


Little Lions Family Hub/Little Handprints Delivery Site – November - December

Activities and support for children, young people and families living in **Castle Point** District

The focus of our service is making sure that everyone in Essex has the best possible start in life through meeting the identified needs of children, young people and families. Families have **free**, high quality and easy access to local public health services in their community, school, family home or at our Family Hubs and Delivery Sites.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Face to Face Baby Beginnings Starts 1st November Little Lions Family Hub 10:00am – 11:00am</p> <p>A fun and interactive session to support your baby's development. Babies aged 0-6 months. Please note spaces are limited. Please call to book your place</p> <p>Please visit the Adult Community Learning Website for the latest Family Learning Courses.</p> <p>First Aid Workshops are now available to book. https://aclessex.com</p>	<p>Face to Face Let's Talk Together Workshop Starts 2nd November and 30th November Little Lions Family Hub 10:00am - 11:00am</p> <p>Referral only by your Health Visitor or Healthy Family Support Practitioner following your child's 2-3-year assessment.</p> <p>This 3-week course which will be exploring strategies for parents/carers to use, to help develop their child's speech and language.</p> 	<p>Virtual Typical Toddler Behaviour Starts on 10th November 10:00am - 11:00am</p> <p>Single workshops to explore a variety of toddler topics such as sleep, diet, behaviour and much more. Book on to all of the sessions or just book on to the sessions you would like to attend.</p> <p>10/11/21 -Toddler Behaviour 17/11/21 -Sleep and Dummy removal 24/11/21 -Fussy eating 01/12/21-Toileting Please note spaces are limited. Please call to book your place</p> <p>Face to Face Infant Feeding Drop In Little Lions 3rd Nov, 17th Nov, 1st Dec, 15th Dec 11:00am - 12:30pm Feeding support. Please note spaces are limited. Please call to book your place</p> <p>Face to Face Baby Beginnings Starts on 24th November Little Handprints Delivery Site 10:00am – 11:00am</p> <p>A fun and interactive session to support your baby's development. Babies aged 0-6 months. Please note spaces are limited. Please call to book your place</p>	<p>Face to Face Stay, Play and Learn Weekly from November Little Handprints Delivery Site 10:00am - 11:00am</p> <p>Come and join us for some fun filled activities to support your child's development. Please note spaces are limited. Please call to book your place</p> <p>Face to Face Infant Massage Starts on 25th October Little Lions Family Hub 10:00am - 11:00am Referral Only</p> <p>A 5-week course helping to promote bonding, attachment, help with colic and the digestive system.</p> <p>Face to Face Mother and Baby Wellbeing Group Starts on 18th November Little Lions Family Hub 11:00am – 12:00pm Referral Only</p> <p>A 5-week course covering: Mother's Self-care, Baby's Time, Touch and Connection, Sleep and Technology</p>	<p>Face to Face Stay, Play and Learn Weekly from November Little Lions Family Hub 10:30am - 11:30am</p> <p>Come and join us for some fun filled activities to support your child's development. Please note spaces are limited. Please call to book your place</p> <p>Virtual The Importance of Sleep (Primary Aged School Children) 1st Friday of every month 10:00am -12:00pm</p> <p>Workshop to tackle sleep troubles Please note spaces are limited. Please call to book your place</p> <p>All Groups bookable by contacting</p> <p>0300 247 0013</p> <p>Please note spaces are limited. Please call to book your place</p>



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<p>Assisted Self-Weigh Appointments available at Little Lions and Little Handprints on various days and times: Please book by calling 0300 247 0013.</p> 	<p>Face to Face Story Time 1:00pm – 2:00pm Little Lions Family Hub A themed activity session based around a story. <i>Please note spaces are limited. Please call to book your place</i></p>	<p>Virtual Introduction to Solids Workshop November 24th 1:30pm - 2:30pm A virtual one-hour workshop on introducing solid foods and signs that your baby is ready. Sessions run fortnightly. <i>Please note spaces are limited. Please call to book your place</i></p> <p>Face to Face Ready Steady 2's Starts from 3rd November Little Lions Family Hub 1:30pm - 2:30pm Referral Only A 3-week programme following the 2-year review; have fun while further supporting your child's development. 03/11/21 Physical Development 10/11/21 Communication & Language 17/11/21 Understanding Emotions</p> <p>Face to Face Ready Steady 1's Starts from 24th November Little Lions Family Hub 1:30pm - 2:30pm Referral Only A 3-week programme following the 1-year review; have fun while further supporting your child's development. 24/11/21 Physical Development 01/12/21 Communication & Language 08/12/21 Understanding Emotions</p> <p>Virtual The Importance of Sleep (Secondary Aged school children) 2nd Wednesday of every month 4:00pm-5:30pm Workshop to tackle sleep troubles</p>	<p>Virtual Preparing for Baby November 25th 1:30pm - 2:30pm A virtual ante-natal session, to support and share information with expectant families around practicalities and emotional wellbeing of new parents. <i>Please note spaces are limited. Please call to book your place</i></p> <p>Face to Face First Time Parents Starts from 4th November Little Lions Family Hub 1:00pm – 2:00pm A 3-week postnatal group with discussions and advice covering babies' cues, routines and family wellbeing. <i>Please note spaces are limited. Please call to book your place</i></p> <p>Face to Face Healthy Family Drop in School Aged Every 2nd and 4th Thursday Little Lions Family Hub 3:00pm - 4:00pm Confidential advice and support for any concerns about your child's health.</p>	

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