

## March 2020

### Children's Centres' contact details

#### Buttercup 03000 421295

St Radigunds Community Centre,  
Poulton Close Dover, CT17 0HL

#### Blossom 03000 411555

The Downs Primary School,  
Owen Square, Deal, CT14 7TL

#### Buckland & Whitfield 03000 414941

St Nicholas Church, The Linces,  
Dover, CT16 2BN

#### Samphire 03000 420882

Aycliffe Primary School,  
St David's Avenue, Dover, CT17 9HJ

#### Sunflower 03000 415858

Eythorne & Elvington School,  
Adelaide Road, Eythorne, CT15 4AN

#### Opening hours

9am - 5pm Monday to Thursday  
9am - 4.30pm Friday

Samphire opening times are  
9am - 1.30pm Monday to  
Thursday  
Closed on Fridays

#### Dover Youth Hub 03000 420008

Search them on Facebook  
Linwood Youth Hub—Deal/

### Useful Telephone numbers

Health Visitors  
01304 799700

NHS Direct  
111

24 hour Domestic Violence  
helpline 0808 2000 247  
NSPCC 24hr Child Protection

### Easter Events

Easter Event at Sunflower Children's Centre - 2nd April 1030am to 12pm - Easter hunt and Easter crafts.



Easter Event at Let's Get at Blossom Children's Centre - 9th April 10am to 1130am - Easter hunt and Easter crafts.



Easter Egg Hunt—Connaught Park - Dover Tuesday 14th April - 1pm to 230pm—Find the animals around the park and Easter Craft.



**50p per child contribution, no booking required**

### Free 4 2

**FREE Early Education FOR 2 Year Olds** (known in Kent as the FF2 Scheme)

Childcare can make life better for you and your children.

Funding is available to eligible families for up to 570 hours per year. It can be taken as. hours per week over 38 weeks or for fewer hours per week up to 52 weeks (as a stretched offer), in accordance with the date of birth range chart below. It's quick and

A child born between:	Can access a FF2 place from:
1 April - 31 August (inclusive)	The start of term 1 following their second birthday (after summer holidays)
1 September - 31st December (inclusive)	The start of term 3 following their second birthday (after Christmas / New Year holiday)
1 January - 31st March (inclusive)	The start of term 5 following their second birthday (after April holiday)



### THE SKILLS NETWORK – FREE COURSES – 19+ - Working with National Careers Service

The Skills Network offer free courses for people aged 19+ working with the National Careers service :

Visit our website - <https://nationalcareers.service.gov.uk>

Follow us on social media - [www.linkedin.com/company/national-careers](http://www.linkedin.com/company/national-careers)

[www.facebook.com/NationalCareersService/](http://www.facebook.com/NationalCareersService/)

**Phone** Give us a call on **0800 100 900**. Lines are open from 8am to 10pm, 7 days a week. Calls are free from landlines and most mobile numbers.

### Updating your details

Are your records up to date with us, have you moved recently, changed your telephone number, had a baby? There are a couple of ways to let us know.

1– fill out a form online [www.kent.gov.uk/childrenscentres](http://www.kent.gov.uk/childrenscentres)

2– fill out a form in one of our groups or centres

## Talking Matters

### Speech and Language drop ins 2020

Come to our weekly drop in sessions, for families who are seeking guidance or have questions or concerns about their pre-school child's speech and language development.

These sessions aim to give support and advice and show you simple strategies to help with your child's speech and language development.

A Speech and Language Therapy Assistant will be present on alternate weeks (\* as listed below) to provide specialist support.

#### **Blossom Children's Centre, Deal CT14 7TL**

Thursday 5th March 10.00-11.15am

Thursday 12th March 10.00-11.15am

Thursday 19th March 10.00-11.15am

Thursday 26th March 10.00-11.15am \*

#### **Kidease Nursery, Dover CT17 0HL**

Wednesday 4th March 1.00-2.15pm \*

Wednesday 11th March 1.00-2.15pm

Wednesday 18th March 1.00-2.15pm \*

Wednesday 25th March 1.00-2.15pm

## Save a Baby's Life

Have you got, or do you care for a baby under 1?

This one hour session is taught by a qualified Royal Life Saving Society member, and will look at how to deal with choking and resuscitation in babies.

**Blossom Children's Centre - Friday 27th March - 10am to 11am**

**Buttercup Children's Centre - Thursday 30th April - 1pm to 2pm**

**Aylesham Baptist Church - Wednesday 6th May - 1130am to 1230am**

**Sunflower Children's Centre - Thursday 7th May - 130pm to 230pm**

Please note maximum numbers apply to these sessions, some of which replace existing baby groups, so booking is essential. Please call your local centre to book a place.

**Suggested contribution £2 per family**

## Time to Shine

**At Buckland and Whitfield CC - Thursday 345pm to 5pm - Drop Off from 330pm**

**(term time only)**

Do you have a child aged 4-7 years old who is awaiting assessment for ASD/ADHD or has social and communication difficulties?

This is a small friendly group to support children to increase their self-esteem and confidence, improve their communication skills and form relationships.

Prior to attending first session please call Tracey Peak on 03000 419007



'Like' us on  
Facebook

Search for Dover, Deal and  
Sandwich Children's Centres

Twitter @DoverDistrictCC



Instagram

doverdistrictchildrenscentre



Are you registered with the  
Children's Centres?

If not, visit [www.kent.gov.uk/childrenscentres](http://www.kent.gov.uk/childrenscentres) to complete an online form

Have you recently attended a group or event? We want to know!

We love to hear from our local families. Please get in touch and support the development of our Children Centres.

Email us at:

[ddsc@kent.gov.uk](mailto:ddsc@kent.gov.uk)

Complete our 'Have your Say' leaflet in centres

Comment on Facebook or Tweet us

#### **Priory Fields Family group -**

Parent commented how our group helped him with recipe ideas for his girls and if it wasn't for the group he wouldn't attend any groups and therefore wouldn't socialise with others.

**Let's Get Blossom** - Families enjoyed using the outside area, playing with waterplay, bubbles, balancing activities, and sand pit.

**Lego Club** - The kids love coming to the Lego club, you're doing a great job.

# What's On in Dover

There is no charge for groups unless stated, however voluntary contributions are welcome

## Monday

**09:30-11:00 Curzon Baby Group. Curzon Hall, Curzon Road, Tower Hamlets, Dover**

A sensory morning for babies under 1 year old. A friendly and fun place to meet new parents and chat.

**09:30-12:00 Childminding Group. Samphire Children's Centre**

A group for registered childminders and children.

**10:00-11:15 Music and Movement. Buckland and Whitfield Children's Centre, Dover** For ages 1 - 4 years (Term Time Only)

Learn and sing songs, dance and move to music and make simple musical instruments.

## Tuesday

**10:15-11:30 Book Bugs at Dover Library. 0-4 years (Term Time Only)**

Join us for stories, songs and fun activities based on a new book each week.

**10:00-11:30 Tumble Time. Buttercup Children's Centre. 0-4 years**

Large play equipment for pre-school children including ride-on toys and bouncy castle. Baby area. Healthy snack provided.

**13:00-15:00 Baby Hub and Breastfeeding support. Buckland Children's Centre.**

Drop in service provided by Dover Health Visiting team for under 1s. Offers help and support, health / development advice and breastfeeding support (no age limit for breastfeeding support), .

## Wednesday

**10:00-11:30 Play-A-Weigh. Burgoyne Heights Community Hall, CT15 5LY. 0-4 years (Term Time Only)**

Come and have lots of fun with your children. Baby corner, home corner, bikes and crafts.

With Health Visitor clinic 25th March

**13:00-14:15 Talking Matters. Kidease opposite Buttercup Children's Centre. 1-4 years (Term Time Only)**

Using and teaching simple Makaton signs to support your child's language development. Singing, crafts, stories and toys.

**13:00-14:00 Samphire Baby Group. Samphire Children's Centre. 0-1 year (Term Time Only)**

Sensory play and singing in our sensory room. Meet new parents and share play ideas together.

## Thursday

**09:30-11:00 Let's Get Crafty! Samphire Children's Centre. 0-4 years.**

Sensory play, singing, arts & crafts and baby area.

**10:00-10:30 Baby Rhyme Time. Dover Library.** Join in with nursery rhymes and action songs - suitable for all preschool children

**10:00-11:30 Tumble Time. Buckland Community Centre, Dover. 0-4 years** .

Large play equipment for pre-school children. Including ride-on toys and bouncy castle. Baby area available.

**13:00-14:00 Baby Massage Drop In. Buckland & Whitfield Children's Centre.** Please bring a towel & oil.

Benefits to baby include: boosting immune system, helping breathing, improving digestion, relieving stress, reducing colic.

**15:45-17:00 Time to Shine. Buckland and Whitfield Children's Centre.** Do you have a child aged 4-7 years who is awaiting assessment for ASD/ADHD or has social and communication difficulties.? Prior to attending first session please call Tracey on 03000 419007.

**17:30-19:00 The Community Hub at Westbury Hall, Belgrave road, Dover, CT179QY.** Join Zebra and other services for craft activities, sports and play for families and their children all ages. (term time only)

## Friday

**09:30-11:30 Little Stars. Salem Baptist Church, Maison Dieu Rd, Dover. 0-4 years.** Arts and Crafts, parachute games, story time, baby corner, active song time and healthy snacks. With Health Visitor clinic and Breastfeeding support

## Saturday

**10.00-11:30 Family Breakfast. St Marys Church Hall, Dover Town Centre. Monthly: 21st March**

Healthy Breakfast. Hot food served 10am-11am. Crafts, taste testing and a family challenge

### Dover District Child Health Clinics

**Mondays 2nd, 16th, 30th March 9:00am - 10:30am**  
At Sunflower Children's Centre, Eythorne

**Monday (weekly) 9:30am - 11:30am**  
At Blossom Children's Centre, Deal

**Wednesday (weekly) 9:30am - 11:30am**  
At The Baptist Church, Dorman Avenue South, Aylesham

**Wednesday 25th March 9:30-11:00 am**  
At Burgoyne Heights Community Hall, Dover

**Friday (weekly) 9:30am - 11.30am**  
At Salem Baptist Church, Dover

### Dover District Baby Hubs

**Tuesday (weekly) 13:00pm - 15:00pm**  
At Buckland Children's Centre, Dover

**Wednesday (weekly) 13:00pm— 15:00pm**  
At Blossom Children's Centre, Deal

**Baby weighing available**

\*Please note that as from March 2020 Baby Massage at Buckland CC has moved to Thursday 1-2pm\*

You can contact the Health Visiting Team by calling 01304 8799700 or emailing [kcht.healthvisitors@nhs.net](mailto:kcht.healthvisitors@nhs.net)  
All clinics and baby hubs include breastfeeding support

# What's On in Deal and Rural

There is no charge for groups unless stated, however voluntary contributions are welcome

## Monday

**09:00-11:00 Mini Mondays. Sunflower Children's Centre.** 0-4 years

Activities include arts & crafts, messy play, story telling and a baby play area for the little ones plus healthy snacks provided. Health Visitor fortnightly - see below for dates. .

**10:00-11:30 Tiddlers Group. St Georges Hall, High Street, Deal.** 0-4 years. (Term Time Only)

Includes messy play, singing & music, toys and creative activities.

**10:00-11:30 Ash Toddler Group. Ash Village Hall, CT3 2BG.** Babies under 6 months old go free, contributions welcome. (Term time only).

**13:00-14:00 Baby Massage Drop In. Blossom Children's Centre.** 0-1 years. Please bring a towel & oil.

Benefits to baby include: boosting immune system, helping breathing, improving digestion, relieving stress, reducing colic.

## Tuesday

**09:30-11:00 Let's Get Healthy! Baptist Free Church, Dorman Ave, Aylesham, CT3 3AA** (Term Time Only)

Art and crafts, Messy Play, Healthy snack also provided. Suitable for 0-4 years

## Wednesday

**09:30-11:30 Bizzy Bees. Baptist Free Church, Dorman Ave, Aylesham, CT3 3AA.** 0-2 years.

Come and enjoy some interactive play with your child. With Health Visitor clinic weekly

**10:00-11:30 Let's Get Healthy! Phoenix Centre, Sandwich.** (Term Time Only) Healthy snack provided.

**10:00-11:30 Let's Get Healthy! Blossom Children's Centre.** Healthy snack provided

**13:00-15:00 Baby Hub and Breastfeeding support. Blossom Children's Centre.**

Drop in service provided by Dover Health Visiting team for under 1s. Offers help and support, health / development advice and breastfeeding support (no age limit for breastfeeding support), .

## Thursday

**09:30-11:30 Little Bunnies. Shepherdsweil Village Hall.** For ages 0-4 years (Term Time Only)

**09:30-11:30 Woodnesborough Toddler Group. Woodnesborough Village Hall, CT13 ONQ.** (Term Time Only)

**10:00-11:15 Talking Matters. Blossom Children's Centre.** 1-4 years (Term Time Only)

Using and teaching simple Makaton signs to support your child's language development. Singing, crafts, stories and a range of toys.

**13:15-14:30 Baby Massage Drop In. Sunflower Children's Centre.** 0-1 years. Please bring a towel and oil.

Benefits to baby include: boosting immune system, helping breathing, improving digestion, relieving stress, reducing colic.

## Friday

**10.00-11:00 Bookworms Book Club. Sandwich Library.** Monthly: 6th March

Story telling and singing session. Suitable for children aged 0-4 years.

**10:00-11:30 Blossom Baby Club. Blossom Children's Centre.** For babies up to 18 months old

Singing, music and messy play. Come along, have fun and make new friends for you and baby.

## Saturday

**09:30-11:30 Tumble Time. Sandwich Leisure Centre.** £2 per family. Term Time Only.

### Dover District Child Health Clinics

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At Sunflower Children's Centre, Eythorne

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At Blossom Children's Centre, Deal

**Wednesday (weekly)** 9:30am - 11:30am  
At The Baptist Church, Dorman Avenue South, Aylesham

**Wednesday 25th March 9:30-11:00 am**  
At Burgoyne Heights Community Hall, Dover

**Friday (weekly)** 9:30am - 11.30am  
At Salem Baptist Church, Dover

### Dover District Baby Hubs

**Tuesday (weekly)** 13:00pm - 15:00pm  
At Buckland Children's Centre, Dover

**Wednesday (weekly)** 13:00pm— 15:00pm  
At Blossom Children's Centre, Deal

**Baby weighing available**

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