

## Support Groups & Sessions:

### Baby Play:

For parents and carers to come along with babies aged 0 to crawling (session 1, held on Thursdays at 1.00 pm – 2.00 pm) and for walking to 2 years (session 2, held on Thursdays, 2.15 pm – 3.15 pm). Enjoy a wide range of activities and ideas for things to do at home. Please email [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk) to reserve your place.

### Breastfeeding Support Coffee Morning:

Come along and meet our BSR team and other breastfeeding mums.

### Bump to Babies Ante-natal Sessions:

A rolling four week programme of antenatal classes. Please email [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk) to reserve your place.

### 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](http://www.padsg.org)

### Let's Get Talking:

Speech, language and communication course for children aged 2+ years by invitation only.

### New Parents:

Meet other new first time parents at the 6 x weekly informative sessions.

### Rhyme & Story Times:

Rutland Library Service and Visions Children's Centre run regular activities for pre-school children, all welcome. Call 01572 722 918 to confirm details of sessions. Term time only.

### Stay and Play/ Messy Play:

For parents and carers to come along with children aged 0-4. Enjoy a wide range of activities and ideas for things to do at home.

### 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.



The Children's Centre works in partnership with colleagues in Health, Early Years settings, Library services, the Museum and other community services to ensure there are a full range of services on offer for all children in Rutland.



A Sure Start Children's Centre

Catmos Street, Oakham, Rutland. LE15 6HW  
Tel. 01572 758 383  
Email. [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk)



**Open For Enquiries:**

**Monday to Thursday:**  
08.30 – 17.00 hrs

**Friday:**  
08.30 – 16.30 hrs

**Saturday & Sunday:** Closed



# What's On Programme

March 2018



"We want to keep your children safe while in the Children's Centres, therefore please ensure all mobile phones and devices are switched off before you enter the Children's Centre."

**Free transport available to all sessions. All sessions are free for Rutland families.**

### Our Vision:

"Improve the well being and achievements of children and young people by successfully integrating services, in partnership, with an emphasis on early intervention, preventative action through excellent safeguarding procedures and by promoting welfare"

## Monday

9.30 am—12.00 noon

Health Visitors at Visions Oakham, LE15 6HW.

9.30 am —10.10 am

Toddle Talk Course at Visions Oakham, LE15 6HW. Learn to sign/sign to learn! From 5th Mar to 9th April 18 . For families who have not attended this course before with babies and toddlers. There is an expectation to complete the course, this is not a drop-in session. Only 10 spaces available. Email:

[visions@rutland.gov.uk](mailto:visions@rutland.gov.uk) to book.

1.00 pm—2.30 pm

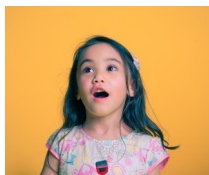
Stay and Play

Weekly sessions are held at Visions Oakham, LE15 6HW.


2.30pm—3.00pm

Rhyme Time

at Ryhall Library, PE9 4HY. Term time only.



 Like Visions Children's Centre on Facebook to stay in touch.

 Please contact your Health Visitor to make an appointment on 01572 772 069.

## Tuesday

10.00 am—11.45 am. Stay and Play/ Messy Play and Rhyme Time at the Community Centre, St George's Barracks.

9.00 am—12.00 noon . Health

Visitor: 2 Year Reviews At Visions Oakham, LE15 6HW. Held on the first and third Tuesday of the month, by appointment only: 6th & 20th March.



2.00 pm—4.00 pm. Bump to Babies:

Ante Natal Course at Visions Oakham, LE15 6HW.


6th March: Becoming a Parent  
13th March: Labour/Pain Relief  
20th March: Feeding  
27th March: Baby Care  
To book, email:

[visions@rutland.gov.uk](mailto:visions@rutland.gov.uk)

2.30 pm—3.00pm Rhyme Time at

Uppingham Town Hall, LE15 9PY.

Term time only.

 Booking essential, please contact [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk) to reserve your place.

## Wednesday

10.00 am—11.45 am Stay and Play/ Messy Play and Rhyme Time at the Community Centre, Kendrew Barracks.

10.00 am—12.00 noon

BSR Coffee Morning at Visions Oakham, LE15 6HW.

11.45 am—12.45 pm Spud Club

at Visions Oakham, LE15 6HW. For those attending the Young Parents group.



12.45 pm—2.15 pm

Young Parents

at Visions Oakham, LE15 6HW. For further information and to confirm sessions are running, call Ceri on 07970232016.


1.00 pm—4.00 pm

Health Visitors

at Visions Oakham, LE15 6HW.

2.30 pm—3.00 pm Rhyme Time

at Visions Oakham, LE15 6HW. Term time only.

 Open to all. No booking required, all welcome.

## Thursday

9.30 am—12.00 noon Health Visitors at Visions Oakham, LE15 6HW.

10.00 am—11.30 am

Stay and Play

at Uppingham Scout Hut, LE15 9PU.

10.30 am—12.00 noon

New Parents

at Visions Oakham, LE15 6HW.

Next course starts: 8th March

Next course ends: 12th April

Baby Play

at Visions Oakham, LE15 6HW.

Session 1: 1.00 pm—2.00 pm

For babies 0-crawling.

Session 2: 2.15 pm—3.15 pm

Walking to 2 years.

**30 Hours & Tax Free Childcare**

On top of the universal 15 hours free provision that all 3 and 4 year olds currently receive, the government has committed to doubling this offer for working parents of 3 and 4 year olds from September 2017. The aim is to help families by reducing the cost of childcare and supporting parents to work.


To find out more please go to:

<https://www.childcarechoices.gov.uk/>

Do you qualify for 30 hours Free Childcare?

Do you want to know more about Tax Free Childcare?

<https://www.rutland.gov.uk/my-services/>

 Sessions are open to MOD personnel and their families only.

## Friday

9.00 am—3.30 pm SEND IASS Drop-In Service. A service where families can drop-in for advice about Services and their rights for children with SEND.

10.00 am Baby's Next Steps

at Visions Oakham, LE15 6HW. Invitation only sessions, arranged when Baby is 4 months old approx.

10.30 am—11.00 am

Rhyme Time at Oakham Castle, LE15 6DR. Term time only.

1.30 pm—2.00 pm Rhyme Time

at Ketton Library, PE9 3TE.

Term time only.

*Is your child aged 4 months or 2 years old?*

*Don't forget to attend your child's review with your Health Visitor.*


*Contact your Health Visitor for more information on*

*0300 300 0007*

*Our Childcare and Children's Centre officer can support with Early Years educational advice.*

**If you would like to talk to, or ask advice from one of our Targeted Intervention Practitioners**

**please ring: 01572 758383**

 Please contact your Speech and Language Therapist (SALT)