951684



### FAMILY SUPPORT SERVICE BY MALACHI 1:1 FAMILY SUPPORT

Family support provides a range of therapeutic and practical support to families who are facing a range of challenges. They help families to create routines in the home and also support with strategies to manage child's behaviour in these ever changing times.

For more information contact Malachi on: 0121 4414556  
[lichfield@malachi.org.uk](mailto:lichfield@malachi.org.uk)



### Do you have a child aged 0 - 4?

You are able to access free one to one support with specialist family mentors from Malachi.

**What can you expect?**

- Up to three months of tailored support for you and your family
- Strategies to understand and manage your children's behaviour
- Guidance Advice Signposting to services

To register your interest or for more information please contact



### HUNGRY LITTLE MINDS

Sign up to Hungry Little Minds Staffordshire and Stoke on Trent for free and you will get 2 emails a month showing you how you can help your baby's brain develop, support with activities and check to see when your baby's health checks are due.



## FAMILY HUBS



We've created a hub for families in Staffordshire. To keep them happy, healthy and safe.

We can answer your questions and help you find support and share ideas.

We also have some fantastic projects to share with you from cooking with the family on a budget, being creative with craft activities to setting up some exciting play opportunities with our Community Crates Fun activities.



Click on the QR code to take you to our Family Hub page for more details.

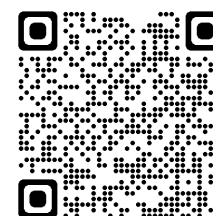
### DAD-ICATED

This is a private Facebook group for Dad's to come together and share experiences, gain advice and support.



### CHILDCARE CHOICES

For help paying for your Childcare scan the QR code below



### Families' Health & Wellbeing Tuesday 1:30pm-2:30pm

Via MS Teams  
You don't need to download any apps etc.

To book a session, show your camera to the QR code and follow the link.  
Or Search: [mpft.live/vboc](https://mpft.live/vboc)

Don't forget to leave your feedback  
Scan QR code to the right:

Virtual Breastfeeding Support Clinic

- ★ We can support with Feeding Queries
- ★ You can drop in and leave as you wish
- ★ Support from other Breastfeeding Mothers
- ★ Led by the Infant Feeding Team

### MPFT Families Health and Wellbeing Service

Tuesday	Friday
Dental Health - looking after your child's teeth (for parents/carers of new babies through to teens)	Moving on to solid food (for parents/carers of babies 3 months +)

free New sessions coming soon... check back on the bookings page

Facilitated by Health Visitors

Virtual Group Programme

To find out more and to book a place visit our dedicated bookings page:  
<https://tinyurl.com/2p85wcyh>

or visit our website  
[www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics](http://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics)

### Staffordshire CONNECTS

Visit the new Staffordshire SEND Local Offer  
(Special Educational Needs and Disability)  
[www.staffordshireconnects.info](http://www.staffordshireconnects.info)

For children and young people aged 0-25 years

The best place to go to find information about SEND support in Staffordshire.

- Early years and childcare
- Education
- Social Care
- Health and Wellbeing
- Travel and transport
- Places to go, things to do
- Preparing for adulthood
- Money Matters
- Extra Help available to children, families and settings
- Information and support including support groups and organisations
- Policy information, referral mechanisms, forms and templates

Email: [localoffer@staffordshire.gov.uk](mailto:localoffer@staffordshire.gov.uk)

