

Referral Support

These groups are designed to support and guide parents who may find themselves in need of a helping hand. You can be referred to attend any of these sessions by any professional who is working with you (e.g. your Health Visitor, Family Support worker or you can self-refer, if you feel you would benefit from any of these groups). To self-refer, then please ring us and speak to a member of the Family Support team who will be happy to discuss your needs.

Domestic Abuse Support Group (“Freedom” programme and Recovery Tool): Support group for women who have experience domestic abuse.

“Let’s get Talking”: Sessions aimed at children around 2 years with delayed speech and language development. You will be invited to these sessions by Health.

All our services and the majority of sessions are **FREE to registered Rutland families**. Registration forms are available at sessions, at the Oakham Children’s Centre or you can complete an online copy on our website: www.visionsccc.co.uk

You can always download the full programme of all our sessions from our website.

Visions Children’s Centres Working Hours

Monday to Thursday: 8.30am – 5.00pm.
Fridays: 8.30am - 4.30 pm

Address:

Visions Children’s Centre
Catmose Campus
Huntsmans Drive
Oakham
Rutland
LE15 6RP



A to Z of Universal and Targeted Support provided by Visions Children’s Centres—February 2017



VISIONS CHILDREN’S CENTRE STATEMENT

“At Visions Children’s Centre we offer a welcoming space where children and families matter; where they can feel safe, healthy and happy and can develop to reach their full potential.”

Our webpage is: www.visionsccc.co.uk
Call us on: 01572 772 590
or e-mail: visions@rutland.gov.uk



Universal Support

Available to all families with children 0 – 5 years.

Suitable for ages:	Ante natal	0-6 mths	6-12 mths	1-2 years	2-3 years	3-4 years	4-5 years	
Active Play sessions (for disabled children and children with additional needs)	–	√	√	√	√	√	√	
Baby Play	–	√	√	–	–	–	–	
Breastfeeding Support Rutland Coffee morning	√	√	√	√	√	√	√	
Bumps to Babies (Ante Natal course):	√	–	–	–	–	–	–	
Child Minders Group	–	√	√	√	√	√	√	
Development Checks/Weaning groups/Health Visitor Clinics	–	√	√	√	√	√	√	
Downs Syndrome Group Tea Club	√	√	√	√	√	√	√	
Gingerbread (Single parents)	√	√	√	√	√	√	√	
New Parents Course (1 st time parents or mums new to the area)	–	√	–	–	–	–	–	
School Holiday Activities (See Visions Website for details—www.Visionsccc.co.uk)	–	√	√	√	√	√	√	√
Speech and Language Therapist (by appointment only)	–	–	–	–	–	√	√	
Stay and Play/Messy Play sessions	–	√	√	√	√	√	√	
Transitions Session (Ready for School)	–	–	–	–	–	–	√	
Twins and multiple births coffee morning	–	√	√	√	√	√	√	
Young Parents (Parents up to 25 years)	–	√	√	√	√	√	√	

Description of Groups

Active Play sessions: For babies/children aged 0 – 4 with disabilities or additional needs and their parents/carers. To help develop motor skills/social skills and have fun!!

Baby Play: For parents and carers to come along with babies aged 0 – crawling. Enjoy a wide range of activities and ideas for things to do at home, plus a chance to meet other mums.

Breastfeeding Support Rutland Coffee morning: Weekly sessions run by by mums who have or are breast feeding and have been trained to assist other mums who are breastfeeding. Whether you require advice or not, come and meet other breastfeeding mums.

Bumps to Babies: A rolling 4 - week programme of ante-natal classes including Labour and Pain relief, infant feeding and parenting skills. Book via the Children's Centre.

Child Minders Group: A group run by Rutland Child Minders to exchange best practise and let the children in their care socialise with the other children.

Development Checks/Weaning groups: Advice about your babies development/ information and advice around weaning your baby. For appointments please contact your Health Visitor.

Downs Syndrome Group Tea Club: Support for carers/ families of children with Downs Syndrome. Contact Karen Dean on 07519 309 317 or via their web page: www.padsg.org

Gingerbread: Support group for single parents. Contact the Children's Centre for more details.

New Parents Course: A 6 – week course for first time parents and parents who are new to the area, including sessions on weaning, post natal exercise, infant resuscitation and baby massage. Book via the Children's Centre or just turn up for the first session.

Stay and Play/Messy Play sessions: For parents and carers of children 0 – 4 years. Delivery of Stay and Play/Messy Play sessions and activities are aligned to the Early Years Foundation Stage (EYFS). Parents/carers are invited to sign up to **Tapestry**, an easy-to-use online learning journal to help educators and parents to record, track and celebrate children's achievements and progress in the Early Years.

Speech and Language Therapist: The Speech and Language Therapist uses Visions Children's Centre all day on a Wednesday to see her clients.

Transitions Sessions ("Off to a flying start...") – A session to support children as they begin school and to make the whole experience positive for everyone.

Twins and multiple births group: Informal parent led drop in session for parents/carers of twins and multiple birth. Siblings welcome. Come along and join others experiencing the joys and challenges of twins (or more!). Expectant parents very welcome!

Young Parents: Young? Worried? Need advice or just to make friends. Whether you are a pregnant young adult or already parenting, join our friendly group and meet other young Parents. Ring Ceri on 07970 232 016 for more information