

Monday	Tuesday	Wednesday	Thursday	Friday
Baby Massage Camp Hill AM	Baby Massage Camp Hill AM	Baby Time Camp Hill & Riversley Park AM	Baby Massage Riversley Park AM Stockingford CFC PM	Makaton Camp Hill AM
Chatter Matters Camp Hill AM	Wonder Walks 10.00am Venue to be decided	Let's Create 10am on facebook Easy craft ideas to do with your child.	Babies Makaton Stockingford CFC AM & Camp Hill PM	Baby Massage Riversley Park AM
Baby Time Riversley Park AM	On Zoom Spinning Tots	Baby Massage Camp Hill PM	Wellbeing Walks One-to-One or Small Groups	Makaton 'Come sign with me' 10am on Facebook Provides activities and information to support children and families.
Song-Time 10am on Facebook Songs, Rhymes & Music for your child and you to enjoy and join in.	Chatter Matters Riversley Park AM	On Zoom Spinning Tots		Baby Time Stockingford Community Centre AM
Wellbeing Walks One-to-One or Small Groups	Chatter Matters Activity Sheet 10am on Facebook Fun activities, supporting your child's speech and language, & communication, skills.			
Advice and Support	Baby Time Camp Hill PM			

Nuneaton Children & Family Centres Advice and Support

Our Family link worker is able to provide initial support and advice on a wide range of issues of a non-medical nature and signposting information to guide you to the most appropriate service for your needs.

For support please ring,
Riversley Park/ Camp Hill CFC
Or Our Family Link Worker
07566765679

Baby Time
Camp Hill PM

 **Find us on facebook**

@ Barnardo's Nuneaton Children and Family centres.
Please see our Facebook page

Barnardo's Charity Number 216250

Nuneaton Children & Family Centres Contact Details

Riversley Park CFC	Stockingford CFC & Library	Camp Hill CFC	Stockingford Community Centre
Clinic Drive Nuneaton CV11 5TY Tel: 024 76378600 Open Mon—Fri (10am - 3pm)	St Pauls Road, Nuneaton. CV10 8HW 024 76383708 Open Mon to Fri (8am—5pm)	Hollystitches Road Nuneaton CV10 9QA Tel: 024 76344334 Open Mon to Fri (10am - 3pm)	Haunchwood Road, Nuneaton Warwickshire CV108DY

All activities must be booked in advance except for accessing Facebook Videos. Please ring Camp Hill or Riversley Park CFC's



Early Help and Targeted Support Team

There will be no family Support drop in sessions, but the Duty Line is still operating

9am until 4pm

Mon to Fri

Duty Line

Telephone Number

01926 412 412



QUIT4BABY

COVID-19

Pregnant smokers can help to protect themselves from the increased risk of serious health consequences associated with Covid-19 by quitting smoking. Smoking compromises the immune system which may give the body less protection against the virus. Pregnant women are now classed as a vulnerable group who should follow government advice to reduce the chances of contracting COVID-19.

Helpline: 07917 227 004



www.quit4baby.co.uk

Our friendly advisors are now supporting pregnant women over the telephone and providing FREE Nicotine Replacement Therapy for women who want to quit.

Go to [NHS.UK/coronavirus](https://www.nhs.uk/coronavirus) for information about the virus and how to protect yourself.

Service provided by South Warwickshire NHS Foundation Trust



Citizen's Advice Bureau

(0-19/25*)

Provides free, confidential independent and impartial advice and information on most subjects including Universal Credit, welfare benefits, disability issues, debt, consumer matters, employment, housing, legal issues, health, education and much more

National Freephone Advice-line

0808 278 7826

Local Advice –lines

Nuneaton & Bedworth: 02476 4943 93

Rugby: 01788 566 238

Email: info@brancab.org.uk

<https://www.citizensadvice.org.uk/about-us/>



Family Information Service :

We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 years across Warwickshire on issues including: family relationships; finance; housing; parenting support; special educational needs and disabilities (SEND); childcare; and health and wellbeing.

Phone: 01926 742274

Email: fis@warwickshire.gov.uk

Or see website for more information

www.warwickshire.gov.uk/fis

Well Baby Clinics

South Warwickshire NHS Foundation Trust

Well Baby Clinics are now by appointment only. If you have any concerns please ring your local Health Visitor or contact via

Warwickshire Chat Health Texting Service: 07520615293

Mon—Fri, 9am—5pm (excludes B/H)



C&WPT Children and Young Peoples Specialist Mental Health Service are working together with the Crisis Team to provide a support -line service for children and young people 24 hours, 7 days a week. Lines are open:

8am to 8pm please phone **02476641799**

8pm to 8am please phone **02476938000**

Or see website for up to date links, advice, guidance and support: www.cwrise.com



The 'Kooth' service is a digital mental health platform which has been commissioned by WCC. It provides a confidential, anonymous space for all young people aged 11 - 25 years old.

'Kooth' offers free, immediate, online counselling as well as access to lots of self-help tools, such as: discussion forums with peers; an online magazine; and also an activity hub of challenges.

<https://www.kooth.com/>