

Monday

Relate Counselling session
Berrygrove Children's Centre

10am to 12pm
2nd Mon of month

11th Jan, 8th Feb
Contact Children's Centre for appointment

Ante natal class
Berrygrove Children's Centre

9am –12.30pm
2nd Monday of month

Sessions run by Debbie Trollope, Senior Community Midwife

Healthy Eating
Berrygrove Children's Centre

6 week course
18th Jan-1stMar.
9.30am-12.30pm

Contact Children's Centre to book a place

Storytime
North Watford Library
St Albans Road
Parents Forum meeting
Berrygrove Children's Centre
Positive Beginnings
Berrygrove Children's Centre

2.15pm— 2.45pm
every week
1st Feb
1.30pm-3.00pm
9.30am—11.30am
Term time only

Session open to all. No need to book.
All welcome. Free crèche. Book in advance

Tuesday

Baby Massage
Berrygrove Children's Centre

1.30pm to 3pm
5 week course 12th
Jan-9thFeb
1pm-3pm
5 week course 23rd
Feb-23rdMar

Parent and Toddler with additional support. Ask your health visitor, nursery nurse or children's centre if you would like to attend. With Community Nursery Nurse. Ring Children's Centre for more information

Parents course— Getting Through the Day
Berrygrove Children's Centre

10am –11.30am and
12.30pm—2.00pm

Course for parents of 2-4 year olds. Contact Children's Centre for info or to book place
12thJan-9thFeb and 23rdFeb-30th Mar. Stay and Play sessions currently free to members. Enquiries 07982 806 790

Rainbow Toy Library
Lemarie Centre.

Under Ones Group
Berrygrove Children's Centre

10am to 12pm
every week

All mums, dads, grandparents and carers with under 1's welcome

Wednesday

First Time Mums Group
Berrygrove Children's Centre

12.30pm to 2.30pm
every week

All first time mums with babies up to 4 months welcome

Breastfeeding Support Group
Berrygrove Children's Centre

1.30pm to 3.30pm
every week

Drop in session. Advice from Infant feeding advisor and trained peer supporters

Child Health Clinic
Meriden Community Centre,

1.30pm to 3.00pm

Health visitor run drop in session

Baby Rhyme Time
Meriden Community Centre
In-betweensies
Berrygrove Children's Centre

2.30pm to 3pm

Drop in—all welcome. See flyer for more information

Child Health Clinic
Berrygrove Children's Centre

3.00pm to 4.30pm
10am to 12pm every week

Stay and play session run by parents, for those with children aged 1 to 2½ years. Health visitor run drop in session

Thursday

Childminders group
Meriden CC

9.30 to 11.30am term time only

Open to all childminders

Baby Rhyme Time
North Watford Library
St Albans Road

2.15pm to 2.45pm
2nd and 4th in month

Session open to all. No need to book

Mums From Around the World
Berrygrove Children's Centre
Let's Talk
Berrygrove Children's Centre

12.30 to 2.30pm
Term time only
9.00am to 11.00am
22nd Jan, 26th Feb

Have fun making new friends, sharing information about your hobbies and finding out about other cultures
Make an appointment with Shaun Clifford, Educational Psychologist. Confidential & free advice Contact CC for appt.

First Aid for Child Carers
Berrygrove Children's Centre
Introduction to Childcare
Berrygrove Children's Centre

15th Jan –26th Mar
9.30am—11.30am
15th Jan—26th Mar
1pm—3pm

Courses both fully booked. Contact Children's Centre for more information

Monday to Friday

Daycare for 2 to 4 year olds
Berrygrove Pre-school and Daycare Centre

8.00am to 6.00pm
50 weeks a year

Contact Gill or Pip on 01923 676763 for more information

Saturday

Super Dads at Berrygrove Children's Centre

2nd Saturday
10.30am-12.30pm.
9thJan, 13thFeb

Fun activities, ball skills with Tinyballers. Baby area, snacks and outdoor play. Book your place with the Children's Centre

Sure Start Children's Centres



Supported by
department for
children, schools and families



Berrygrove Children's Centre NEWSLETTER

Jan / Feb 2010

Cow Lane, Watford WD25 9PW Tel: 01923 484312 Mob: 07799 850 742

Email: manager.berrygrove@hertschildrenscentres.org.uk

Parking available at Sainsbury's, but please do not park in restricted use spaces.

We wish all our local families and partner organisations a healthy and happy New Year and thank you for your support.



Above and below : In-betweenies with thanks to David for the cake and recipe !



Here is a selection of photos from all our Christmas parties and festivities, including In-betweenies, Dads group, Mums from Around the World, Positive Beginnings and our brilliant volunteers. Thank you also to all the parents and children who have given us their ideas and opinions about the services they have used over the year. Your comments and ideas will be incorporated into our plans wherever possible.



Above: Dads group
Below: Positive Beginnings



Above: Volunteers and Mums From Around the World

NEW!! Parents' Forum

Thank you to all the dads, mums, grandparents and carers who have expressed an interest in being part of a Parents' Forum for the Children's Centre. We have arranged the first meeting at **Berrygrove Children's Centre** **On Monday 1st February from 1.30pm to 3pm.**

All parents and carers welcome

Please come along to find out how you can work with the Children's Centre and help to shape our services.
Free crèche provided but please book in advance as places are limited.

For further information contact the Children's Centre on 01923 484312



Winter Wonderland



Coffee Afternoon

Many thanks to everyone who came along and helped us to create our Winter Wonderland. We had a great time and gathered lots of useful information about your views on the services we provide which will help us with our planning over the coming year. We will use your comments and opinions wherever possible in our service development to make sure that we are meeting your needs.



Children had fun creating their own designs and pictures for the Winter Wonderland



(L) We welcomed ideas and opinions from some of our partner organisations

Comments posted on Winter Wonderland background for each service we provide



(R) Sensory Winter Wonderland fun with Hartbeeps
(L) Kathy, our Early Years teacher, talking with parents



These are a few of the comments you made and services you would like: A group for single parents; Musical play sessions; More information on local schools and pre-schools; It's good for childminders to be supported by the Children's Centre; Occasional trips out to local farms / shows etc; Toy Library—more singing and themed toys / activities; Interactive music and dance classes; Regular First Aid courses for parents; the Children's Centre to be more in contact with new mums to keep them coming to groups; Healthy Eating course was very useful—information packed and great group cookery sessions; Staff are very supportive—nice to be able to drop in any time—no restrictions.

This group is for Dads, Mums, Grandparents or carers of children aged 1 to 2½ years. Parents have a say in how the group is run, choose the activities and volunteer for a rota to help set up and clear away. It's an opportunity to be involved and have fun. We have a teatime snack and the cost is 50p per week



Dads Group

Second Saturday of every month from 10.30am to 12.30pm

Fun and loads of Activities

Football fun with Tinyballers

"IT'S MORE THAN JUST KICKING A BALL"

Places limited—book soon!!

Next sessions 9th Jan, 13th Feb 2010

We look forward to seeing you there—for more information or to book a place, contact the Children's Centre on 01923 484312

Cost £1.50 per family, including refreshments



FREE
UNDER ONES GROUPS

Every Wednesday from 10am to 12pm
at
Berrygrove Children's Centre



And every Thursday from 1.30pm to 3.30pm
at
Parkgate Youth and Community Centre
Southwold Road, WD24 7DP

Mums, Dads, Grandparents, carers and babies welcome
Regular Weaning Sessions

At Parkgate Community Centre with Community Nursery Nurse

Next weaning sessions 14th Jan, 25th Feb 2010

No need to book—just turn up.

*For more information contact Berrygrove Children's Centre
on 01923 484312*

relate
the relationship people

Relate Family Counselling in Watford Children's Centres

Relate is offering counselling sessions in Watford Children's Centres for some parents and carers.

Relate counsellors can help you resolve problems affecting both adults and children. This service is for:-

- Parents and children (1 must be aged under 5 years)
- Siblings
- Blended family / Extended family
- Between adults within the family

Sessions last 1 hour session and are free of charge.

Contact your Children's Centre to book an appointment.

Times as follows:

**Berrygrove Children's Centre 2nd Monday of every month, 10am to 12pm.
01923 484312 11th Jan, 8th Feb, 8th March 2010**

Beechfield Children's Centre 4th Monday of every month 01923 482862
Leavesden Children's Centre 1st Wednesday of every month 01923 484360
Westfield Children's Centre 4th Monday of every month 01923 800003
Sunshine Children's Centre 3rd Wednesday of every month 01923 330300



Berrygrove Children's Centre
Cow Lane, Garston, Watford WD25 9PW

**Getting through
the day!**

FREE course for parents/carers of 2-4yr olds
Tuesdays 23rd Feb, 2, 9, 16, 23 Mar 2010
1.00 - 3.00 pm

Limited Free crèche places available



To book a place on the course or crèche place, contact Jo at
Berrygrove Children's Centre on 01923 484312



Parent and Toddler Group

At

MERIDEN COMMUNITY CENTRE

Open every Thursday 12.30pm to 2.30pm



All Mums, Dads, Grandparents with babies and young children
welcome

Cost £1 per week per family

Lots of activities, snack, story and rhymes every week
**Please note: After February half term we will be joining up with
the Childminders group and the session time will be
9.30am to 11.30am**

Contact Berrygrove Children's Centre on
01923 484312 for more information



Come and join us for our new
Baby Rhyme Time session
Open to all dads, mums, carers and babies

Every Wednesday at
Meriden Community Centre

From 2.30pm to 3pm

Contact Kathy at Berrygrove Children's Centre
on 01923 484312 for more information



FIRST TIME MOTHERS GROUP

At

BERRYGROVE CHILDREN'S CENTRE

All new mums and babies from birth to 6 months
are **WELCOME**

Every Wednesday 12.30pm to 2.30pm

Breast feeding support available between 1.30 and 3.30pm



Hartbeeps will be joining us each week with
Baby Bells from 20th Jan to 24th Feb for music,
sensory fun and bonding time.
Please let us know if you would like to join the
group for these sessions.

Contact Jo on 01923 484312 for more information

LET'S TALK

Would you like to talk to an educational psychologist about your
child? We offer a free and confidential service

Shaun Clifford will be visiting Berrygrove Children's Centre on
the following dates in 2010:

Friday 22nd Jan 9am – 11am

Friday 26th Feb 9am – 11am

Friday 26th Mar 9am—11am



To make an appointment, simply visit the Children's Centre or call Jo on 01923 484312



RAINBOW TOY LIBRARY

The Rainbow Toy Library is run from the Lemarie Centre,
524 St Albans Road
(between the Library and Fire Station and in front of Asda)

Dates and times for sessions this term:
Open 12th Jan—9th Feb and 23rd Feb—30th March

We run 2 Stay and Play sessions each Tuesday during term time,
from 10am to 11.30am and 12.30pm to 2pm

Currently these sessions are free, but after Easter we plan to introduce a small fee
of £1 per family per session, which will be refunded against any toys borrowed.

We hope that this does not cause any difficulties for families who use this service

For more information contact Shammi on 07982 806 790



Mums From Around the World

A group for Mums and their Pre-school Children meets every
Thursday from 12.30—2.30pm

Planned activities every week

Open term time only. No need to book—
just turn up!



Healthy Eating for all the Family

At Berrygrove Children's Centre

Following the success of the last course, we're running this **FREE** 6 week
course for parents and carers again.

Dates: Mondays 18th, 25th Jan, 1st, 15th, 22nd Feb, 1st March

Time: From 9.30am to 12.30pm each week

Shopping on a budget; Nutrition for kids; How to manage fussy eaters;
What's in our food?; Nutrition for adults.

Plus LOADS of great recipes, tips and information

To book your place contact the Children's Centre on 01923 484312
Crèche available—£5 per week booked in advance