







South East Locality Children's Centres Summer What's On 2019

External Partners	Blyth Central	Blyth West	Seaton Valley
<p><u>WEDNESDAY</u></p> <p>Fit and Fed St. Mary's Church 24/07/2019 – 21/08/2019 12:00 – 2:00 BOOKING ESSENTIAL*</p> <p>Silx BBQ Celebration Blyth Marketplace 28/08/2019 4:00 – 6:00</p> <p><u>THURSDAY</u></p> <p>Silx BBQ Blyth Beach Huts Suitable for age 11+ 08/08/2019 11:00 – 3:00</p> 	<p><u>MONDAY</u></p> <p>NEW! Additional needs and disability parenting support 22/07/19, 05/08/19, 19/08/19 10:00 – 11:30</p> <p><u>TUESDAY</u></p> <p>Birth Registration Drop in 9:30 – 11:15</p> <p><u>WEDNESDAY</u></p> <p>Parenting Drop-in 4:00 – 5:30</p> <p><u>THURSDAY</u></p> <p>LTP Age 0-4, older siblings welcome to join 25/07/2019 – 22/08/2019 1:00 – 2:30</p>	<p><u>TUESDAY</u></p> <p>LTP Age 0-4, older siblings welcome to join 23/07/2019 – 20/08/2019 1:00 – 2:30</p> <p><u>WEDNESDAY</u></p> <p>Breastfeeding Beyond Babies 1:00 – 2:30</p> <p>Did you know you can hire a room at Blyth West Children's Centre?</p> <p>We have a large multi-purpose room with access to an enclosed garden area; this is an ideal space for exercise classes, slimming groups and meetings etc.</p> <p>Contact: 01670 541150</p>	<p><u>THURSDAY</u></p> <p>Weigh and Stay 10:00 – 11:30</p> <p>Breastfeeding Support Group 1:30 – 2:30</p> <p>Don't forget to like our Facebook page</p> <p>'South East Locality Children's Centres'</p> <p> Find us on Facebook</p> <p>  </p> <p> </p> <p> </p>

*Contact South East Locality Children's Centres to book your place

Activity	Description	Contact
Additional needs parenting support	A safe space for parents / carers of children with additional needs. An opportunity for parents to come together and have some "me" time. You do not need to book just call in however please contact Blyth Central prior to attendance on 01670 798800, to ensure the group is right for you.	Blyth Central – 103 Wright Street, Blyth, NE24 1HG – 01670 798800 Blyth West – Devonworth Place, Blyth, NE24 5AQ – 01670 541150 Cramlington West – Langdale Drive, Cramlington, NE23 8EH – 01670 710080 Seaton Valley – Western Avenue, Seaton Delaval, NE25 0EP – 0191 2375184
Birth Registration Drop in	A drop-in service to register the birth of your new baby – The birth certificate costs £11.00. This is also a wonderful opportunity to meet our staff and get information about our Children's Centres.	
Learning Together Through play (LTP)	Informal drop in for parents / carers and babies / children offering a great opportunity to make new friends. Themed activities for the summer. Must have an under 5 in group. Must live in Blyth Valley area. Please dress appropriately for messy activities. Cost of £1.00 per family.	Learning Together Through Play Week 1 – Pirates and Princesses Week 2 – Teddy Bear Picnic Week 3 – Dear Zoo Week 4 – Messy Play Week 5 – Sports Day
Fit and Fed	(Partnership with Silx) Activity suitable for families with an 11+ year old and an under 5 in their party.	
Breastfeeding Beyond Babies	Come and join us in a relaxed and friendly environment to find out the benefits and more about breastfeeding your older baby. Run by Health Visitors and Volunteers.	
Parenting Drop-in	Early Help Family Workers available to give advice and guidance to parents / carers of 0 – 19 year olds.	
Weigh and Stay	An opportunity to have your child weighed by a Health Visitor.	
Breastfeeding Support Group	An informal drop-in group for pregnant and breastfeeding Mums. Gain advice and support from health professionals, other Mums and trained Peer Supporters.	



This Summer...



'Slip' 'Slap' 'Slop'

'Slip' on a T-shirt

'Slap' on a hat

'Slop' on some sun cream



The Reading Agency and Libraries Present



Summer Reading Challenge 2019

Join in with the Space Chase and sign up to this year's Summer Reading Challenge at your local library. Your local libraries are Blyth Library, Seaton Sluice Library and Cramlington Library.

