

Maidstone Children's Centres

Furfield Close, Parkwood, Maidstone, Kent, ME15 9JR. Tel: 03000 412700



September - November
2017



Summer Fun Day

A huge thank you to everyone who came and saw us at our Safety themed Summer Fun Day event on 18th August at Mote Park. We had a fantastic turn out of nearly 3,000 people, that's double our amount last year! If you attended on the day and have any feedback for us, please let a member of staff know or email us at maidstonecc@kent.gov.uk.

New timetable

Look out for our new district timetable in centres and on Facebook! If you'd like this emailed to you, let us know by speaking to a member of staff or emailing us at maidstonecc@kent.gov.uk. Keep an eye out for further groups and services on display in centres and posted to our Facebook page.

Back to school! Are you Food Smart with Lunchboxes?

School meals are a great choice, but if you do make a packed lunch for your child then Change 4 Life have got it covered. Get hints and tips on what their lunchbox should contain as well as lots of easy-to-prepare ideas your children will love as well as guidance on food swaps. Read more at <https://www.nhs.uk/change4life> and look out for Food Smart packs in centres.

Foodtastic cooking course with Adult Education

Do you want to improve your cooking skills? Book on to a FREE course with Maidstone Children's Centres and Adult Education and learn how to cook healthy on a budget. The course will run at Infozone, Palace Avenue, ME15 6NF, from Friday 15th September to Friday 13th October 2017, 12:30 - 2:30pm. Please note **the course is for adults only and requires booking**. Contact the team on 03000 421540 to secure your place.

Baby weighing Health Clinics

If you are planning on attending a clinic, please ensure you attend at least 30 minutes before the clinics end time. This is to ensure you are able to be seen, as clinics become extremely busy and Health Visitors are occasionally unable to see all parents. To see all of the available clinics, please see our district timetable.

Our Centres

Meadow - 03000 412700
Sunshine - 03000 417770
Greenfields - 03000 412987
West Borough - 03000 421540
East Borough & Howard
de Walden - 03000 412900
Marden - 01622 831503

Useful contacts

NHS Direct - 111
Health Visitors - 0300 555 0506
Maidstone & Midkent Mind - 01622 692383
Domestic Abuse helpline - 0808 2000 247
Samaritans - 01622 674444
Salvation Army - 01622 681808
Infozone Youth Hub - 01622 755044



Free for Two



From September 2017 many three and four year olds will also be able to benefit from Free Early Education being extended from 15 to 30 hours, as well as existing two year olds. **All** three and four year olds will continue to receive up to 15 hours free. **This can be used in preschool, nursery and childminder settings.**

Why use Free for 2?

- Take up a part time job and earn some money
- Increase your child’s social skills before starting school
- Take up a course or hobby
- Meet other parents and make new friends

To check if you’re eligible to claim for free childcare, pop into your local centre or visit www.kent.gov.uk/frechildcare. You can contact the Maidstone district Free for Two champion **Charlotte King** on **03000 416966**.

Save a Baby’s Life courses

We have spaces available on our upcoming Save a Baby’s Life courses. These free and informative sessions teach life saving, practical skills to parents and carers. To book a space, contact your preferred centre from the below:

Centre	Date	Details
The Meadow	FULLY BOOKED!	Contact 03000 412700 to add your name to a reserve list
East Borough	FULLY BOOKED!	NEW DATE COMING SOON! Contact 03000 412900 to add your name to a reserve list
Sunshine	FULLY BOOKED!	Contact 03000 417770 to add your name to a reserve list
West Borough	Thursday 23rd November 2017	9:30 - 11:30
Greenfields	Saturday 18th November 2017	10:00 - 12:00
Marden	Friday 1st December 2017	1:30 - 3:30
Headcorn	FULLY BOOKED!	Contact 01622 831503 to add your name to a reserve list

Have your say!

**Have you recently attended a group or event?
We want to know!**

We love to hear from our local families. Please get in touch and support the development of Maidstone Children’s Centres.

Call the team on: 03000 412 700

Email us at: maidstonecc@kent.gov.uk

Complete our ‘Have Your Say’ leaflet in centres

Search us online: www.kent.gov.uk/childrenscentres

Facebook pages

‘Maidstone Children’s Centres’

Like and follow our page for daily updates and services.

‘Infozone Youth Hub’

Stay up to date on course offers and timetables for young people.

‘Maidstone Jobs for Young People’

A page of employment and training offers for youth.