Did you know!!

The Rainbow Centre is owned and managed by Pickering and Newington Development Association Ltd. (PANDA Ltd). We are a voluntary sector organisation and a registered charity.

Our mission statement is **Providing services for local people managed by local people.**

If you would like to support our charity or fund-raise with us please get in touch. We work hard to support our community. We always welcome children’s toys, equipment and laundered clothes, which we sell in our New 2 You shop.

(no electrical items please)
All proceeds go back in to the Centre.

Other ways to help us raise funds. [easyfundraising.org.uk](http://easyfundraising.org.uk)
Register your name and select ‘The Rainbow Centre Hull’

Volunteering Opportunities
Would you like to volunteer at The Rainbow Centre? You can learn new skills, improve your confidence and boost your chances of gaining employment.

Various volunteering opportunities available including:
- **Play sessions**
- **Café**
- **Admin**
- **Charity Shop**

Must be 18 years or over, undertake a DBS check and able to volunteer a minimum of 2 1/2 hours per week.

We also support students from local colleges and schools (16 years plus). Would you like work experience? - ask for more information.

Activities and Services January - April 2019

At Wheeler Children’s Centre everybody matters. We want all children under 5 to get the best possible start in life and we are here to help you and your family and older siblings up to the age of 10.

Look inside for what’s going on at The Rainbow Centre and come and join us for some playtime fun.

The Wheeler Children’s Centre

Being a parent / carer can be hard work sometimes but we are here to help.

We offer advice & information about a range of topics in your home or at the Children’s Centre:

- Child health, development & behaviour
- Benefits, debt & budgeting
- Relationship difficulties & domestic abuse
- Isolation & new to the area
- Parenting & Parenting courses
- Housing issues & homelessness
- Mental health & well being
- Training & volunteering
- 2 year funding & childcare
- Infant feeding

If you would like any support please contact a member of the family support team on 01482 502 466, info@surestart-rainbow.co.uk or pop in to The Rainbow Centre.

Helping children achieve more
Monday

Session | Time | Venue | Cost
--- | --- | --- | ---
Midwives Clinic - Appointment only | 9am - 4pm | The Rainbow Centre | FREE
Midwives Clinic - New bookings only | | | 
If need to change appointment please call 01482 382 713/604 386
Smoke Tree Hull Clinic - Call 0800 247 111 text QUIT to 01625 | 9.30am - 11.30am | The Rainbow Centre | FREE
Baby Massage - Next session February 2019 | 1.30pm - 2.30pm | The Rainbow Centre | £1.30
Smile and Have a Coffee with Baby Club | | | 
Brush Up English & FREE Crecet (limited places) | 12.45pm - 2.45pm | The Rainbow Centre | FREE
Work towards level 2, get the confidence you need to help your child with homework whilst improving your English skills.
Toddler Time - Term time only | Play sessions for children under 5's includes crafts, toys, stories and nursery rhymes. | Gipsyville Library | FREE

Wednesday

Session | Time | Venue | Cost
--- | --- | --- | ---
Midwives Clinic - Appointment only | 8.30am - 1pm | The Rainbow Centre | FREE
If need to change appointment please call 01482 382 713/604 386
PLEASE NOTE All play sessions are age related play, they are not suitable for older children, but younger siblings can attend.
Rainbow Rascals - starts 9 January | 10am - 11.30am | The Rainbow Centre | £1.50 per family
A play session for children 10 to 18 months.
Rainbow Cherubs - starts 9 January | 1.30pm - 3.00pm | The Rainbow Centre | £1.50 per family
A session for 0 to 9 months. Session includes singing & story time.

Thursday

Session | Time | Venue | Cost
--- | --- | --- | ---
Midwives Clinic - Appointment only | 9am - 4pm | The Rainbow Centre | FREE
If need to change appointment please call 01482 382 713/604 386
ESOL | 10am - 2pm | The Rainbow Centre | Fees may apply
Improve your English in reading, writing, speaking & listening skills.
For students whose first language is not English.
Rainbow Rangers - starts 10 January | 10am - 11.30am | The Rainbow Centre | £1.50 per family
Play session suitable for children 18 months plus. The session has age related play, but younger siblings can attend.

Friday

Session | Time | Venue | Cost
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Midwives Clinic - Appointment only | 9am - 12 noon | The Rainbow Centre | FREE
If need to change appointment please call 01482 382 713/604 386
Child Health Clinic | 10am - 12 noon | Newington Health Centre | FREE
Speak to a Health Visitor if you have any concerns about your child or would like to get them weighed
Parent & Toddlers dance 11 January | 10am - 11.30am | The Rainbow Centre | £1 per family
Just turn up no need to book. For under 5's
Baby Bounce - Term time only | 10.30am - 11.15am | Gipsyville Library | FREE
Play session for 6 - 18 months includes Rhymes, Singing and fun with your baby.
Youth in Nature - Pop in and speak to a youth worker for more information. A group for young people under 19 years of age. No need to book. Come along and learn about nature and wild life in the local community.

The Gipsyville Library
Opening times
Monday 9am-5pm
Wednesday 10am - 6pm
Friday 9am - 5pm
Saturday 10am - 1.00pm

Rainbow Cafe
Check out our great value breakfast deals and takeaway service.

We need early social skills
We learnt how to share and take turns
We play with other children instead of playing alone

Rainbow Café
Delicious hot & cold food served daily
Open 8.30am - 1.30pm