



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: **0116 215 3249**



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

# What's On Programme

November 2019



#### 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.


**NEW! Drop-in Play Sessions**


As we have occasional gaps in our events programme, we would like to open the Playroom for “Drop-in” play sessions for children aged 0-5 years. Come and use the playroom at Visions Oakham, LE15 6HW, between 10.30—12.00 hrs on:

**- Tuesday 19th November 2019**

No booking required, “First come, first served”!


Max. number of children: 20


 **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, Rhyme Time** at the Community Rooms, St George’s Barracks, LE15 8RL.


 **10.00 am—11.30 am Stay and Play** hosted by Homestart Horizons at Kendrew Barracks Community Centre, LE15 7BL. Term time only.

 **1.15pm—1.55 pm Jellybeans Music Sessions** at Kendrew Barracks Community Centre, LE15 7BL. These FREE drop-in sessions are for children 0-5 years old.




 **2.00 pm—4.00 pm Bump to Babies Ante Natal Course** at Visions Oakham: 5th November: Becoming a Parent 12th November: Labour/Pain Relief 19th November: Feeding 26th November: Baby Care. Email to book: [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk)


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


 **5.00 pm—8.00pm 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.


 **9.45am - 10.25am / 10.35am - 11.15am Toddler 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. Next course starts 6th November. Email to book: [visions@rutland.gov.uk](mailto: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 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 details.


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

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

 **2.30pm—3.30pm Parent & Child Yoga** at the Col Noel Suite, Oakham Museum. Next course runs from 6th November to 18th December. For parents and children from 0-cruising. Please email to book: [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk)


**THURSDAY**

 **9.30 am—12.00 noon Health Visitors** at Visions Oakham, LE15 6HW. 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. Current course ends 14th November. Next course starts 21st November. Attendance is restricted to Rutland families only. Please note, this is no longer a drop in session. Please email to book your place: [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk)

 **10.30 am—11.30 am Baby Massage Taster Group** at the Community Centre, St George’s Barracks, LE15 5RL. Thursdays for 3 weeks starting 7th November. For parents with babies birth to pre-crawling. Simply bring a baby changing mat and two towels. Civilian families are welcome, please make Visions/Amy aware when booking so that arrangements can be made to get you access to the Barracks. To book, email: [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk) or contact Amy on 07970232031.

 **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. Appointment only.


 **1.15 pm—1.55 pm Jellybeans Music Sessions** at St George’s Community Centre. These FREE drop-in sessions are for children 0-5 years old.


**FRIDAY**


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 Early Help Workers, please ring: **01572 758 383** [www.visionsccc.co.uk](http://www.visionsccc.co.uk)

 **10.00 am—11.30 am Messy Play and Autumn Craft. Half term fun for children with additional needs.** Friday 1st November at Visions Children’s Centre, Oakham, LE15 6HW. Open to 0-8 years of age. To book please contact Visions on 01572 857373 or email: [visions@rutland.gov.uk](mailto:visions@rutland.gov.uk)


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


 **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.


**Key:**

 Contact your Health Visitor to make an appointment on 0116 215 3249

 Open to all. No booking required, all welcome.

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

 Sessions are open to MOD personnel and their families only.

 Please contact your Speech and Language Therapist only. (SALT)

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