

Sandbach-Children's Centre

Serving Sandbach, Alsager & Middlewich



Crewe Rd, Sandbach CW11 4NS 01270 371235

	Monday	Tuesday	Wednesday	Thursday	Friday
Sanabacn Activities	Cherubs 10.00-11.30 Ashfields Medical Centre Follow us on twitter @SandbachAlsager	SCPS Toddler Fun Time (invitation only session) Monthly Lego Club 3:30-4:30 2nd Tuesday of the month Antenatal Clinic 2:30-4:30 Appointment Only Ashfields Medical Centre Child Health Clinic 10:00-12:00 Ashfields Medical Centre Adult Learning 1:00-3:00 Sandbach Children's Centre Call 01270 371235 for more information	Antenatal 9:00-5:00pm Call 01270 371235 to book Baby Basics(postnatal group) 2:00-3:00 Health Visitor led session covering women's health, sleep, play & more Please call 01270 371235 to confirm. Playmakers 12:30-1:30 Sandbach Children's Centre 8th, 15th, 22nd, 29th July. A physical activity programme for children from walking to preschool. Please call 01270 371235 to book.	Gingerbread Group 5.00-7.00pm 1st Thursday of the month. A single parent/carer group. Little Stars 10:00-12:00, Last Thursday of the month A group for children with additional needs. Sensory Time Under 1's 1:30-2:30 Under 1's Sensory Time Dads' Stuff Monthly group for male carers 5:00-8.00pm next sessions 11th Jun, 9th July Antenatal Clinic 2.30-4.30 Appointment only Ashfields Medical Centre	Sandbach Stay and Play 10:00-12:00 Play for 0-5's Come meet the team & other local families at our Stay & Play session. Weaning Advice 10.00-11.00 Ashfields Medical Centre (monthly) HELP WANTED! Join the Advisory Board and support the work of your Children's Centre Call 01270 371235 for more information
Alsager Activities	Sensory Time Under 1's 10.45 or 11.30 - (30 min sessions) Alsager Medical Centre Call 01270 371127 to book a place Cherubs 1.30-3.00 Alsager Health Centre Breastfeeding Support Group Weaning Advice 10.30-11.30 Alsager Health Centre(monthly)	Monthly Lego Club 3:30-4:30 Alsager Library 3rd Tuesday of the month . Playmakers 9:20-10:20 2nd, 9th, 16th, 23rd June Alsager Civic Centre A physical activity programme for children from walking to preschool. Please call 01270 371235 to book.	Alsager Stay and Play 1:30-3:00pm Alsager Civic Centre Meet the team & other local families at our Stay & Play session. Child Health Clinic 2.00-4.00 Alsager Health Centre Health Visitors available for advice and baby weighing	Baby Basics(postnatal group) 10.30-11.30 Alsager Health Centre Health Visitor led session covering women's health, sleep, play & more Interested in Volunteering? Call us on 01270 371235	English Functional Skills Starting at Cranberry Academy Alsager on 8th Sept for 12 weeks (excluding half term) 9.30-12.30. Creche provided. Call 01270 371235 to book your place.
Middlewich Activities	Antenatal Clinic 9:00-12:30 Salinae Appointments only Sensory Time Under 1's 10:00-11:00 Salinae Under 1's play time	Baby Basics(postnatal group) 2:00-3:00 Salinae Health Visitor led session covering women's health, sleep, play & more	Baby Sign 1, 8, 15, 22 July Wych Centre 12.40-1.10 You and your baby can learn non verbal signs to communicate. Toddler Dance 1, 8, 15, 22 July Wych Centre 1.20-1.50 Keep healthy, enjoy music and learn basic dance steps with your toddler. Call 01270 371235 to book either session	Weaning Advice 10.30- 11.30 Salinae (monthly) Middlewich Stay and Play 1:30-3:00 Wych Centre Play session for 0-5's Come and meet the team & other local families at our Stay & Play. Child Health Clinic 2:00-4:00 Salinae (HV's advice and weighing session)	Cherubs 1.30-3.00 Salinae, Middlewich Breastfeeding Support Group

Sandbach Children's Centre

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We run regular 5 week courses of BABY MASSAGE within our three settings and rural areas. We have a waiting list set up so please call us on 01270 371235 to book your place.

We provide ADULT ENGLISH and ADULT MATHS courses. Please ring us on 01270 371235 for more information





Due to limited space in the primary school car park, we advise parking on either Newall Avenue or Union Street which are situated off the main road before and after the Children's Centre pedestrian entrance.

ENGLISH FUNCTIONAL SKILLS COURSE



Starting on Tuesday 8th September 1.00-3.00pm Last session on Tuesday 1st December

"For those who need a stepping stone into employment or want to be able to support their children with their homework needs. We will be working towards the Functional Skills Qualification in Adult Literacy "

To book onto this course call: 01270 371235

WORK CLUBS

Did you know that there are Work Clubs in Sandbach, Alsager & Middlewich who can help with writing CVs, sourcing training and seeking employment?

Sandbach session-Wed 10.00-12.00 call 07580724932

Alsager session-Thurs 12.00-2.00 call 07751960579

Middlewich session-Wed 10.00-12.00 call 07580724932

FIRST AID

Concerned about your level of First Aid knowledge? Come along to a friendly relaxed First Aid session in your area:

Sept 2015 - Alsager Health Centre

Nov 2015 - Salinae, Middlewich

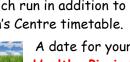
Feb 2016 - Sandbach Children's Centre

For more info or to book: Call 01270 371235



POP UPS







A date for your diary! Healthy Picnic Pop Up Tues 28th July 11.00-3.00

Look out for more information soon!

Need Health Visitor Advice? Ring your local clinic:

Salinge Middlewich - 01606 544050 Alsager Health Centre - 01270 275570 Ashfields Sandbach- 01270 275050



Follow us on twitter @SandbachAlsager



FOOD BANKS

Did you know that there are food banks in Sandbach, Alsager & Middlewich?

Would you like to be referred for support?

Call Sandbach Children's Centre: 01270 371235

WE CAN HELP!

