


Day	Venue	Activity	Time	£	Available to all Parents and Children in the Village Green Children's Centre area	Tel : 01493 789562
Monday	Village Green Children's Centre	SENSationsGroup With Portage	9.30-10.30am	Free	Lots of fun at our sensory stay and play session for children who have a disability or additional need. Meet other parents and chat to your local portage team. Not sure if its for you? Ask the children's centre for more information or just drop into the sessions for a chat to find out more. Crafts, Messy play, Stories, Songs and Music. Dates 5th Feb, 5th March, 9th April	
	Village Green Children's Centre	Play & Weigh	1.00-2.30pm New earlier Time	Free	Every week drop-in group for 0-5 year olds plus baby weighing. Breastfeeding support available every week. Call for more information. 01493 789562. Health Visitor advice is available Monday to Friday 9am-5pm by calling the Duty Health Visitor on 0300 3000123.	
	Village Green Children's Centre	Breast Feeding Support	1.00-2.30pm New earlier Time	Free	Every week drop-in for breastfeeding mums to relax and put your feet up, enjoy a drink and cake or pastry in our comfortable surroundings. Help & support available on attachment, expressing and milk storage. Breastfeeding advice and support from 'UNICEF' trained staff or call the centre any time Monday to Friday for breastfeeding support. Other advice on out of hours support options available.	
Tuesday	Village Green Children's Centre	Childminder Drop in and Play	10-11.30am	Free	Childminders welcome to drop-in and play, meet up with other Childminders in a child friendly environment. Free snack and drink available.	
	Village Green Children's Centre	Baby Bloom Parenting Course	10-11.30am	£2 per session	For first time parents. 4 week baby parenting group for ages 0-8 months. Including: Supporting your child's development, Sleep and Safety, Weaning, Home Safety and Memory Making. Please telephone for 4 week course dates and to book places in advance. June 12, 19, 26 & July 3.	
	Village Green Children's Centre	Baby Massage Course	10-11.30am	£2 per session	Please telephone for 4 week course dates and to book places in advance. May 1, 8, 15 & 22.	
Wednesday	Village Green Children's Centre	Pathway to Parenting Antenatal Course	4.00-6.00pm	Free	4 week ante natal parenting course for parents to be. Covering health and wellbeing, feeding, caring for your baby, your developing baby, labour day meeting midwives and other support. Please telephone for 4 week course dates and to book places in advance.	
	New Road Sport & Leisure Centre, Belton	Jolly tots & Baby Jolly tots	9.30-11.00am 11.00-12.00am	£2.50 £1.50	Fun stay and play sessions for parents and children with a wide range of activities, Suitable for children 18 months and upwards. Term time. Promotes PSED (personal, social, emotional development) and C&L (communication and language), and Early Learning. Fun stay and play sessions for parents and babies with a wide range of activities. Suitable for children aged 6 weeks to 18 months approx. (term time)	
	Village Green Children's Centre	Working with children Level 2 Adult Learning	9.00-12.30pm	Free	Adult Education Level 2 qualification 24 week course with a Tutor for those interested in working with children as a teaching assistant, crèche worker, nursery school staff, childminder or in a Children's centre.. Applications available upon request and must be submitted at earliest opportunity to process applications. A work placement is required for this course as well as full safeguarding vetting.	
	Village Green Children's Centre	Parents/ Volunteering Drop In Group	1:00-2:30pm Every Half Term	Free	Parent Voice opportunity to talk about services for children & families. A chance to talk about services available and help develop future services. Volunteering and training opportunities also available like creating or updating a CV, job searches etc. Call or email the centre to find out more. Dates 16th Jan, 1st May, 19th June.	
Thursday	Kings Street Shop & Office MESH office Gorleston Trinity & Village Green Children's Centre	DIAL 	Appointment's Thurs monthly at Village Green	Free	FREE Services DIAL offers practical support Benefits Advice: Benefit entitlement checks, Better-off calculations, Assistance to complete forms, Appeals support including attendance at Tribunals. Money and Debt Advice: Debt counselling. Negotiating with creditors, Debt management plans, Household budgeting, Debt relief orders. Other Advice and Services: Message in a Bottle—Emergency information scheme, Radar Keys, Support groups for specific impairments, Leisure information. Call 01493 789562 to book an appointment at Village Green CC. Or Call DIAL on 01493 856900 or Email info@dial-greatarmouth.org.uk	
	Village Green Children's Centre	Chatterboxes Group	9.30 11am New Time Starts later	£1	Parent and toddler group suitable for children 0-5 years. A wide range of fun activities that focus on developing children's communication with Messy Play and Singing every week. Free car seat checks regularly carried out by Norfolk County Council. Free Dental Advice dates also available with Community Dental Hygiene Worker. On the Third Thursday of the month the Norfolk Wildlife Trust will be helping us get in touch with nature and helping us and our children to be inspired and learn about the natural world around us.	
	Belton and surrounding area	NEW Walk on the Wildside Third Thursday of the month	1.00-2.30pm	FREE	Join us and the Norfolk Wildlife Trust for an adventurous active afternoon where we will be exploring the natural world around us. An expert from the NWT will support our learning of everything natural living in our community alongside us. Develop your learning of the natural world and have some family fun at the same time.	
Monday to Friday	Village Green Children's Centre	E Learning Courses and Volunteering	Any time to suit Between 9 am-until 4pm	Most courses are FREE	E Learning can also be completed at home any time of the day or evening! Food Hygiene Level 2, CoSHH, Health and Safety, Moving and Handling. First Aid courses also available, Pop in to see what are the latest courses available. If you are interested in training and would like more information email childrenscentre@moorlands.norfolk.sch.uk .	

Safeguarding

Do you have any safety concerns about a child? Call [03448 008020](tel:03448008020)
Call: LADO 01603 223473

**Call us to
book a
FREE
Car Seat**

Mobile Library at Moorlands School Wednesday's 3.10-4.00pm
18th April, 16th May, 13th June, 11th July, 8th August, 5th September, 3rd October & 31st October
Gorleston Library Craft Events 10.30-11.30am on 8th May, 5th June & 10th July—free

Dental advice Drop in—16th July 1pm to 2.30pm

Speech & Language Drop in Seagulls Children's Centre
22nd June 9.30-11.30am / Priory Children's Centre 23rd May

FREE Car Seat Safety Checks—Call or email the centre for the next session advice.

Norfolk Wildlife Trust
Thursday 9th August
Coach trip to West Runton Rock Pools
Free of charge—tickets available soon



Follow us on Twitter or like our Facebook page to get updates on events and more....especially news of our 'Get active' sessions coming back soon!