

Child Health Clinics are run by the Health Visiting Team.

These are **appointment only clinics**—please telephone the **Health Visitors Duty Line 0300 029 5050**

- ◆ Mondays at First Steps Child & Family Centre
- ◆ Wednesdays at East Child & Family Centre
- ◆ Wednesdays at Honeyhill Child & Family Centre



Get your baby weighed, pick up health information and get advice from the Health Visiting Team; meet other mums, dads and their babies.

Volunteering for Barnardo's Child & Family Centres, Peterborough and Cambridgeshire

Our volunteers play a vital role and make a big difference by performing essential and supportive tasks to complement our paid staff. Volunteering benefits our staff, our services users, donors and volunteers themselves by gaining new skills, knowledge, experience, build your confidence and meet new people.

For more information contact our James Horner, Volunteer and Community Development Lead, Tel: 07756 228386 or email: james.horner@barnardos.org.uk



START is an easy guide to help your child to be ready for school.



- S**hoes, socks and putting on clothes (being more independent);
- T**alking, listening, sharing and following instructions (concentration skills);
- A**sking for help (building confidence);
- R**eady to try different foods and utensils (being more intrepid);
- Using the **T**oilet on their own.

Mums Matter delivers 8 sessions over 8 weeks for women who are experiencing Perinatal Mental Health. The sessions are aimed at women who are experiencing worrying thoughts, anxiety and postnatal depression and will provide them with a collection of tools and reminders to nurture themselves to keep well. To book a place on Mums

Matter or Connecting Mums please contact the perinatal team on (01733) 362990 or email: connectingmums@cpsmind.org.uk

There is no way to be a perfect mother, but a million ways to be a good one.



Families Information Service



Peterborough's Families Information Service (FIS) provides free information, advice and assistance to parents, carers and professionals on a wide range of topics including details about local childcare facilities:

Pre-schools - Day Nurseries - Childminders

They can also offer advice about free entitlement for childcare, how to pay for childcare and financial benefits for families.

You can contact the FIS Monday to Friday between 9.00am-5.00pm on 01733 864446

Further information is available from Families Information Service

Tel: 01733 864446 or email: FIS@peterborough.gov.uk

Websites: www.peterborough.gov.uk/FIS or www.peterborough.gov.uk/30hoursfree

You may also access this information via Facebook at www.facebook.com/peterboroughearlyyearsandchildcare



Believe in children
Barnardo's
Children's Charity



Barnardo's Child & Family Centres - Peterborough (PE1) September-December 2021

You will discover so much more than you think at your local Barnardo's Child and Family!

First Steps Child & Family Centre

20 Scalford Drive, Welland, PE1 4TR
Tel: 01733 295860

East Child & Family Centre

21 Durham Road, Eastfield, PE1 5JU
Tel: 01733 894028

Honeyhill Child & Family Centre

150 Chadburn, Paston, PE4 7DH / 7DR
Tel: 01733 574038

Orton Child & Family Centre

Herlington, Orton Malborne, PE2 5PW
Tel: 01733 391652

Gladstone Child & Family Zone

290 Gladstone Street, PE1 2BX
Tel: 01733 343366 or 07899 664044

Fulbridge Child & Family Zone

Keeton Road, PE1 3JQ
Tel: 01733 891251

Iqbal Centre/Gladstone Connect

157 Cromwell Road, PE1 2EL
Tel: 07899 664044

100a Central Avenue, PE1 4LJ

Tel: 07899 664044



Find us on Facebook
[@BarnardosChildFamilyCentres](https://www.facebook.com/BarnardosChildFamilyCentres)

First Steps Child & Family Centre

Address: 20 Scalford Drive, Welland, Peterborough, PE1 4TR Tel: 01733 295860 Email: peterboroughadminteam@barnardos.org.uk Facebook: [@BarnardosChildFamilyCentres](https://www.facebook.com/BarnardosChildFamilyCentres)

Open: Monday-Thursday 9am-5pm and Friday 9am-4.30pm

Due to restricted numbers within sessions, [please book](#) your place through Bookwhen: <https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire> or by telephoning the child and family centre administrator. **Please let us know if you cannot attend so that your place can be given to another family.**

Monday

Midwife
(appointments only)
9.00am-5.00pm

Baby Time
(please book—1 child
per adult)
1.00pm-2.00pm



Tuesday

Midwife
(appointments only)
9.00am-5.00pm

**Toddler to Rising
5 PEEP**
(bookings only)
13-week course
07.09.21-30.11.21
10.00am-11.00am



Wednesday

Midwife
(appointments only)
9.00am-5.00pm

**Birth-Walking
PEEP**
(bookings only)
12-week course
15.09.21-08.12.21
1.30pm-2.30pm



Thursday

Midwife
(appointments only)
9.00am-5.00pm

Stay and Play
(please book)
10.00am-11.00am



Friday

Midwife
(appointments only)
9.00am-5.00pm

Tots Talking
(bookings only)
6-week course
10.09.21-15.10.21
10.00am-11.00am



Look out on our
Facebook pages for
the online Zoom
sessions:

- ◆ Antenatal PEEP
- ◆ Chatter Matters
- ◆ Sensory Learners
- ◆ HENRY

Baby Massage
(bookings only)
5-week course
02.11.21-30.11.21
1.00pm-2.00pm



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Please let us know if you cannot attend.

Look out for Half
Term Events in
your local child &
family centre ...

Believe in
children
Barnardo's

Baby Massage
(bookings only)
5-week course
10.09.21-08.10.21
1.00pm-2.00pm



East Child & Family Centre

Address: 21 Durham Road, Eastfield, PE1 5JU Tel: 01733 894028 Email: peterboroughadminteam@barnardos.org.uk Facebook: [@BarnardosChildFamilyCentres](https://www.facebook.com/BarnardosChildFamilyCentres)

Open: Monday-Thursday 9am-5pm and Friday 9am-4.30pm

Due to restricted numbers within sessions, **please book** your place through Bookwhen: <https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire> or by telephoning the child and family centre administrator. **Please let us know if you cannot attend so that your place can be given to another family.**

Monday

Midwife

(appointments only)
9.00am-5.00pm

Baby Time

(please book-1 child
per adult)
10.00am-11.00am



Birth-Walking PEEP

(bookings only)
13-week course
06.09.21-29.11.21
1.00pm-2.00pm



Tuesday

Midwife

(appointments only)
9.00am-5.00pm

**Please visit our
Facebook pages
for information on
what's on at our
other centres:**

[@HoneyhillCFC](https://www.facebook.com/HoneyhillCFC)

[@OrtonCFC](https://www.facebook.com/OrtonCFC)



Look out on our
Facebook pages for
the online Zoom
sessions:

- ◆ Antenatal PEEP
- ◆ Chatter Matters
 - ◆ Sensory Learners
 - ◆ HENRY

Wednesday

Midwife

(appointments only)
9.00am-5.00pm

Toddler to Rising 5 PEEP

(bookings only)
12-week course
15.09.21-08.12.21
10.00am-11.00am



Stay and Play

(please book)
1.00pm-2.00pm



Thursday

Midwife

(appointments only)
9.00am-5.00pm

Mums Matter

please book through
the perinatal team
on 01733 362990 or
email:

[connectingmums@c
pslmind.org.uk](mailto:connectingmums@pslmind.org.uk)

8-week course
starting 07.10.21-
02.12.21
12.30pm-2.25pm

There is no way to be a
perfect mother, but a million
ways to be a good one.

Mums
Matter

**Look out for Half
Term Events in
your local child &
family centre ...**

Friday

Midwife

(appointments only)
9.00am-5.00pm

**Please visit our
Facebook pages
for information on
what's on at our
other centres:**

[@HoneyhillCFC](https://www.facebook.com/HoneyhillCFC)

[@OrtonCFC](https://www.facebook.com/OrtonCFC)

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Currently, due to restricted numbers within sessions, we need you to book your place through Bookwhen: <https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire> or by telephoning the child & family centre administrator.

Please let us know if you cannot attend.

Fulbridge Child & Family Zone

Address: Keeton Road, Peterborough, PE1 3JQ **Tel:** 01733 891251 **Email:** peterboroughadminteam@barnardos.org.uk **Facebook:** [@BarnardosChildFamilyCentres](https://www.facebook.com/BarnardosChildFamilyCentres)

Open: See session times below

Due to restricted numbers within sessions, please book your place through Bookwhen: <https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire> or by telephoning the child and family centre administrator. **Please let us know if you cannot attend so that your place can be given to another family.**

Monday

Baby Massage
(bookings only)
5-week course
01.11.21-29.11.21
10.00am-11.00am



Tuesday

Stay and Play
(please book)
1.00pm-2.00pm



Wednesday

Please visit our Facebook pages for information on what's on at our other centres:

[@HoneyhillCFC](https://www.facebook.com/HoneyhillCFC)

[@OrtonCFC](https://www.facebook.com/OrtonCFC)

Thursday

Baby Time
(please book—1 child per adult)
10.00am-11.00am



Friday

Please visit our Facebook pages for information on what's on at our other centres:

[@HoneyhillCFC](https://www.facebook.com/HoneyhillCFC)

[@OrtonCFC](https://www.facebook.com/OrtonCFC)

Iqbal Centre / Gladstone Connect

Address: 157 Cromwell Road, Peterborough, PE1 2EL **Tel:** 07899 664044

Email: peterboroughadminteam@barnardos.org.uk

Facebook: [@BarnardosChildFamilyCentres](https://www.facebook.com/BarnardosChildFamilyCentres)

Open: See session times

Gladstone Child & Family Zone

Address: Gladstone Street, Peterborough, PE1 2BX **Tel:** 01733 343366 or 07899 664044

Email: peterboroughadminteam@barnardos.org.uk

Facebook: [@BarnardosChildFamilyCentres](https://www.facebook.com/BarnardosChildFamilyCentres)

Open: See session times



Tuesday
(Iqbal Centre)
Stay and Play
(please book)
10.00am-11.00am

Baby Massage
(bookings only)
5-week course
02.11.21-17.12.21
1.00pm-2.00pm



Wednesday

(Gladstone)

Stay and Play
(please book)
10.00am-11.00am



Currently, due to restricted numbers within sessions, we need you to book your place through Bookwhen: <https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire> or by telephoning the child & family centre administrator.

Please let us know if you cannot attend.

Look out for Half Term Events in your local child & family centre ...

Believe in children
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SALT: Speech & Language Therapy (Peterborough)

Do you have any concerns with your child's speech, language and communication sentences? The Children's Speech and Language Therapy Service in Peterborough assesses, diagnoses and provides treatment to children and young people aged 0-19 with a range of speech, language, communication and feeding difficulties.



In line with NHS England guidance around Covid transmission, we are minimising the occasions where children and young people are seen face to face both in clinic, home and educational settings. We are using safer ways to continue to provide our service and offer support, such as telephone or video consultations as the first option where we can. If your child needs to be seen face to face by a therapist in clinic, we have put measures in place to make this as safe as possible for you and your child. If being seen face to face, please ensure you follow any guidance given to you carefully to keep the risks as low as possible. If you have any queries about your child's care, please contact us via phone: 0300 555 5965 or email: cpm-tr.SLTmailforparents@nhs.net or visit our Speech and Language Therapy Toolkit for advice and resources to support your child <https://www.cpf.nhs.uk/speech-and-language-therapy-toolkit>

Opening hours: 9am-5pm

T: 0300 555 5965

E: cpm-tr.SLTmailforparents@nhs.net

F: <https://www.facebook.com/pborochildrenstherapies/>



Baby Time provides a wonderful opportunity for you to help your baby to use their early senses to explore and develop their social skills in a relaxed and calm environment. Sessions provide time for parents/carers to make new friends, share their ideas or concerns and obtain information whilst gaining knowledge of their babies' growth and development. **Suitable from birth to walking.**



Stay & Play and **Come & Play** are informal drop-in sessions providing a safe and stimulating learning environment in which parents/carers can play with their children, have fun and learn together whilst focusing on developing their child's language, literacy and preparing their child for school. **Suitable for toddlers to rising 5's**



Tots Talking is a 1 hour per week course running for 8-weeks. The course aims to develop and improve the language skills of children **aged around 2 years old**, supporting parents to encourage their child to learn to talk to their families and people around them, giving them a head start when they start pre-school. Limited crèche spaces are available. To book a place just talk to a member of staff in any of our centres.



ECAT (Every Child a Talker) provides one to one sessions for parents/carers with children aged **2 years and above or more who may have speech delay or unclear speech**. We help to support and promote your child's social skills; their listening and attention; and their understanding of speech and sounds. Please ask for further details at Reception if you would like to attend ECAT with your child.



HENRY (Health Exercise Nutrition for the Really Young) is free to join and is **for parents/carers of children aged 0 to 5 years** and helps you give your child the best possible start in life. HENRY is a nine-week course. For information on dates or to book onto a course please keep an eye out in the centres or ask any member of staff for more information.



Midwifery and Antenatal Classes – All available dates, times and venues are on the North West Anglia NHS website: Go to www.nwangliaft.nhs.uk Click on: Maternity > I'm pregnant > Peterborough City Hospital > Antenatal Classes

Scroll down and click on either:

Session 1: Preparation for Birth

Session 2: Care of the Newborn and New Patients Decide on your day, venue and time and book by emailing: nwangliaft.pregnancyreferrals@nhs.net



Midwifery also runs a homebirth and breastfeeding workshop from the hospital.

Baby Massage provides a perfect opportunity to build the bond between parent and baby and helps to reduce pain from colic, wind and constipation whilst also helping to promote a healthy immune system. **Suitable for non-mobile babies.**



Benefits to baby include:	Benefits to parents include:
<ul style="list-style-type: none">• Promotes bonding and secure attachment;• Improved learning ability;• One to one quality time;• Improves sleep patterns;• Enhances language development;• Reduces stress and hyperactivity;• Health benefits.	<ul style="list-style-type: none">• Better understanding of their baby;• Improved parenting skills;• Decreases stress hormones;• Increases anti-stress hormones.• Reduces social isolation.• Decreases the effects of postnatal depression.

PEEP offers an effective way of helping parents and carers improve their children's life chances by making the most of everyday learning opportunities by listening, talking, playing, singing and sharing books and stories together. We have a number of PEEP courses available, including Antenatal PEEP - especially for expectant mums and dads.



If you would like more information or if you want to put your name down for a PEEP course just talk to a member of staff in any of our centres.

Webster Stratton is a 12-week accredited parenting course designed for parents/carers to help with challenging behavior. This course aims to increase confidence in parenting and provides a toolkit which will work for the whole family and helps improve relationships within the family. The course provides an opportunity to share ideas and techniques in a friendly, relaxed group.



PLEASE NOTE: Crèche places are limited and will need to be booked in advance. For further details contact our Family Support Team Manager, Jo Lawrence, email: jo.lawrence@barnardos.org.uk

The Freedom Programme is a 10-week course examining the attitudes and beliefs around the actions of abusive males and the responses of victims and survivors. The programme describes in detail how children are affected by being exposed to this kind of abuse and, very importantly, how their lives are improved when the abuse is removed.



For further details contact our Family Support Team Manager, Jo Lawrence, email: jo.lawrence@barnardos.org.uk