



01553 616200
0344 800 8014
or 01553 669300
08452 412171
01553 772063
0344 800 8001
01553 777223
01553 768498
08444 77 33 77
01485 600341
03003 000123
0845 604 3719
0800 055 6688
03005552222

Borough Council of Kings Lynn
Children & Adult Social Services
01553 616200
0344 800 8014
or 01553 669300
08452 412171
01553 772063
0344 800 8001
01553 777223
01553 768498
08444 77 33 77
01485 600341
03003 000123
0845 604 3719
0800 055 6688
03005552222

Domestic Violence Support Line
Fairstead Medical Practice
Family Information Service
Freebridge Housing
Gayton Road Surgery/Vida Healthcare
Gimston Surgery
Health Visiting Team
Job Centre Plus
Cancel/change appointments
New claims
Loan Shark Helpline
Norfolk Police
Emergency
Non-emergency
Queen Elizabeth Hospital
St James House Surgery
Southgate Medical Centre appointments

Useful Contacts

We aim to make our activities inclusive for everyone regardless of ability. If you or your child has any specific needs or require additional support to access our services, please do not hesitate to contact us to discuss this.

Our staff have a positive attitude to working in partnership with our parents, ensuring easily accessible and open communication at all times.

We provide drop-in groups, courses, access to health services, family support, information and advice. We can help you find childcare suitable for your needs and can help you return to work. Contact us on 01553 762805 for any help and advice.

Need help to visit

01485 540389
01553 762805
01553 766351
01553 774666
01553 636606
01553 660925
01553 774587
01553 766661
07887 656567
07821 078199



Pre-school providers in the Vancouver Children's Centre area

Child's Play Day Nursery, Wolferton
Childminders – for more information call
Fairstead First Steps Nursery
Fairstead Community Primary & Nursery School
Gayton Goslings Daycare Centre
Gayton First Steps Nursery
Howard Infant & Nursery School, Gaywood
Mr Bees' Family Centre (Springwood)
Phoenix Montessori Nursery
Sandringham & West Newton Pre-School

Please visit our website for any changes to these times

vancouver.fairstead@actionforchildren.org.uk

Tel: 01553 762805

PE30 4SR

Kings Lynn

Fairstead

Centre Point

Fairstead Community Centre



Our address is:

Monday - Thursday 8.30am - 5.00pm
Friday 8.30am - 4.00pm

We are open:

The Vancouver Children Centre provides support for local families with children under 5 living in Fairstead, Bishops Park, King's Reach, Gaywood Park, Springwood and the villages of Amner, Ashwicken, Bawsey, Castle Rising, Congham, Fitcham, Gayton, Gayton Thorpe, Grimston, Hillington, Leziate, Pott Row, Roydon, Sandringham, West Newton and Wolferton.

What areas do we cover?

Funded by
 Norfolk County Council

HOW
ACTION FOR CHILDREN
WORKS

Dates for your diary

- **Breastfeeding Support** – incorporating free sling and breast pump hire and advice from our member of staff who is trained to UNICEF standards. Call 01553 762805 to speak to our adviser for consultation over the phone or please visit the Children's Centre.
- **Breastfeeding Workshop** – Join the Midwife for a 2 hour breastfeeding workshop at Vancouver Children's Centre. The workshop runs once a month on Tuesdays from 6.00pm to 8.00pm. Call us on 01553 762805 to book a place on the next course. Dates are Tuesday 18th July 2017, 15th August, 12th September, 10th October, 7th November, 5th December.
- **Childminders' Network Meetings:** all meetings from 7pm – 8.30pm. Venues and dates yet to be confirmed. Look out for flyers displayed at the Children's Centre and invites arriving by post.
- **Early Year's Network Meetings** – dates to be confirmed, please call 01553 762805 for more information. Flyers will be sent out to all our Early Years partners by post.
- **FREE ONLINE COURSES** – Health & Safety in the Workplace (a course for everyone within a workplace) and Food Hygiene Course Level 2 incorporating food handlers, waiters, kitchen assistants, chefs, childminders, food demonstrators and many others. Tel: 01553 762805. One to one support is available.
- **Health Visitor Drop in and Weighing Clinic** is held on the last Friday of every month from 10.30am to 11.30am at Little Scamps Playgroup, Jubilee Hall, Gayton, PE32 1QJ during term time only.
- **Open Day** – come along for a day of activities and fun for all the family, find out about the Vancouver Children's Centre from 10am to 2pm, Wednesday 9th August 2017.
- **Parent Forum Meeting** on Monday 18th September 2017, 10am – 11am held within the Tiny Tots Sessions.
- **Pathway to Parenting – Antenatal programme for first time expectant parents.** Please contact your midwife for booking form and further information. 4 weekly courses - on Tuesdays 6pm – 8pm – dates are on 1st 8th 15th 22nd August; 3rd 10th 17th 24th October; 28th November, 5th 12th 19th December.
- **Save a Baby's Life** – course to be held at the Vancouver Children's Centre. The next date and time will be Tuesday 18th July 2017 from 6.30 – 8.30pm booking form is available. A 2 hour session to teach parents first aid skills, such as how to deal with a choking or non-breathing infant or child using specialist mannequins. Please call 01553 762805 for more information. Look out for flyers and information for another Save a Baby's Life in the Autumn Term.

Details of new events will be published at the Children's Centre, please watch our noticeboards and facebook page



Vancouver Children's Centre





Sure Start Children's Centre

July - December 2017 Programme

Vancouver Children's Centre King's Lynn

Tel: 01553 762805 www.vancouverchildrenscentre/actionforchildren

Vancouver Children's Centre July - December 2017

Activity		Time	Venue	Date						
Please note:				July	Aug	Sep	Oct	Nov	Dec	
Monday 	Tiny Tots Drop-in (Free) Activity play session for the under 5's (under 8's in the holidays) and their parents/carers.	9.30 – 11.00am	Vancouver Children's Centre, Centre Point, Fairstead, PE30 4SR	3rd 10th 17th 24th 31st	7th 14th 21st	11th 18th 25th	2nd 9th 16th 23rd 30th	6th 13th 20th 27th	4th 11th 18th	
	Understanding your Child's Behaviour - A "Solihull" approach. (Free) Please phone to book a place on 01553 762805. Crèche available. Please come and join us to explore communication, temper tantrums, sleeping and stages of development issues plus having fun together. 10 week course.	12.30am - 2.30pm	Gaywood First Steps Nursery, Queen Mary Rd, King's Lynn, PE30 4QG			18th 25th	2nd 9th 16th 30th	6th 13th 20th 27th		
Tuesday 	HEY (Free) Booking is essential. Creche available A seven week program to explore many ways that contribute to healthy eating and healthy lifestyles. You will cover topics such as budgeting, food safety, portion size and cooking skills through interactive and practical learning. You also have the chance to gain an accredited RSPH Level Award in Health Improvement.	10.00am – 12 noon	Gaywood First Steps Nursery, Queen Mary Rd, King's Lynn, PE30 4QG			19th 26th	3rd 10th 17th 31st	7th		
	Holiday Story Time at the Library Drop-in (Free) Fun story time sessions aimed at children under 5 years, older children are also welcome.	10.30 – 11.30am	Gaywood Library, River Lane, Gaywood, King's Lynn, PE30 4HD		8th 22nd		24th			
	Baby Massage (£5 for course – payable before start date) Please call in to book and pay for this course. A four week course promoting nurturing, touch and communication between babies and their carers.	1.00 – 2.00pm	Gaywood First Steps Nursery, Queen Mary Rd, King's Lynn, PE30 4QG			12th 19th 26th	3rd			
	Little Tiddlers (Free drop-in group) For first-time parents with babies under 6 months. A chance to meet other parents and learn about your baby's development.	1.30 – 2.30pm	Vancouver Children's Centre, Centre Point, Fairstead, PE30 4SR		1st 8th 15th 22nd 29th		3rd 10th 17th 31st			
Wednesday	Baby Days Weighing and Health Clinic (Free) Drop-in sessions for parents with babies under 6 months. An opportunity to meet the Health Visitor for any queries you may have with your child and a Self-Weigh clinic for babies and toddlers over 6 months incorporating Weaning and Breastfeeding Support.	1.00 – 2.30pm	Vancouver Children's Centre, Centre Point, Fairstead, PE30 4SR	5th 19th	2nd 16th	6th 20th	4th 18th	1st 15th	6th 20th	
Thursday 	A Stitch in Time – Sewing Group – (Free) An introduction to sewing, basic clothing alteration and mending using various skills and techniques and producing an educational toy to take home. Please call 01553 762805 to book a place. Crèche available.	9.30 – 11.30am	Gaywood First Steps Nursery, Queen Mary Rd, King's Lynn, PE30 4QG			14th 21st 28th				
	Baby Massage (£5 for course – payable before start date) Please call in to book and pay for this course. A four week course promoting nurturing, touch and communication between babies and their carers.	10.00 – 11.00am	Vancouver Children's Centre, Centre Point, Fairstead, PE30 4SR					2nd 9th 16th 23rd		
Friday 	Baby Explorers (Free) Blocks of 5 sessions. Booking Essential call 01553 762805. Baby sensory session for babies under 12 months. Babies will be given the opportunity to explore using all their senses. PLEASE BRING A TOWEL.	10.00 – 11.00am	Vancouver Children's Centre, Centre Point, Fairstead, PE30 4SR			15th 22nd 29th	6th 13th	3rd 10th 17th 24th	1st	
	Group Triple 'P' "Positive Parenting Program" (Free) Booking essential. Crèche available. Parental support to help you manage your child's behaviour and prevent the kind of problems that make family life stressful.	10.00am – 12 noon	Gaywood First Steps Nursery, Queen Mary Rd, King's Lynn, PE30 4QG			15th 22nd 29th	6th			
Saturday	Family Fun Sessions (Free) Fun for all the family at the Children's Centre Free bacon rolls!	10.00 – 11.30am	Vancouver Children's Centre, Centre Point, Fairstead, PE30 4SR	8th	12th	9th	14th	11th	9th	

