

# What's On

Summer Programme  
July to August 2024

East Riding  
**Children's**  
Centres

Where children and families matter

## Bridlington Children's Centres

### Hello Summer!

*All our summer sessions are packed full of fun activities to get your child's imagination running wild!*

*Remember to dress for the weather, especially for the outdoor sessions*



### **Outdoor Play opportunities at both Bridlington Children's Centres:**

Being active is very important to everyone's health and well-being. This is anything that makes you move your body. Outdoor playing is important for adults and children because it keeps your body and mind healthy, and exercise is important, it makes you feel great! Exploring nature and the outdoor world through a variety of activities such as bean bags, balls, chinks, hoops and more!

We are welcoming you to come and use our **trolley full of outdoor resources and equipment to support children to explore on the nearby outdoor space. Free of charge.** Lots of fun for you and your child!

Available to book Monday to Friday 9-4pm (please return the trolley by 4:00pm)

to book the trolley call a Centre



*Children's Centres in the East Riding have been awarded the UNICEF Baby Friendly Initiative Gold Award and this year have successfully passed the 5 year revalidation. This award recognises the support we offer new parents in helping them to develop a close and loving bond with their baby, supporting them in the early days and getting feeding off to a good start. We work in partnership with midwives and health visitors to provide the right support at the right time.*

### 1-1 support

We all need a bit of help from time to time. That's where early help family work comes in. Our role is to help you find what works best for you, best for your family and ensure you receive the right help at the right time.



EAST RIDING  
OF YORKSHIRE COUNCIL

# Timetable for Bridlington Children's Centres

Time	ACTIVITY	DATES	Booking ?	Term time?
<b>MONDAYS</b>				
09.00-12.00	Child Development Health Checks at Shaftesbury Road	Weekly	By Invite only	NO
10.30-11.30	Musical Me (5 months to 18 months) at Butts Close	Weekly	NO	NO
1.00-2.30	Parents Pop In at Butts Close	Weekly	NO	NO
<b>TUESDAYS</b>				
10.00-11.30	Play and Learn (0-5 years) at Burton Fleming Village Hall YO25 3NZ	Monthly 20 / 8	NO	YES
1.30-3.PM	Outdoor Explorers Out and about, please join us Burton Fleming / Park YO25 3PA Bempton / community hall park YO15 1HS Flamborough / Park YO15 1LA Burton Agnes / play area YO25 4NF Rudston / community hall park YO25 4UZ	23 / 7 30 / 7 6 / 8 20 / 8 27 / 8	NO	NO
<b>WEDNESDAYS</b>				
10.00-11.30	Play and Learn (0-5 years) at Shaftesbury Road	On: 24/7 7/8 21/8	NO	YES
10.00-11.00	Breastfeeding Group at Butts Close	Weekly	NO	NO
1.00-2.45	Child Health Clinic at Butts Close	Weekly	NO	NO
<b>THURSDAYS</b>				
9.00-10.30	Parents Pop In at Shaftesbury Road	Weekly	NO	NO
10.00-11.00	Play and Learn (babies to crawling) at Butts Close	Weekly	NO	NO
1.15-2.30	Play and Learn (0-5 years) at Butts Close	On: 1/8 15/8 29/8	NO	YES
1.30-3.00	Play and Learn (Young Parents up to 21 years) at Butts Close	Weekly	YES	NO
6.00-8.00	Antenatal Parent Education at Butts Close – meet Health Visitors (ISPHNs) and children's centre staff. (Midwives – will invite you to week 3, at Avenue Ward Bridlington Hospital, times and days may vary at the hospital)	1 <sup>st</sup> & 2 <sup>nd</sup> Thursday of the month TBC	YES	NO
<b>FRIDAY</b>				
10.00-11.00	Play and Learn – (12 to 24 months) story time and home learning activities at Butts Close	On: 26/7 & 2/8 & 9/8 & 16/8	NO	YES
10.00-11.30	Outdoor Explorers Bridlington North Beach YO15 2NB Brett Street Park YO16 4HE South Beach YO15 3PP	26/7 9/8 23/8	NO	NO
10.00-12.00	The Big East Yorkshire Breastfeed – North Beach, Beach Huts	On: 2/8	NO	NO
1.30-2.30	Bumps Club (Antenatal Parents-to-be Group) at Shaftesbury Road	Monthly On: 26/7 & 23/8	NO	NO

Bridlington Children's Centres  
Butts Close, YO16 7BS  
(01262) 409596

Children's Centre at  
Bridlington Family Centre  
Shaftesbury Road, YO15 3PP  
(01482) 395470

[Bridlingtonchildrenscentre@eastriding.gov.uk](mailto:Bridlingtonchildrenscentre@eastriding.gov.uk)

[www.eastriding.gov.uk/children-centres](http://www.eastriding.gov.uk/children-centres)  
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Contact us:

