



Catmos Street, Oakham, Rutland, LE15 6HW.

01572 758 383

visions@rutland.gov.uk

www.visionsccc.co.uk

@VisionsChildrensCentre



### 30 Hours Funding & Tax-Free Childcare Scheme

The aim is to help families by reducing the cost of childcare and supporting parents to work.



#### Do you want to know more about Tax-Free Childcare?

Visit: <http://smarturl.it/taxfreechildcareinfo>

#### Do you qualify for 30 Hours Free Childcare?

Visit: <http://smarturl.it/30hrschildcare>

The Children's Centre works in Partnership with colleagues in Health, Early Years Settings, Library services, the Museum and other community services to ensure there are a full range of services on offer for all children in Rutland.

#### Support Groups & Sessions:

- Baby Play
- Breast Feeding Support Coffee Morning
- Bump to Babies Ante-natal Sessions
- Downs Syndrome Group Tea Club
- Let's Get Talking
- New Parents
- Rhyme & Story Times
- Stay and Play / Messy Play
- Young Parents

Please visit the Visions Children's Centre website [www.visionsccc.co.uk](http://www.visionsccc.co.uk) for further information.

**Is your child aged 4 months or 2 years old?**

**Don't forget to attend your child's review with your Health Visitor.**

**Contact your Health Visitor for more information on: 0300 300 0007**

Catmos Street, Oakham, Rutland LE15 6HW | 01572 758 383 | [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk)

**Open For Enquiries:**  
 Monday to Thursday: 08.30 – 17.00 hrs  
 Friday: 08.30 – 16.30 hrs  
 Saturday & Sunday: Closed

# What's On Programme

September 2019



**Car Parking!** Due to work on the Museum roof from 21st September to 21st October 2019, the parking spaces allocated for Children's Centre users has been reduced from 10 to 5 for this period. We apologise for any inconvenience this will cause.

#### Our Vision:

"Improve the well being and achievements of children and young people by successfully integrating services, in partnership, with an emphasis on early intervention, preventative action through excellent safeguarding procedures and by promoting welfare."

#### Mobile Phones:

"We want to keep your children safe while in the Children's Centres, therefore please ensure all mobile phones and devices are switched off before you enter the Children's Centre."



**Parents/Carers!** Please remember to tell us if your address and contact number changes, so we can keep you updated with activities news.

**Monday**

**8.30 am—4.00 pm**  
**SALT Clinic** at Visions Oakham, LE15 6HW.

**1.00 pm—2.30 pm**  
**Stay and Play** sessions are held weekly at Visions Oakham, LE15 6HW.



**2.30 pm—3.00 pm**  
**Rhyme Time**  
 at Ryhall Library, PE9 4HY. Term time only.

**Tuesday**

**10.00 am—11.45am**  
**Stay and Play/Messy Play and Rhyme Time** at the Community Rooms, St George's Barracks, LE15 8RL..



**2.00 pm—4.00 pm**  
**Bump to Babies Ante Natal Course**  
 at Visions Oakham, LE15 6HW:  
 3rd September: Becoming a Parent  
 10th September: Labour/Pain Relief  
 17th September: Feeding  
 24th September: Baby Care.  
 Please email to book:  
 visions@rutland.gov.uk

**2.30 pm—3.00 pm**  
**Rhyme Time**  
 at Uppingham Library, LE15 9QR. Term time only.

**5.00 pm—8.00 pm**  
**Relate Counsellor**  
 at Visions Oakham, LE15 6HW.  
 For more information / appointment, please ring 0116 254 3011.  
 For persons 16 years and over.

**Wednesday**

**9.00 am—5.00 pm** **SALT Clinic**  
 at Visions Oakham, LE15 6HW.  
**9.45 am—10.25 am / 10.35 am—11.15 am**  
**Toddle Talk Baby and Toddler Signing Courses** at the Col. Noel Suite, Oakham Museum, LE15 6HW. Suitable from 5mths to 3yrs. Visit [www.visionsccc.co.uk](http://www.visionsccc.co.uk) for more information. Course runs from 11th September to 16th October. Email : visions@rutland.gov.uk

**10.00 am—11.45 am.** **Stay and Play/ Messy Play and Rhyme Time** at the Community Centre, Kendrew Barracks, LE15 7BL.  
**10.00 am—12.00 noon** **Kendrew Community Centre Reopening Party**, on 4th September at Kendrew Barracks, LE15 7BL.

**10.00 am—12.00 noon** **BSR Coffee Morning** at Visions Oakham, LE15 6HW.

**12.00 noon—12.45pm** **Spud Club** at Visions Oakham, LE15 6HW. For those attending the Young Parents group.

**12.45 pm—2.15 pm** **Young Parents** at Visions Oakham LE15 6HW. For parents age 25 and under. See website for more details.

**1.00 pm—4.00 pm** **Health Visitors** at Visions Oakham, LE15 6HW.

**2.30 pm—3.00 pm** **Rhyme Time** at Visions Oakham, LE15 6HW. Term time only.

**2.30 pm—3.30 pm** **Parent & Child Yoga** at the Col Noel Suite, Oakham Museum. Course runs from 11th September to 30th October. For parents and children from 0-cruising. Please email to book: visions@rutland.gov.uk

**Thursday**

**9.30 am—12.00 noon**  
**Health Visitors** at Visions Oakham, LE15 6HW. Held on the first and third Thursday of the month. Appointment only.

**10.00 am—11.30 am**  
**Stay and Play** at Uppingham Scout Hut, LE15 9PU.

**10.30 am—12.00 noon** **New Parents** at Visions Oakham, LE15 6HW.  
 Next course runs from 5th September to 3rd October. Attendance is restricted to Rutland families only. Please note, this is no longer a drop in session. Please email to book your place on the course: visions@rutland.gov.uk



**Baby Play** at Visions Oakham, LE15 6HW.  
 Session 1: 1.00 pm—2.00pm  
 For babies 0-crawling  
 Session 2: 2.15 pm—3.15pm  
 Walking to 2 years.

Places must be booked via email: [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk)

**1.00 pm—5.00pm** **Health Visitors** at Visions Oakham, LE15 6HW.

**Friday**

**10.00 am** **Baby's Next Steps**  
 Visions Oakham, LE15 6HW.  
 Invitation only sessions, arranged when Baby is 4 months old approx.

**10.00 am—12.00 noon**  
**Macmillan Coffee Morning** on 20th September at Visions Oakham, LE15 6HW. Donations of cakes will be gladly received, along with volunteers to help serve tea/coffee.

**10.00 am— 2.00 pm**  
**Relate Counsellor**  
 at Visions Oakham, LE15 6HW.  
 For more information/appointment please ring 0116 254 3011.  
 For persons 16 years and over.

**10.30 am—11.00 am**  
**Rhyme Time** at Oakham Castle, LE15 6DR. Term time only.

**1.30 pm—2.00 pm**  
**Rhyme Time** at Ketton Library, PE9 3TE. Term Time only.

**Our Early Years Practitioner can support with Early Years educational advice.**  
**If you would like to talk to, or ask advice from one of our Targeted Intervention Practitioners, please ring: 01572 758 383**

[www.visionsccc.co.uk](http://www.visionsccc.co.uk)

**Key:**

Please contact your Health Visitor to make an appointment on 01572 772 069.

Open to all. No booking required, all welcome.

Booking essential, please contact [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk) to reserve your place.

Sessions are open to MOD personnel and their families only.

Please contact your Speech and Language Therapist (SALT)

**For more activities in your area please visit: [www.ris.rutland.gov.uk](http://www.ris.rutland.gov.uk)**