

Additional services available at Market Rasen Children's Centre
If you would like any further information on the services available at the
Children's Centre, please ask a member of staff.

Market Rasen Children's Centre is part of West Lindsey Rural Children's Centre Group which
also includes:

Caistor Children's Centre – 01673 844703
Cherry Willingham Children's Centre – 01522 595980
Welton Children's Centre - 01673 862767

Learning Together Babies/ Tweenies'/Toddlers (age specific)

Learning Together offers a variety of activities as well as a Talk Time, songs and stories to support children's development, by building their confidence as they learn to explore.

Stay and Play Under 1's (0 -1yr)

This session aims to support developing babies to grow and learn. Activities will encourage babies to reach their developmental milestones, following their interests and curiosities.

Learning Through Play (0 – 5yrs)

This drop in session provides a variety of activities for children to explore supporting children's changing needs and interests, the session offers an opportunity for parents, carers and children to discover and explore a wide range of play activities together, encouraging children's independence, confidence and social skills.

Rhyme Time (0 – 5yrs)

A music and rhyme themed session where children can develop their language and communication skills by singing along to their favourite songs and nursery rhymes.

Little Explorers (0 – 5yrs)

A sensory and messy play session providing materials of differing textures, temperatures and consistencies for children to explore, supporting their development and growing confidence.

Movers and Shakers (0 – 5yrs)

Movers and Shakers is a fun music and movement session which supports and develops children's communication and physical skills. The session includes using musical instruments and singing to support early language development and physical activities such as scarves, bubbles, balls and parachute games to develop co-ordination and physical awareness.

Virtual Opening Doors to Employment

This four-week employability course is for parents who are ready to look for a job but could do with a helping hand. By the end of the course, you will have an up-to-date CV, know how and where to effectively job search and feel confident about communicating your skills and experience during interviews.

Virtual Grow your own Confidence

A friendly and relaxed 4 week course for parents who would like to build their own confidence. Run in partnership with Lincolnshire Adult Skills and Family Learning Service.

Health Visiting Team (birth – 6yrs)

If you would like to speak to the team about your child's health please call SPA on: 01522 843000.

BreastStart Group (all breastfed babies)

Come and join us in a relaxed, friendly environment, chat and meet other breastfeeding mums and get some support and advice. A member of the health visiting team supports the group. Pregnant ladies also welcome. Opportunity to self-weigh breastfed babies.

WEST LINDSEY Market Rasen & Caistor Children's Centres

WHAT'S ON GUIDE



From Monday 21st Feb-Thursday 31st March

Market Rasen Children's Centre
Kilnwell Road
Market Rasen
Lincoln
LN8 3BJ
Telephone: 01673 844703

Email: marketrasenCC@lincolnshire.gov.uk

Like us on Facebook to stay in touch 

For all up to date information please go to our web pages at:
<https://www.lincolnshire.gov.uk/childcare-and-family-support/find-a-childrens-centre/>



Lincolnshire
COUNTY COUNCIL
Working for a better future

Market Rasen and Caistor Children's Centres

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Stay and Play Under 1's (0 – 1yr) 10:00 – 11:00</p>	<p>Learning Through Play @ CAISTOR TOWN HALL (0 – 5yrs) 10:00 – 11:00 (On 15th March this session will be taking place at Market Rasen Children's Centre)</p> <p>Opening Doors to Employment 4 week course 10:00 – 11:00 Email beststart@eyalliance.org.uk to find out more or when the next course begins</p>	<p>Rhyme Time @ CAISTOR TOWN HALL (0 – 5yrs) 10:00 – 10:45 (On 16th March this session will be taking place at Market Rasen Children's Centre)</p>	<p>Learning Together Babies 6 week programme (24th Feb – 31st March) with a focus on personal, social and emotional development (birth – crawling babies) 10:00 – 11:00 To book please call or email the centre; marketrasenCC@lincolnshire.gov.uk</p>	<p>Little Explorers (0 – 5yrs) 10:00 – 11:00</p> <p>EYA TRAINING DAY 25th MARCH NO SESSIONS</p>
<p>Learning Through Play (0 – 5yrs) 1:30 – 2:30</p>	<p>BreastStart (all breastfed babies) 10:30 – 11:30 Every 2nd and 4th Tuesday</p>	<p>Movers and Shakers (0 – 5yrs) 1:30 – 2:30</p>	<p>Learning Through Play (0-5yrs) 1:30 – 2:30</p>	<p>GROW Your Own Confidence 4 week Course 12:30 – 1:30 Email beststart@eyalliance.org.uk to find out more or when the next course begins</p> <p>EYA TRAINING DAY 25th MARCH NO SESSIONS</p>