

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 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 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

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



Open For Enquiries:

Monday to Thursday:
08.30 – 17.00 hrs

Friday:
08.30 – 16.30 hrs

Saturday & Sunday: Closed

📍 Catmos Street, Oakham, Rutland LE15 6HW | ☎ 01572 758 383 | ✉ visions@rutland.gov.uk



What's On Programme

April 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 & 10.20 am —11.00 am

Toddle Talk Courses at Oakham Library, LE15 6HW. Please sign in at Visions Oakham on arrival, LE15 6HW. Learn to sign/sign to learn! From 5th Mar to 16th 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 to book.

10.00 am—12.00 noon

Childminders at Visions Oakham, LE15 6HW: 9th & 23rd April.

1.00 pm—2.30 pm

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

2.30pm—3.00pm

 **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, LE15 8RL.

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: 3rd & 17th April.

10.00 am—12.00 noon **Twins Group**

at Visions Oakham, LE15 6HW: 17th April only.

Music Bugs Holiday Session on 3rd April at Visions Oakham, LE15 6HW:

Family Bugs (mixed ages):

Session 1: 9.00 am—10.10 am

Family Bugs (mixed ages):

Session 2: 10.30 am—11.10 am

Baby Bugs (newborn to crawling):

Session 3: 11.30 am—12.10 pm

Booking essential, email:

visions@rutland.gov.uk

2.00 pm—4.00 pm. **Bump to**

Babies: Ante Natal Course at Visions Oakham, LE15 6HW.

3rd April: Becoming a Parent

10th April: Labour/Pain Relief

17th April: Feeding

24th April: Baby Care

To book, email:

visions@rutland.gov.uk

2.30 pm—3.00pm **Rhyme Time**

at Uppingham Town Hall, LE15 9PY.

Booking essential, please contact 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, LE15 7BL.

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. Current course ends: 12th April Next course starts: 3rd May

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** at Oakham Library, LE15 6HW.

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, PE93TE. 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

Speech and Language Therapist (SALT)