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## Children's Centre



### Introduction

The aim of Surestart Children's Centres is to improve outcomes for all children aged 0-5 years and their families.

We are welcoming and friendly places where children and families can drop in to find support, help and information on a wide range of subjects.

Our wish as a team is to 'Help you grow safely' and ensure that in the area where you live every child has the chance to have the best start in life.

We offer a FREE programme of activities.

People who may help you from your local Health and Children's Centre are health visitors, family support practitioners and support and information officers.

- **Each centre runs a different timetable of activities (many are free to join) which may include: Parenting skills**
- **Family support home visiting**
- **Understanding child development / behaviour**
- **Information and advice on play**
- **Difficulties with debt, benefits and housing**
- **Information about adult learning opportunities and getting back to work**
- **Breast feeding support.**

- **Information on healthy eating**
- **Library books to borrow and share**
- **Public computer**
- **Support for post natal depression** **Access to specialist services for children and families**
- **Information about local groups**
- **Help Finding Childcare**
- **Drop-in groups to meet other families in your area**

#### Registration

Children centres operate a registration system. It just means filling out a form which they are happy to help you with.

#### Location




-  **22 Bell Lane, Kesgrave IP5 1JQ**

#### Open

 **Mon-Fri 09:00-16.30**

 **Sat-Sun Closed**

#### Contact

-  **(01473) 265833**
-  [kesgrave@suffolk.gov.uk](mailto:kesgrave@suffolk.gov.uk)
-  [@Kesgrave-Caterpillar-and-Rendlesham-Childrens-Centres-381004191952598/](https://www.facebook.com/Kesgrave-Caterpillar-and-Rendlesham-Childrens-Centres-381004191952598/)

Last update on Monday 16 Aug 2021 by Alan Comber.