

N W Leicestershire Sure Start Children's Centres
Information for professionals about groups

Group	Description
Behaviour management	
Fun and Families	A seven week programme for parents of children aged 3-10 who are having problems with behaviour management. Crèche provided.
Incredible Years	A ten week programme for parents of children aged 4-13 who are having significant problems with behaviour management. Crèche provided.
Children's Development	
Chatterbox	A group run by our Library Outreach Worker Karen Humphries. This aims to encourage parents to understand the importance of stories, songs and rhymes to their child's development of communication and language. For ages from one year old.
Creative Learning	This 8 or 9 week group focuses on personal, social and emotional development and communication, language and literacy through creative play and learning.
Learning through Play	A group for parents to attend with their children which aims to help parents understand how their child develops and give them ideas of activities they can do easily and cheaply at home.
Little Gigglers	A group run by our Library Outreach Worker Karen Humphries. This group focuses on the encouragement of communication skills in babies up to the age of one.
Rhythm and Rhyme	This integrated arts and culture group focuses on overall development using a holistic, multi-sensory approach.
Community engagement	
Creative play	A bookable group for universal parents. This group aims to encourage creativity through a variety of media - often messy!
Disability support	
Adapt	A group for parents whose baby had to be admitted to the neonatal unit at birth to give support and information.
Together for Families	A monthly group which supports families who have children with a disability
Economic wellbeing	
Adult Learning	Courses can be tailored to local need and can cover skills to help with job hunting and employability.
Adult learning: Individualised IAG	1:1 Information, advice and guidance for parents wanting to develop their skills and gain qualifications to move into education or employment.
Family Learning	Courses to encourage families to learn and participate in activities together. Subjects can include cookery, arts and crafts and story sacks
Money Counts	A 3 week course run by the Citizens Advice Bureau which covers topics such as prioritising household expenditure, budgeting and dealing with debts.
Healthy lifestyles / emotional health & wellbeing	
Active Tots	Drop in sessions run by a physical activity specialist which focus on the development of large motor skills in children over 2 years of age
Happy Mums	A group for mums who have emotional needs to increase their self confidence and self esteem in a non-threatening and welcoming environment
MIMS (Mums in Mind)	A group specifically for mothers experiencing post natal depression. The group aims to increase self confidence and self esteem and includes an evening session for partners to attend.
Parents for Life	A group which aims to encourage healthy lifestyles through a combination of healthy eating and exercise sessions for parents to attend with their children.

Supporting parents	
Baby and you	This is an ante-natal group for teenage parents which runs weekly for 8 weeks. Topics covered include - pain relief in labour, feeding, sterilising and practical care of a new baby.
Big Talk	A 3 week course to support parents with their child's speech and language development between the ages of 2½ to 4½
Here 2 Help	A group aimed at parents of 2 year olds which covers different aspects of parenting over a 6 week period. These include - behaviour management, healthy eating and potty training. Crèche provided.
HYPAs (Helping Young Parents Achieve)	A group for young parents aged up to 25 to attend with their children which covers a variety of topics to support young parents in meeting their children's needs.
New Parents group	Aimed at vulnerable families, this group incorporates infant massage and information on a variety of topics including home safety, play and development and childhood illnesses.
One 2 One	A group specifically aimed at parents with one year old children. Topics covered include communication, play and development, family mealtimes and sleep routines.
Soft Touch	A group for young and expectant parents aged up to 19. This group encourages creativity by providing exciting resources to inspire parents to make a variety of objects . Creche provided.
Speak-a-boo	A 4 week course to support parents with their child's speech and language development between the ages of 0 to 2½
The Very Idea	Engagement with fathers and working families to explore how children's centre services can support them and their needs

1	Teenage/pregnant mothers	7	Gypsy, Romany & Travellers children	12	Migrant families
2	Lone parents	8	Domestic violence households	13	Parent with learning difficulties
3	Children in workless households	9	Families in temporary accommodation	14	Drug/alcohol issue household
4	Children in black/ethnic minorities	10	Family of offender	15	Child Protection concerns/Social Care involvement
5	Disabled children and/or parents	11	Parents with emotional/mental health needs	16	Resident of Priority Neighbourhood
6	Direct contact with fathers				

In order to be referred for one of the groups running at a Children's Centre, a family must fit into one or more of the vulnerability groups listed below. If you feel that a family would benefit from Children's Centre services but does not fit into one of the categories below please contact the Children's Centre at Coalville on 0116 3055993 to discuss the matter with a member of staff.