



Other Support and Advice Services

Antenatal Appointments

If you need to see a Midwife for the **FIRST TIME** this pregnancy – call 02476 344 334 to make a first appointment.

Ongoing antenatal checks—please call the number provided by your midwife.



Advice and Support

Our Family link worker is able to provide initial support and advice on a wide range of issues of a non-medical nature and signposting information to guide you to the most appropriate service for your needs.

See front cover for ways to contact us.



Smoking Cessation in Pregnancy

Helpline: 07917 227 004

 www.quit4baby.co.uk

Our friendly advisors are now supporting pregnant women over the telephone and providing FREE Nicotine Replacement Therapy for women who want to quit.

Family Support (EHTS)

The WCC Early Help and Targeted Support Team (Family Support) can offer you tailored practical and emotional support and advice around parenting, finance, housing or any other issues. Call the Family Support Duty Line on 01926 412412 (Option 4—for North Warwickshire)



Health Visiting Appointments

Your health visiting team can offer support and advice on all aspects of caring for your child.



Call Atherstone Health Visiting Team: 01827 717 204 or text the **Text Chat Line** on 07520 615293. Text anytime. Texts answered, 9am–5pm, Mon–Fri.

Facebook page: <https://www.facebook.com/groups/267666700702085/>

Early Breast Feeding Support Service

Contact:
01926 626 529

Healthy Start Vitamins

Contact Atherstone
Health Visitors :
01827 717 204

Citizens Advice

Call 01827 712852 or
email:
advice@nwcab.org.uk

North Warwickshire Children & Family Centre Atherstone Summer 2021



Contact us...

Atherstone Children and Family Centre

Kings Avenue, Atherstone, Warwickshire, CV9 1JZ

Opening Hours: Monday to Friday, 9am to 4.30pm

Tel: 01827 718 723

Text: 07525 804 813

Email: kath.dawson@barnardos.org.uk

Message us via Facebook:

- Search: North Warwickshire Children & Family Centre
- or go to: **www.facebook.com/barnardos.co.uk/**

www.barnardos.org.uk/what-we-do/helping-families/childrens/centres



CHILDREN & FAMILY CENTRE

Summer Activity Timetable – Week 1 Monday 26th July – Friday 30th July

Believe in children
Barnardo's

**Monday
26th**

Facebook Pre-recorded Activity
Meet the bearded dragon.

Breast Feeding Support Group PM
Atherstone Children and Family Centre.
Non-mobile babies. Booking essential.



**Tuesday
27th**

Facebook Pre-recorded Activity
Rhyme Time and Stories



Healthy Movers - AM
Family, outdoor Movement and Play at Race Meadow Park, Booking essential.

**Wednesday
28th**

Facebook Pre-recorded Activity
NOSH

Nature Walk - AM
Kingsbury Water Park,
Booking essential.



**Thursday
29th**

Facebook Pre-recorded Creative Activity
Nature Dinosaur Collage.



Baby Support and Play –PM
Atherstone Children and Family Centre.
Non-mobile babies. Booking essential.

**Friday
30th**

Facebook Pre-recorded Activity
50 things to do before you are five!

Nature Activity Session - AM
Atherstone Children and Family Centre.
Booking essential.

Story Walk –PM
Brown Bear.
At Hartshill Hayes Country Park.
Booking essential.



CHILDREN & FAMILY CENTRE

Summer Activity Timetable – Week 6 Monday 30th Aug – Friday 3rd Sept

Believe in children
Barnardo's

**Monday
30th**

Bank Holiday

**Tuesday
31st**

Facebook Pre-recorded Activity
Rhyme Time and stories



1-1 Support **Weekdays throughout the summer**

- Sleep Support
 - Speech and Language
 - Baby Massage
 - Breastfeeding
 - Physical Development
- Face-to face, telephone, text or Zoom. Days and times to suit.
Call us on 01827 718 723.

**Wednesday
1st**

Facebook Pre-recorded Activity
NOSH

Teddy Bears Picnic –AM
Hartshill Hayes Country Park
Booking essential.

**Thursday
2nd**

Facebook Pre-recorded Storytime
Owl Babies

Hoglets Baddesley Story Time –AM
Sometimes I like to...
Booking essential.



Find us on **facebook**

North Warwickshire
Children & Family Centre

**Friday
3rd**

Facebook Pre-recorded Activity
50 things to do before you are five!



Baby Support and Play –PM
Atherstone Centre.
Non-mobile babies. Booking essential.

Summer Activity Timetable—Week 5

Monday 23rd — Friday 27th August

**Monday
23rd**

Facebook Pre-
recorded Activity
Meet the tarantula.



**Breast Feeding
Support Group—PM**
Atherstone Children
and Family Centre.
Non-mobile babies.
Booking essential.

**Tuesday
24th**

Facebook Pre-
recorded Activity
Rhyme Time and
Stories



**Healthy Movers -
AM**
Outdoor
movement and
play at
Polesworth.
Booking essential.

**Wednesday
25th**

Facebook Pre-
recorded Activity
NOSH

Clay Pots - AM
Atherstone
Centre. Outdoor
Family Activity,
Booking essential.

Story Time - PM
Atherstone Centre.
The Hungry
Caterpillar.
Booking essential.

**Thursday
26th**

Facebook Pre-
recorded Activity
Action Songs

Come & Explore—AM
Woodend Park.
Booking essential.

**Baby Support and
Play—PM**
Atherstone. Non-
mobile Babies.
Booking essential.

Walk to Westwood —PM
Atherstone Canal Walk
and Story. Booking
essential.



**Friday
27th**

Facebook Pre-
recorded Activity
50 things to do
before you are five!

**Baby Explorers—
AM**
Atherstone Centre.
Explore Sensory
Bottles and
Treasure baskets.
Non-mobile babies.
Booking essential.

Summer Activity Timetable — Week 2

Monday 2nd — Friday 6th August

**Monday
2nd**

Facebook Pre-
recorded Storytime
Dinosaur Roar

**Nature Walk / Song
time—AM**
Hartshill Hayes
Country Park.
Booking essential.

**Breast Feeding
Support Group—PM**
Atherstone Centre.
Non-mobile babies.
Booking essential.

**Tuesday
3rd**

Facebook Pre-
recorded Activity
Rhyme Time



**Baby Support and
Play—AM**
Atherstone.
Children and
Family Centre.
Non-mobile babies.
Booking essential.

**Wednesday
4th**

Facebook Pre-
recorded Activity
NOSH

**1-1 Support
Weekdays
throughout the
summer**
Sleep, Speech and
Language,
Breastfeeding, Baby
Massage and
Physical
Development
Days and times to
suit. Call us on
01827 718 723.

**Thursday
5th**

Facebook Pre-
recorded
Movement Activity
Sticky Kids

**Fun and Games in
the park—AM**
Dordon Park
Booking essential.

**Baby Support and
Play—PM**
Atherstone Centre.
Non-mobile babies.
Booking essential.

Friday 6th

Facebook Pre-
recorded Activity
50 things to do
before you are five!



Find us on
facebook

North Warwickshire
Children & Family Centre



CHILDREN & FAMILY CENTRE

Summer Activity Timetable – Week 3 Monday 9th – Friday 13th August

Believe in children
Barnardo's

**Monday
9th**

Facebook Pre-recorded Activity
Meet the gecko.

Lets Get Physical – AM
Race Meadow Park
Booking essential.

Breast Feeding Support Group–PM
Atherstone Centre.
Non-mobile babies.
Booking essential.

**Tuesday
10th**

Facebook Pre-recorded Activity
Rhyme Time and Stories

Healthy Movers– AM
Movement and Play. Dordon,
Booking essential.

Baby Support and Play– AM
Atherstone .Centre.
Non-mobile babies.
Booking essential.

**Wednesday
11th**

Facebook Pre-recorded Activity
NOSH

Canal Walk–AM
Feed the ducks at Atherstone Canal.
Booking essential.



**Thursday
12th**

Facebook Pre-recorded Activity
Animal Story–Class 2 at the Zoo

Lets Get Physical– AM
Polesworth Park
Booking essential.

Baby Support and Play–PM
Atherstone Centre.
Non-mobile babies.
Booking essential.

**Friday
13th**

Facebook Pre-recorded Activity
50 things to do before you are five!



North Warwickshire
Children & Family Centre



Nature Walk–PM
Coleshill Park
Booking essential.



CHILDREN & FAMILY CENTRE

Summer Activity Timetable – Week 4 Monday 16th – Friday 20th August

Believe in children
Barnardo's

**Monday
16th**

Facebook Pre-recorded Storytime
Wonky Donkey

Story Fun Session– AM
Atherstone Children and Family Centre.
Non-mobile babies.
Booking essential.



**Tuesday
17th**

Facebook Pre-recorded Activity
Rhyme Time

Baby Support and Play–AM
Atherstone Centre.
Non-mobile babies.
Booking essential.



**Wednesday
18th**

Facebook Pre-recorded Activity
NOSH



Story Fun Session– AM
Atherstone Children and Family Centre.
Non-mobile babies.
Booking essential.

**Thursday
19th**

Facebook Pre-recorded Activity
Meet the Chickens

Teddy Bears Picnic–AM
Baddesley
Booking essential.

Baby Support and Play–PM
Atherstone Centre.
Non-mobile babies.
Booking essential.

**Friday
20th**

Facebook Pre-recorded Activity
50 things to do before you are five!

1-1 Support Weekdays throughout the summer
Sleep, Speech and Language, Baby Massage, Baby Physical Development
Days and times to suit. Call us on 01827 718 723.