

Family fun activities across the area.

Activities are 50p per session, per child. Voluntary contribution. These donations are reinvested in resources for future activities for you and your family. Thank you.

Activity	Where	When
Let's get Physical Indoor and outdoor sporting activities: ride-ons, parachutes, soft play etc Ideal for children who can crawl - 8 years.	Litcham Children's Centre* Dereham Children's Centre*	10-11:30am 6 th September 10-11:30am 22 nd September
Let's get Cooking A fun cookery session ideal for children 18 months + and their parents.	Litcham Children's Centre* Hockering Village Hall Garvestone Village Hall Dereham Children's Centre*	10-11:30am 4 th October 10-11am 3 rd November 2-3pm 6 th November 10-11am 10 th November
Let's get Creative A fun session, for all children and their parents to get creative.	Garvestone Village Hall Hockering Village Hall Litcham Children's Centre	2-3pm 2 nd October 10-11am 6 th October 10-11:30am 18 th October
Let's get Messy Fun sensory session for children 0-8 years.	Litcham Children's Centre Dereham Children's Centre*	10-11:30am 15 th November 10-11:30am 24 th November
Let's Explore Outdoor exploring for all the family.	Venues to be confirmed	10-11:30am 13 th October 10-11:30am 1 st November
Dads Do Too... Saturday play sessions for Dads + male carers and their little ones	Dereham Children's Centre	9:30-11:30am Sept 16 th October 21 st November 18 th No session during December
Let's get ready for Christmas Christmas activities and crafts for all the family during December.	Hockering Village Hall Garvestone Village Hall Litcham Children's Centre Christmas session. (Bookings open 22 nd Nov 9am*) Dereham Children's Centre Night before Christmas £1 per child (Bookings open 4 th December 9am*)	10-11am 1 st December 2-3pm 4 th December 10-11:30am 6 th December 5-7pm 15 th December

Many of our sessions can get really busy. So that no one is disappointed and turned away, sessions marked with an * need to be booked onto. You will then be issued a ticket to confirm your place. Unless stated, booking opens one week prior to the session. Tel 01362 692839

Especially for babies and tots...

Activity	Where	When
Baby Days 10-11:30am For non-mobile babies	All sessions at Dereham Children's Centre	Sept 4 th , 18 th Oct 2 nd , 16 th Nov 6 th , 20 th Dec 4 th , 18 th
Breastfeeding Café 10-11:00am, Breastfeeding support session	All sessions at Dereham Children's Centre	Friday 1 st September Mondays: Sept 25 th Oct 9 th , 23 rd Nov 13 th , 27 th + Dec 11 th
Little Crawlers and Movers 10-11:00am For little ones beginning to move and stand	All sessions at Dereham Children's Centre	Tuesdays Sep 26 th Oct 10 th , Nov 14 th , 28 th Dec 5 th



Do you need support with breastfeeding?

Family Support workers Shelly and Tina are both trained UNICEF breastfeeding supporters. They can help you in either the Children's Centre or visit you at home. Call us on 01362 692839 and ask for Shelly or Tina.



October Half Term activities, older siblings welcome

Activity	Where	When
Let's get really Messy*	Dereham Children's Centre	10-11:30am Tuesday 24 th October Booking essential
Let's get creative "Autumn Outdoor Crafts"*	To be confirmed Places limited, Call 01362 692839 to book from 16 th October.	Friday 27 th October 10-11:30am Booking essential

Have you been invited to your child's 2 year development check "Being 2 in Norfolk" at Dereham Children's Centre?

Speak to your child's Early Years Provider, they are able to give feedback on your child's development on a page for your child's red book that can be really useful at the check. Also, don't forget that you will have the opportunity to meet with Centre staff and receive free resources.

Family Photo Session

Would you like photos of your family to keep, or give for gifts? We are offering a family photo session on Saturday 21st October at Dereham Children's Centre, between 9:30 and 12 noon. Call 01362 692839 to find out more and book your place.