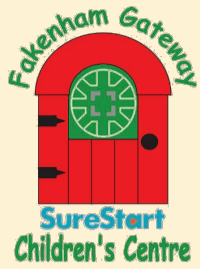


# What's On? **SPRING** 2019

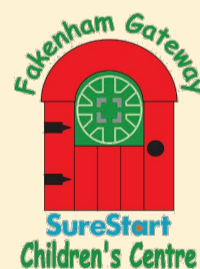
Don't forget we are open Monday to Thursday 8.30am - 5.00pm for family support, Story Sack library, breastfeeding support, job searches & all other services.

Activities marked "term time only" will not run 18th to 21st February or after 31st March. For the most up-to-date information call us on 01328 864511 (option 1) or visit our online events calendar at [www.fakenham-surestart.com/whats-on](http://www.fakenham-surestart.com/whats-on)

## Regular Events



	Activity	Age & Stage Guide	When?	Where?	Extra Details
<b>Mon</b>	Stepping Stones	0-1 1-2 2-5 PARENTS & CARERS	9:45am - 11:45am Every week (all year round)	Fakenham Parish Church, Oak Street, NR21 9BX	Parent & Toddler Group. No charge. Refreshments provided. Call 01328 851848 for information.
<b>Tue</b>	Little Fishes Parent & Toddler	0-1 1-2 2-5 PARENTS & CARERS	9:30am - 11:00am Every week (term time only)	Fakenham Gateway Sure Start Centre, NR21 8HN	Run by Fakenham Community Baptist Church. Temporary venue until new building ready. Call 01328 700280 for information.
	Hartbeeps Musical Soundplay Classes <b>BOOK IT!</b>	Happy House™ (toddling to 4yrs)	9:30am Every week (term time only)	Sculthorpe Village Hall, Moor Lane, NR21 9PY	Original, interactive classes that encourage senses, imagination and physical development through music, movement & songs. £6.50 per class (extra siblings £3.00). Discount for block booking. To book visit <a href="http://www.hartbeeps.com/norfolk/venues/fakenham">www.hartbeeps.com/norfolk/venues/fakenham</a>
		Baby Beeps™ (sitting to toddling)	10:30am Every week (term time only)		
		Baby Bells™ (Birth to sitting)	11:45am Every week (term time only)		
Bookstart Rhyme Time	0-1 1-2 2-5 PARENTS & CARERS	2:00pm - 2:45pm Every week (term time only)	Fakenham Library, Oak Street, NR21 9DY	Fun and learning with songs, rhymes & stories at your local library. A chance to join the library and borrow books too!	
Aquatots Swimming Sessions	0-1 1-2 2-5 PARENTS & CARERS	2:00pm - 3:00pm Every week (term time only)	Construction College Pool, Bircham Newton, PE31 6RH	Just turn up! Subsidised by Fakenham SureStart for those in area - just £3.00 per adult (usually £4.00), children free. For more information call Kevin at Kross Training on 07825 371381.	
<b>Wed</b>	Baby Discovery <b>CHANGE!</b>	0-1 PARENTS & CARERS	11:00pm - 12:30pm Every week (term time only) <b>starting 16th January</b>	Fakenham Gateway Sure Start Centre, NR21 8HN	Baby sensory fun and information from birth. Find out about teething, weaning, walking and discover what to expect in baby's first year. Meet other new parents.
	Family Support Drop In	PRE BIRTH Toys available if you need to bring little ones PARENTS & CARERS	1:00pm - 3:00pm Every Week (all year round)	Fakenham Gateway Sure Start Centre, NR21 8HN	Pop in for a private chat about issues like behaviour, getting into work, housing, childcare or anything else on your mind.
	Baby Self-Weigh	0-1 1-2 2-5 PARENTS & CARERS	1:00pm - 3:00pm 2nd Wed of each month  Wednesday 9th January Wednesday 13th February Wednesday 13th March	Fakenham Gateway Sure Start Centre, NR21 8HN	Drop in to weigh your baby yourself and chat to SureStart Staff and other parents. Breastfeeding support & equipment loaning usually available.
	Baby Days Health Visitor Clinic	0-1 1-2 2-5 PARENTS & CARERS	1:00pm - 3:00pm 4th Wed of each month  Wednesday 23rd January Wednesday 27th February Wednesday 27th November	Fakenham Gateway Sure Start Centre, NR21 8HN	Relaxed baby weighing session with your Health Visiting Team. Please bring a blanket from home to weigh your baby in. Pop in for a chat and health related advice on issues such as feeding, weaning, potty training, sleep problems or behaviour. Breastfeeding support & equipment loaning available.
	Victory Housing Drop In	PRE BIRTH Toys available if you need to bring little ones PARENTS & CARERS	2:00pm - 4:00pm 4th Wed of each month	Fakenham Gateway Sure Start Centre, NR21 8HN	A chance for Victory Housing tenants to meet with the association to discuss needs or concerns about housing.
<b>Thu</b>	Discover & Do <b>BOOK IT!</b>	0-1 1-2 2-5 PARENTS & CARERS	9:30am - 11:00am Every week EXCEPT LAST THURS OF EACH MONTH (term time only) <b>starting 10th January</b>	Fakenham Gateway Sure Start Centre, NR21 8HN	A friendly session with fun activities which help you to encourage your little one to learn through play and exploration. Different themes every week. Doesn't run on Discovery Café weeks (see below).
	Discovery Café <b>BOOK IT!</b>	0-1 1-2 2-5 PARENTS & CARERS	9:30am Last Thurs of each month  Thursday 31st January Thursday 28th February Thursday 28th March	Fakenham Gateway Sure Start Centre, NR21 8HN	Activities based around a story. Free book for each family. Refreshments provided. <b>BOOKING ESSENTIAL.</b> <b>THURSDAY 31st JANUARY: "I'm Not Sleepy!"</b> <b>THURSDAY 28th FEBRUARY: "Animal Boogie"</b> <b>THURSDAY 28th MARCH: "The Very Hungry Caterpillar"</b>
	Lactation Motivation Breastfeeding Group	PRE BIRTH 0-1 1-2 2-5 PARENTS & CARERS	6:30pm - 7:30pm Every week (all year round)	Fakenham Parish Church, Oak Street, NR21 9BX	Breastfeeding group led by trained peer supporters. For more information visit <a href="http://www.lactationmotivation.com">www.lactationmotivation.com</a>
<b>Fri</b>	Salvation Army Parent & Toddler Group	0-1 1-2 2-5 PARENTS & CARERS	9:30am - 11:00am Every week (term time only)	Salvation Army, Oak St, Fakenham, NR21 9DX	First visit free, thereafter £1.50 per family. Call 01328 862029 for more information.



Bookings: 01328 864511 (option 1) or [www.fakenham-surestart.com/whats-on](http://www.fakenham-surestart.com/whats-on)

If you book a space but can't make it for any reason, please let us know as our services are very popular and we often have a waiting list.

## One-off Events & Courses

	Activity	Age & Stage Guide	When?	Where?	Extra Details
<b>Mon</b>	First Aid for Parents Course <b>BOOK IT!</b>	FREE CRÈCHE! 0-1 1-2 2-5 PARENTS & CARERS	Monday 4th February 9:30am - 12:00pm	Fakenham Gateway Sure Start Centre, NR21 8HN	One off 2½ hour Family First Aid course run by qualified first aid trainer from Fleximed. Learn how to deal with everything from minor mishaps to full blown medical emergencies.
<b>Wed</b>	Speech & Language Drop In	1-2 2-5 PARENTS & CARERS	Wednesday 9th January 9:30am - 11:30am (Last child seen 11:10am)	Fakenham Gateway Sure Start Centre, NR21 8HN	Worried about your child's speech, language or communication skills? Drop in for a friendly, informal chat with a Speech and Language Therapist. <i>NB: It is recommended you arrive as early as possible as children will be seen on a first come, first served basis and there are limited spaces available.</i>
<b>Thu</b>	Pandora Project Open the Box Programme <b>BOOK IT!</b>	PARENTS & CARERS	Starts in January  Please contact the Children's Centre for further details	Fakenham Gateway Sure Start Centre, NR21 8HN	10 week course for any woman who has been affected by an abusive relationship, whether they have left or are still living with an abusive partner. Increases confidence and self-esteem through knowledge and learning, helping women to understand and recover from the impact of domestic abuse. Crèche provided.
	Speech & Language Drop In	1-2 2-5 PARENTS & CARERS	Thursday 14th March 9:30am - 11:30am (Last child seen 11:10am)	Fakenham Gateway Sure Start Centre, NR21 8HN	Worried about your child's speech, language or communication skills? Drop in for a friendly, informal chat with a Speech and Language Therapist. <i>NB: It is recommended you arrive as early as possible as children will be seen on a first come, first served basis and there are limited spaces available.</i>

Fakenham Gateway SureStart Centre operates an admissions policy to ensure safety and fairness for all families. Visit [www.fakenham-surestart.com](http://www.fakenham-surestart.com) for details. We thank you for following Department of Health guidelines and ensuring that anyone who has experienced sickness or diarrhoea recently does not attend the Children's Centre until they have been free of all symptoms for 48 hours. If in doubt please contact us before coming along.



Activities marked with the Fakenham Gateway logo are run by Sure Start staff. All activities are FREE unless stated. Donations towards the cost of resources and snack are very welcome, and help to keep these activities running.