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## Register with Blackpool Children's Centres

To find out more about Children's Centres across Blackpool or to register you and your family, please click on the following link where you will be able to complete a registration form online.

<http://www.blackpool.gov.uk/ccapplication>

## Are you registered with a Dentist?

**For urgent treatment or to be put on the NHS dentist waiting list please telephone 01253 655200**

Mon-Fri 9.00 am – 5.00 pm

Sat 11.00 am – 6.00 pm

Sun 10.00 am – 3.00 pm

Bank Holidays 11.00 am – 6.00 pm

[www.blackpool.nhs.uk](http://www.blackpool.nhs.uk)



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## Change 4 Life Sugar Smart App

Please view the website link below for the free sugar smart app. It is a useful tool to use to identify the sugar content of food and drinks. The Change4life website also has some very useful information on the recommendations for daily sugar intake. For more information or to sign up to the campaign please visit the website below by clicking on the link.

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

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## Change 4 Life healthy eating tips

We were all brought up to finish the food on our plates, but sometimes it's more than we really need. These days larger portion sizes are also more readily available, which does mean that it's very easy to eat too much. Please view the website link below simple tips to get you and your family into great healthy eating habits.

<http://www.nhs.uk/Change4Life/Pages/healthy-eating-tips.aspx>

## Change 4 Life 10 Minute Shake Up

Try Change 4 Life's fun 10 Minute Shake Ups! Each Disney-inspired game counts as a Shake Up and goes towards the hour of physical activity children need a day. For more information or to sign up to the campaign please visit the website below by clicking on the link.

<https://www.nhs.uk/10-minute-shake-up/shake-up-zone>

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## Adult Education at Revoe Children's Centre

We Host a range of adult courses provided by Blackpool and the Fylde College and Family Learning, for parents with children who are 5 years of age or under. With Courses available such as Maths, English, ICT and safeguarding to mention a few there is plenty of choice and opportunity to develop your knowledge and skills. For more information or to sign up to a course please come into the Children's Centre or phone 01253 798016.

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## Is your 2 year old child eligible for Free Childcare?

Early year's education takes place in childminders, pre-schools and day nurseries. If you meet the criteria and are entitled to this offer you will be able to choose from a list of registered childcare providers who offer funded places for 2 year olds. Your child will be entitled to a place for 570 hours per year. This can be taken as up to 15 hours per week for example for 38 weeks a year or it can be spread over more weeks by taking less hours per week, if your provider can offer this and if they are open year round.

Click on the following link to see if your child is eligible:

Â [https://docs.google.com/forms/d/1QsDYCNnV6S\\_2r6CCbDVV6Jz3-mGNxAy0IRxegs3rRa4/viewform?c=0&w=1&usp=mail\\_form\\_link](https://docs.google.com/forms/d/1QsDYCNnV6S_2r6CCbDVV6Jz3-mGNxAy0IRxegs3rRa4/viewform?c=0&w=1&usp=mail_form_link)

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## Free Healthy Start Vitamins

Growing children, especially those who don't eat a varied diet, sometimes don't get enough vitamins A and C. It's also difficult to get enough vitamin D through food alone.

This is why the Department of Health recommends that all children from six months to five years old are given supplements, in the form of vitamin drops, which contain vitamins A, C and D.

Available in the Children's Centre for mums to be or children under the age of 5 please come into the Children's Centre to get yours.

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