



Erdington & Sutton District Children's Centres

Activity Calendar — 10th January – 1st April 2022

Monday am

9.30-11.30am
KID's West Midlands
Support Group—
Referral only.
Castle Vale

9.30-10:30am
First Word's Together
Session for children aged
12-18 months
Lakeside

9.30am-11.30pm
Hug in a Mug
Castle Vale

****Please note: All sessions run on a first come first serve basis, we are running to a 1 metre rule therefore spaces are limited. Arrive no more than 10 minutes before the session, here you will be allocated a number to reserve your space**

Tuesday am

9.30-10.30am
Play and Learn
under 5's
Castle Vale

10.00-11.00am
Story/Singing session
Under 5's
Boldmere Library

10.00am-12.00pm
Breast Feeding Lounge
Lakeside

For any Breastfeeding advice please contact any of the Children's Centres or come along for support to one of the groups.



Wednesday am

9.30-10:30am
First Word's Together
Session for children
aged 12-18 months
Holland House

9.30-10.30am
Play and Learn
under 2's
Lakeside

9.30-10.30am
Play and Learn
over 2's
Lakeside



Join in on Facebook with comments, likes, shares and ideas—
Erdington Children's Centre

Thursday am

09.30-10.30am
First Words
Session for children aged
12-18 months
Castle Vale

9.30-11.30am
KID's West Midlands
Support Group—
Referral only.
Lakeside

Family Support

Need some advice and support? Ring to speak to our duty family support worker who can help and advice. If we cannot we will help to identify a service who can.

Friday am

9.30-10.30am
Play and Learn
over 2's
Holland House



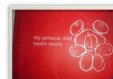
DID YOU KNOW?...

National recommendations are that pregnant women and young children should take vitamin D supplements

ASK FOR YOURS AT RECEPTION OR CALL YOUR CHILDREN'S CENTRE



Birmingham Community Healthcare
NHS Foundation Trust



****** IMPORTANT ******
PLEASE BRING YOUR RED BOOK EVERYTIME YOU VISIT THE CENTRES



Monday pm

12.30-2.30
Hug in a Mug
Lakeside

1.30-4.00
Employment and Training
Drop-In
Lakeside

Tuesday pm

1.15-2.15
First Words
Featherstone

12.30-2.30
Hug in a Mug
Holland House

12.45-2.45pm
HENRY/PHP
Lakeside

Wednesday pm



Please note- We offer
baby massage, please
enquire with your local

Thursday pm

10.00-12.00pm
Hug in a Mug
Featherstone

1.15-2.15pm
Play and Learn
under 2's
Featherstone

1.30-4.00
Employment and Training
Drop-In
Featherstone

Friday pm

1.15-2.15pm
Play and Learn
over 2's
Featherstone

1.30-2.30pm
Play and Learn
under 2's
Holland House

Lakeside Children's Centre

Lakes Road, Erdington,
Birmingham, B23 7UH
Telephone: 0121 752 1970
Open 9am - 5pm

*Some car parking space available,
disabled parking and plenty of on
street parking also available*

Castle Vale Children's Centre

372 Yatesbury Avenue, Castle Vale,
Birmingham, B35 6DG
Telephone: 0121 752 1920
Open 9am - 5pm
On street parking available

Holland House Children's Centre

Holland Road,
Sutton Coldfield, Birmingham,
B72 1RE
Telephone: 0121 752 1860
Open 9am-5pm
*Parking on Juke Street- 2 hours
without pay and display*

Featherstone Children's Centre

29 Highcroft Road, Erdington,
Birmingham, B23 6AU
Telephone: 0121 752 1870
Open 9am-5pm
On street parking available

Boldmere Library

119 Boldmere Road, Boldmere,
Sutton Coldfield, B73-5TU
On street parking available

Facebook Page

Erdington Children's Centre

www.startwellbirmingham.co.uk

Health Activities call in:

We can support you with:

Introduction to solids
Oral health
Bottle to cup transition
Fussy eating
Safety in the home
Healthy eating and nutrition
Call Tal Badhan on 07816 364241

We offer a number of courses including:

- Promoting Happier Parenting
- Domestic Abuse Support
- Solihull Approach
- Healthy Eating Nutrition for the Really Young (HENRY)
- Incredible Years Parenting Programme

Please call your local children's centre to
enquire or/and book on.

Language Through Play

If you have concerns around your child's speech and language development, we offer speech and language sessions to help support and enable parents to optimize their child's speech and language skills. The support is through our little talkers sessions and home learning with talking tips and activities from the Wellcomm toolkit.

Employment and Training & Volunteering

Get support with CV writing, interview skills and accessing courses.

We also have a range of volunteering opportunities within the
Children's Centre

Contact Zaheer on 07974 255788 or Natalie on 07870981272