

Early childhood support



Parents and carers of young children often need a bit of extra support. You will find a team of people in your local community who can provide that support when you need it – in your home, in a Children's Centre or where it suits you.

Early Childhood Services, provided by Bath & North East Somerset Council, the NHS and the voluntary sector, provide support in your local community.

**Bath & North East
Somerset Council**



Sirona
care & health

There are teams of people available to support all families with children under the age of five. They can provide:

- Support during pregnancy
- Support with feeding your baby
- Support to understand your child's development
- Emotional support for you and your family
- Support and advice from the Citizens' Advice Bureau (eg housing or benefits advice)
- Help to find childcare.

Some of this help will come from staff working in the 11 local Children's Centres across Bath & North East Somerset (see back page for details); some from Midwives, Health Visitors, Family Support Workers, or Play Workers.



A child's early experience lays the foundation for their future life. Early Childhood Services are there to support families and help ensure that children get a good start in life.



"I had to give up work to look after my daughter and felt very isolated. Coming here gave me something to do and helped break up the week.

Playing with other children really brought my daughter out of her shell, and for me it was nice to be able to have a chat with people my own age over a cup of coffee. It made a huge difference to my life to have somewhere like this to come.

I started volunteering at the centre and since then I've qualified and started work in childcare – it's really changed our lives."

Darren, dad of Emily

"I was a parent on my own with no family locally and felt lonely. My Health Visitor came to see me after my baby was born and she helped me cope with all the things I had to do. After a few weeks she brought a Family Worker with her who helped me with organising my day and getting into a good routine with my baby. She also told me about my local Children's Centre. When I plucked up the courage to attend one of the baby massage groups they made me feel so welcome."

"Going to groups at the Children's Centre has kept me sane. Before going to groups I felt quite depressed following the birth of my baby."



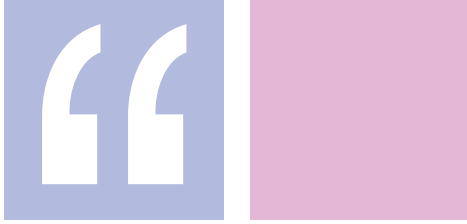
"My daughter gets bored at home with just me – she so enjoys coming along and has made lots of friends. We also use the Toy Library which comes to the centre every week."

Omana, mum of Stephy



"We use the centre a lot. I come to the mums' group on a Thursday as well as Stay and Play sessions and the Baby Zone where my son sees his health worker. It's a great service and my son absolutely loves coming here."

Heather, mum of Torran



“The Children’s Centre has been a real life-saver for me and my daughter. I was a young mum without any friends in the same boat and it was great to come here and make new friends.

I don’t have a job as I’m on kidney dialysis three times a week – coming here has been such a great support. The staff have helped us with so many things. They even helped me apply to get a new house because the old one had no room for my dialysis equipment.

Coming here and being supported has given me much more confidence in myself as a parent, and it’s given my daughter confidence too – she made so many friends which really helped when she started school.”

Tracy, mum of Jessica

“I was a young mum who had come out of a violent relationship. It took a lot of courage to come here but it has been the best thing.

I felt so alone and depressed and didn’t have a clue what to do. People listened to me without judging and helped me to get counselling. They’re like a family – everyone is so welcoming and helpful.

The parenting classes helped me learn about how to discipline and deal with things like tantrums. No-one had told me about any of these things. To know other parents were going through the same thing made me feel better too. I noticed a massive improvement in the relationship between me and my son.

Lindsay, mum of Dom





"We love coming to the centre – we'd be really stuck without it. There's lots of space to play, including an outdoor area, and so many different toys and things to do. The staff are really great, and it's also a good chance for us all to make new friends."

Maria, mum of Jack and Lola

Children's Centres are a partnership between Bath & North East Somerset Council, health services, the community and many other local professional and voluntary organisations including schools and nurseries, Citizens' Advice Bureau, Jobcentre Plus, First Steps, Barnardo's and Southside.

Contact Information

Family Information Service

Office hours (There is an answerphone available outside these hours.)

Monday – Thursday 8.45am – 4.45pm, Friday 8.30am – 4.30pm

Telephone: 0800 073 1214 Text: 07980 998906 Email: fis@bathnes.gov.uk

Norton Radstock and surrounding villages

Radstock Youth and Children's Centre, Church Street, Radstock, BA3 3QQ

Peasedown Youth and Children's Centre, Bath Road, Peasedown, BA2 8DH

Midsomer Norton Children's Centre, Pows Orchard, Midsomer Norton, BA3 2HY

Paulton Children's Centre, Plumtree Close, Paulton, BS39 7QY

Westfield Children's Centre, Longfellow Road, Westfield, BA3 3XX

T: 01225 396660 E: nortonradstock_childrenscentre@bathnes.gov.uk

Keynsham and Chew Valley

Keynsham Children's Centre, 65 West View Road, Keynsham, BS31 2UE

T: 01225 395400 E: keynsham_childrenscentre@bathnes.gov.uk

Chew Valley Children's Centre, Chew Lane, Chew Magna, BS40 8QA

T: 01225 395455 E: chewvalley_childrenscentre@bathnes.gov.uk

Bath (east area)

St Martin's Garden Children's Centre, Odd Down, Bath, BA2 5RE

T: 01225 396002 E: smartins_gardenchildrenscentre@bathnes.gov.uk

(Also at Foxhill Community Centre, BA2 5QA)

Parkside Children's Centre, Charlotte Street, Bath, BA1 2NE

T: 01225 396662 E: parkside_childrenscentre@bathnes.gov.uk

Weston Children's Centre, Weston, Bath, BA1 4EH

T: 01225 396034 E: weston_childrenscentre@bathnes.gov.uk

Bath (west area)

First Steps Twerton Children's Centre, Woodhouse Road, Twerton, BA2 1SY

T: 01225 444791 E: twertoncc@firststepsbath.org.uk

First Steps Moorlands Children's Centre, Moorfields Road, Bath, BA2 2DQ

T: 01225 317123 E: moorlandsc@firststepsbath.org.uk

www.bathnes.gov.uk/fis

This leaflet about Early Childhood Services can be made available in a range of community languages, large print, Braille, on tape, electronic and accessible formats from the Family Information Service.