

## MUSIC & ART

It is widely recognised that singing, playing instruments and listening to music is therapeutic for children; it helps aid development, and is fun and sociable! There are a number of music groups for children in Southampton, and also music therapists who work specifically with children with learning disabilities. Art is also a great creative activity to keep kids engaged.

See also library, clubs and children's centre sections for music and art related groups - many attractions such as farms also do family fun days with creative activities

1. Jiggy Wrigglers
2. Jo Jingles
3. Key Changed Music Therapy
4. My Pottery



### 1. Jiggy Wrigglers

- ⇒ Musical activity groups for babies, toddlers and pre schoolers
- ⇒ Musical instruments, sensory activities, puppets, singing, free play and refreshments
- ⇒ Can also provide birthday party packages
- ⇒ Groups held in Shirley, Wickham, Hamble, West End, Locks Heath, Lordshill, Bursledon, Hedge End, Whiteley and the New Forest area (groups listed on website)

Between £2.50 and £4 depending on location



Wheelchair access is location dependent but usually fine  
Parking and toilet facilities also location dependent

 0800 612 4375  
 enquiries@jiggywrigglers.com  
 www.jiggywrigglers.com



## 2. Jo Jingles

- ⇒ Music, singing & movement classes for babies and children from 3 months to 7 years. Jo Jingles also works in a number of settings for children with special needs
- ⇒ The programmes are designed with early learning goals in mind and help communication & language, creativity & imagination, memory and personal, social & emotional development
- ⇒ Music can be a positive form of self-expression for children who may otherwise struggle to communicate
- ⇒ Locations across the UK -sessions in Fareham, Hedge End, Droxford, Dibden, Perlieu, Totton, Winchester, Lymington etc

 02380 848 712 (New Forest) or 01489 877 278 (Winchester)

 [marketing@jojingles.co.uk](mailto:marketing@jojingles.co.uk)

 [www.jojingles.com](http://www.jojingles.com)

Contact for prices 



## 3. Key Changes Music Therapy

- ⇒ Music therapy is highly effective for people of all ages who have sensory, physical, learning or neurological disabilities, or who have emotional or behavioural problems
- ⇒ It involves using different instruments to discover positive ways of expression for people who find normal methods of communication difficult, with benefits including increased participation, improved communication and social skills, enhanced awareness of self and others, a release of frustration and a sense of achievement



Charitable organisation  
Contact for details 



Please enquire for a wheelchair accessibility information

 KAYAK, Winnall Valley Road, Winchester, SO32 0LD

 01962 842 269

 [info@keychanges.org](mailto:info@keychanges.org)

 [www.keychanges.org](http://www.keychanges.org)



## 4. My Pottery

- ⇒ My Pottery provides pottery painting fun in Southampton for all ages
- ⇒ It's the perfect activity venue for you to create something unique from our wide range of ceramics. Bisque ware is light, unpainted pottery that has been pre-fired, ready for you to decorate. Choose from plates to plaques, tiles to teapots, and cups to cats; we have them all!
- ⇒ If you're not particularly creative, don't worry; our friendly staff are on hand to help you unleash your artistic side. Once you're happy with your work, we'll paint a clear glaze over your design and fire it in our kiln, ready for you to collect in a few days
- ⇒ You can just turn up during our opening hours, however booking a session time is recommended during busy periods -such as weekends and school holidays.
- ⇒ They also offer clay impressions of baby's feet and hands, birthday parties, a weekly pottery club and individual pottery lessons
- ⇒ Inside Marlands shopping centre so lots of shops and cafés near by

*Opening Times*

April-Oct Everyday 10am-5.30pm  
 Nov-March 10am-4.30pm & closed Mondays and Tuesdays except school holidays

**Last admission 1 hour before closing**

Prices dependent on painting project choice

**£**



- ⇒ Please enquire for a wheelchair accessibility information, upstairs in Marlands Shopping Centre
- ⇒ Parking a short walk away at the ASDA or West Quay car parks

 Unit 8 on the 1st floor next to Shakeway, Marlands Shopping Centre, Civic Centre Road, Southampton, SO14 7SJ

 07830 298 809

 [jerzymazur1@hotmail.com](mailto:jerzymazur1@hotmail.com)

 [www.my-pottery.co.uk](http://www.my-pottery.co.uk)



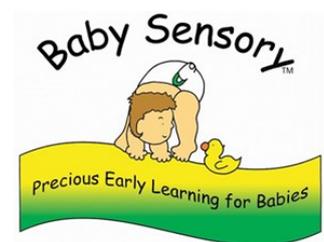
# SENSORY EXPERIENCES

See also specialist centres, children's centres etc. for other sensory experience opportunities

1. Baby Sensory
2. Sensecere
3. Sensory4all

## 1. Baby Sensory

- ⇒ The various baby activities aim to build up a child's sensory experiences to enhance physical contact between you and your baby and to promote the development of speech through the use of sign language, music, song and puppets. Classes also aim to develop social and emotional skills, awareness, and concentration
- ⇒ Baby sessions are for babies up to 13 months old
- ⇒ The Toddler Sense programme (for children from 13 months to 4 years) builds on the skills learned in Baby Sensory, and is an introduction to learning through play and games. They include, music and games, and each week is different, with the main emphasis on mobility, excitement and adventure
  - Tuesdays Hedge End
  - Wednesdays Chandlers Ford
  - Thursdays Freemantle



Admission dependent on location



Various locations, please enquire for details



07889 259 995 (Toddler Sense) or 07803 457 278 (Baby Sense -Helen Dicks)



southampton@toddlersense.co.uk (Toddler Sense) or southampton@babysense.co.uk (Baby Sense)



[www.babysensory.com/en/classdetails/southampton](http://www.babysensory.com/en/classdetails/southampton)

## 2. Sensecere

- ⇒ Sensecere offers great sensory activities for children and parents
- ⇒ They run taster sessions, activity days and parent workshops, aiming to bring subjects alive for children, create opportunities for rich sensory experiences and help parents understand their children more
- ⇒ Workshops around Hampshire: Eastleigh & Fareham
- ⇒ Check website for sessions as locations, times and days vary



Admission dependent on location



 01489 574 731  
 sharon@sensecere.com  
 www.sensecere.com



## 3. Sensory4all

- ⇒ New multi-sensory space for all ages and abilities
- ⇒ Weekly play & play sessions Mondays 1.30pm-3pm
- ⇒ Monthly Gateway parties at reduced rates (for Gateway card holders)
- ⇒ Available for private hire

£7 per session (1 child & 1 parent/ carer)  
 £3 per additional person



 The Pavilion, Kingfisher Road,  
 Eastleigh, Hampshire, SO50 9LH  
 02380 612 710 (Daisy/ Natalie)  
 info@paviliononthepark.org  
 www.facebook.com/sensory4all

