

Who we are and where to find us



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Our address:
Southam & District Children's Centre
Arundel House
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Take a look at what's on offer at Southam & District Children's Centre



- Activities and sessions for you and your child under 5
- Useful information and links to other organisations
 - Parenting courses
 - Family support in the home
- A place to meet others, take part and have fun

Visit: Our new website
www.parentingproject.org.uk
for the latest timetable of
activities, news and useful
information about our Centre
and all the others in the Group

**We can now be found
on facebook**

[www.facebook.com/pages/
Southam-and-District-
Childrens-
Centre/507016879369306](http://www.facebook.com/pages/Southam-and-District-Childrens-Centre/507016879369306)



Please speak to one of the team if
you are interested in **volunteering**
or becoming a **parenting project**
trustee. We also welcome any
feedback about our services, so
please share your thoughts with us!



This Surestart Children's Centre is managed by
'The Parenting Project'; a local charity working
within the Stratford District for families with
children from 0-19. For more information call
01789 490845



"I've found the Centre to be a
great help, very supportive and
friendly. My child loves coming
here and it has benefited both of
us"

01926 810028

What is a Children's Centre?

Sure Start Children's Centres are places where you and your family can access a range of services under one roof. All of the services are designed to support families with children under five with a purpose to help you manage the challenges of family life and to provide opportunities for your child to develop and thrive.

Southam Children's Centre is open to families living in the Southam & District community. Our community is defined as:

- * The streets and postcodes that are part of our local 'reach area' as designated by Warwickshire County Council

This area includes Southam, and the villages of Harbury, Ufton, Deppers Bridge, Chesterton, Bishops Itchington, Long Itchington, Napton & Stockton

Families living beyond our community area are very welcome to attend our 'open' sessions which are marked on the timetable with a green circle.

We work very closely with the other Parenting Project Children's Centres in Stratford, Alcester, Studley, Clopton, Wellesbourne, Lighthorne Heath & Shipston to ensure that all families receive the support they require and have access to services that are most helpful to them. We also work in partnership with Health Visitors, speech & language and physiotherapists, social care teams including counsellors, and many others to bring you consistent and up to date information and support.

If you need any further information about anything in this leaflet please pop in to the centre or give us a call and we will be more than happy to help you.



More about what we offer...

Health Visitors 0-5 yrs clinic and other Health services

The Health Visitors and Children's Centre staff run baby clinics at the Early Years Centre in Bishops Itchington and at Southam Clinic, for weighing your baby, a chance to ask questions, and stay for a chat with other parents. The health visiting team also offer regular weaning sessions from Southam Clinic to guide you through this important stage.

Baby massage

Our baby massage courses run for four weeks, all through the year, for babies from 6 weeks old. It is a wonderful opportunity to learn an easy massage routine that will soothe your baby and help you to create a close bond.

Chatter matters

We run two courses of chatter matters, one for babies under a year old, and one for toddlers from 12 months. Each course runs for a number of weeks and includes lots of fun with songs, rhymes, instruments, scarves, treasure baskets and other activities. These courses really help to encourage your child's communication skills, and gives you ideas to carry on at home.

Triple P and Nurturing Parenting Courses

Our family workers are trained to deliver Triple P and Nurturing for groups of parents and on a 1-1 basis. They give you easy to use strategies to encourage positive behaviour and support strong relationships.

Messy Play Bishops

A weekly play session run from the Early Years Centre in Bishops Itchington, open to all families with children of any age under 5. There's always lots of messy/craft activities to play with and a baby area. A chance to get messy without the clearing-up!

Baby Play

This group suitable for babies under 1, runs every week for anyone to drop in, explore sensory play, chat to other parents and join in with some singing at the end. It's a great place to make new friends and share in the joys and challenges of baby's first year!

Stay and Play

A weekly play session run from Arundel House, open to all families with children of any age under 5. There's always lots to play with, a baby area, messy/craft activities and finishes with snack time and singing.

Talk & Play and speech and language support

Tracey, our speech and language champion, is available to discuss any concerns or questions about your child's talking, and also runs 'Talk & Play', a group for children 2 years+ which helps boost their development through play and activities.

Please see our current timetable for special sessions or one offs that we occasionally run