

Monday	Relate Counselling Berrygrove Children's Centre	10am to 12pm 2nd Mon of month	Contact Children's Centre for more information or to book appointment.
	Refresher Ante natal class Berrygrove Children's Centre	9am –12.30pm 10th Jan and 14th Feb	Sessions run by Debbie Trollope, Senior Community Midwife. Contact Berrygrove to book a place
	Childminders group Berrygrove Children's Centre	1pm to 3pm every week	All childminders welcome. Support from QT and NCMA development officer.
	'Tiny Tots' Young Parents Berrygrove Children's Centre.	3.15pm to 4.45pm every week	All parents under 25 welcome
Tuesday	Positive Beginnings Berrygrove Children's Centre	9.30am to 11.30am Term time	Supported Parent and Toddler group. You will need a referral from your health visitor to attend.
	Baby Massage Berrygrove Children's Centre	Next course 11th Jan to 8th Feb 1.30pm to 3pm	With Community Nursery Nurse. Health Visitor referral needed. Contact Children's Centre for details of next course.
	Rainbow Toy Library Lemarie Centre	10am—11.30am Term time only Re-opens 11th Jan—15th Feb	Stay and play session and borrow toys at Lemarie Centre, St Albans Road
	Yoga Pilates Meriden Community Centre	Starts 4th Jan, 1pm to 2pm	Book with children's centre. Pay in advance £2 per week 8 week course
	Parents' Group	15th Feb, 1.30pm—3pm	All parents welcome. Free crèche—book in advance.
	Dinky Dancers Meriden Community Centre Stay and Play session Children's Centre.	10am to 11am term time 5th Jan to 16th Feb 1pm to 3pm every Weds.	Cost £1 per week. Book and pay in advance at the children's centre. Open to all but limited space. Max 15 families when weather is wet.
Wednesday	Breastfeeding Support Berrygrove Children's Centre	1.30pm to 3.30pm every Week	Drop in session at Berrygrove Children's Centre. Advice from trained and experienced peer supporters
	Child Health Clinic Meriden Community Centre	1.30pm to 3pm every week	Health visitor run drop in session open to all families.
	Parent, toddler and carer group, Meriden Community Centre Child Health Clinic Berrygrove Children's Centre	9.30am to 11.30pm term time. Re-opens 13th Jan 10am to 12pm weekly	Drop in group. £1 per week. Max 15 families
	'Return to work' - Berrygrove Children's Centre	1pm to 3pm Jan 20th—Feb 17th	5 free workshops for those considering returning to work. Book with centre. Free crèche
Thursday	'Fun Thro' Play' Berrygrove Children's Centre	1pm to 3pm 6th Mar to 7th Apr	6 week course. Book with children's centre. Free crèche.
	Under Ones group Parkgate Youth and Community Centre, Southwold Road	1.30pm—3.30pm	All families with Under ones welcome. Monthly Weaning sessions.
	Work Focused Interviews Berrygrove Children's Centre	20th Jan and 17th Feb 1pm to 3pm	Book through Lone Parent Advisor Jenny Woods 01923 208373
	Practical Computing Berrygrove Children's Centre	14th Jan to 25th March 9.30am to 11.30am	10 week basic computing course with free crèche.
Friday	Autism group Berrygrove Children's Centre	1pm to 3pm term time only 14th Jan to 18th Feb	Contact children's centre for information or book a place.
	Daycare and Holiday Club 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
Monday to Friday	First Aid—Save a Life and Emergency First Aid Berrygrove Children's Centre	5th March and 19th March 10am to 12pm	Limited places. Book with Children's Centre. Attend both sessions and receive a certificate.
Saturday	Super Dads Berrygrove Children's Centre	2nd Saturday 10.30am-12.30pm. 8th Jan; 12th Feb	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**



Berrygrove Children's Centre NEWSLETTER

Jan/Feb 2011

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.



Congratulations to the 13 parents who successfully completed the 10 week Parenting Puzzle course!



Feedback was really positive and parents say they gained a great deal from the course: 'It's brilliant, eye-opening and really helpful;' 'It's all jolly good, would definitely recommend it to parents of young children;' 'I now have more control and am able to cope better. I shout less and notice the children more.'

We hope to run a further Parenting Puzzle course later in the year. Please let us know if you would be interested in joining.

Family Information Day 2011 At Meriden Community Centre On Thursday 24th February 10am to 2pm Lots of fun for all the Family!

Information and advice from local organisations

Mobile Farm with many small animals for children to meet

Arts and Crafts activities, including competition—'what can you make with a cardboard tube' (tubes provided)

Ball skills with Watford Football club

Garston Fire Brigade with Fire Engine

Police car

Refreshments

Contact Children's Centre for more information 01923 484312

Best wishes to all for a Happy, Healthy and Prosperous New Year

Early Support

Helping every child succeed

Early Support provides families, practitioners and key workers with information, guidance and resources to ensure the best support for disabled children.

It's a national programme that is being used in Local Authorities, hospitals and community-based health services across England to ensure families and carers with disabled children are kept at the heart of discussion and decision-making about their child.

Berrygrove Children's Centre is able to offer a range of information and support for families who have a disabled child, including referral to other organisations and agencies as appropriate.

If you would like more information about **Early Support**, please contact **Berrygrove Children's Centre** on 01923 484312.

Parenting an Additional Needs Child

January 11th, 18th, 25th, February 1st, 8th, 15th
(Tuesdays) 10.00am—12.00pm

Community Room, South Oxhey Library, Bridlington Road, WD19 7AG

This workshop will be run with Families in Focus

www.familiesinfoocus.co.uk and will help you to:

- Learn the theory behind the effects on parents when they have a special needs child and the adjustment process.
- Learn how to manage difficult feelings and how to recognise your own coping style.
- Share ideas on working successfully and assertively with professionals.
- Take part in activities that will help you to manage conflict and stressful situations, practising strategies that you can use at home to help you manage day to day life.

For further information please contact **Suzu Smith, Carers Development & Learning Officer, Carers In Hertfordshire** on 01462 456660.

If you require a taxi to these sessions please let us know.

Time out for special needs (including ADHD / ASD)

Date: Monday 7th March – 4th April 2011. Time: 6.30-9.30pm

At: The Stanborough Centre, 609 St Albans Road, Garston; WD25 9JL

For more information or if you would like to book a place, please contact:
District Partnership Team on 01442 453467 / 453468

Other information and sessions

Are you interested in giving up SMOKING?
If so, support is available at the following venues:



Watford Women's Centre 01923 816229

Meriden Surgery 01923 892030

Asda Pharmacy 01923 650710

**Sainsbury's Pharmacy
(Dome Roundabout) 01923 680978**

After Easter, **Berrygrove Children's Centre** will be offering individual support to those wishing to give up smoking. This will include help for women who would like to cut down smoking during pregnancy.

jobcentreplus

JCP working in partnership with
Berrygrove Children's Centre,

Are you a lone parent?

Would you like to book your work focused interview at Berrygrove Children's Centre?

Contact **Jenny Woods, lone parent advisor at JCP, on 01923 208373 for an appointment.**

Next dates: Thurs 20th Jan; Thurs 17th Feb, 1pm—3pm.



Parents' Group

Sure Start
Children's Centres

Are you a regular user of Berrygrove Children's Centre services?

If so..... We would love to hear your views on how we can best support you and your children.



You are invited to join us for our next
Coffee Afternoon

on Tues 15th Feb from 1.30pm to 3pm

Limited free crèche places for under 5's but must be booked in advance. Ring Jo on 01923 484312 if you would like to join us or book a crèche place



Tiny Tots Play time



For parents under 25 and their Children
Come and chat with other parents while your children play
At **Tiny Tots**

Every Monday 3.15pm to 4.45pm



Fun activities for children: messy play, arts and crafts
and much more.....

Cost 50p per week

For parents who want to let their hair down and talk to
other parents



Parent and Child group for young children
with Language and Communication
Difficulties or Autism

A Specialist Parent and Child group
for children aged up to 5 years
at Berrygrove Children's Centre
On Fridays



1pm to 3pm, term time only

Dates for this half term: 14th Jan to 18th Feb 2011

Specialist support and advice available during the session
Lots of activities, including use of sensory resources

If you are interested in joining this group please speak to Vicky
at Berrygrove Children's Centre on 01923 484312

Early Education and Child Care

The Family Information Service (FIS) is only a phone call
away from free, friendly
impartial information/guidance on a full range of childcare,
children's services and resources across
Hertfordshire

Tel: 0300 123 4052 www.hertsdirect.org/fis
email: fis@hertscc.gov.uk

Application for Pre-school

You can choose a pre-school and register there for a place at
any time. Typically, entry is the term after your child's 3rd
birthday.

Application for Nursery

Admission Sept 2011 or Jan 2012

Children born 1/9/07 to 28/2/08

Start Nursery Sept 2011

Children born 28/2/08 to 31/8/08

Start Nursery Jan 2012

If you would like to remain at Pre-School
for your Nursery education you must
also book on-line.

For all of the above apply online
between Feb 21st and April 1st 2011



Staff at the
Children's Centre
are able to support
you with your on-line
application and give
you further
information on
education and
childcare .

Application for Reception Class

Admission Sept 2011

Children born 1/9/06 to 31/8/07

Start Reception Sept 2011

Apply online—Deadline is 15th Jan 2011



Courses / Sessions



Are you a parent or carer of a young baby?

Baby and Me

Tuesday 15th & 22nd March
1pm to 2.30pm

Book a place for yourself and your baby
01923 484312

Are you interested in how babies communicate & learn?
Games to play, songs to sing and books to read together

At Berrygrove Children's Centre

FREE! Thinking of getting back into work?
Need to boost your confidence or your skills?

If so, these workshops are for you!
5 week course on Thursdays, 1pm to 3pm
Jan 20th to Feb 17th



Topics include:

- Confidence building
- Job search and interview skills
- Stress management & Relaxation



'Invaluable in helping with cv and looking for work'
'Excellent tutor—all the information I needed'
'New found confidence in myself'

To book your place, ring Jo on 01923 484312
FREE crèche available but must be booked in advance

Ante-natal Refresher Class



Hertfordshire

Are you expecting your second or subsequent baby?
Would you like some up to date ante natal preparation information from a Senior Community Midwife?
If your baby is due within the next 2 months, book yourself a place on a refresher class.
Classes held monthly at Berrygrove Children's Centre
Next sessions 10th Jan, 14th Feb, 9.30am to 12.30pm.
Contact Berrygrove Children's Centre to book a place or for more information 01923 484312



RAINBOW TOY LIBRARY

At the Lemarie Centre, 524 St Albans Road
(between the Library and Fire Station and in front of Asda)

Next half term dates **Tues 11th Jan to 15th Feb 2011**

Stay and Play session during term time,
Tuesdays from 10am to 11.30am

Cost £1 per family per session refunded against any toys borrowed.
For more information contact Shammi on 07982 806 790

relate
the relationship people

Relate counsellors can help you resolve problems affecting

Relate Family Counselling

both adults and children.

We offer a free and confidential service to local families who live within Berrygrove Children's Centre area.

Sessions last 1 hour session and are free of charge. They are held on the 2nd Monday of every month between 10am and 12pm
Contact the children's centre on 01923 484312 to make an appointment

Regular groups and sessions (continued)



MERIDEN COMMUNITY CENTRE

Parent and Toddler Group

9.30 to 11.30am

Group re-opens 13th Jan 2011

Cost £1 per family

Contact children's centre for more information
01923 484312

FREE

UNDER ONES GROUP

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

With regular 'No rush to mush' weaning sessions from
Community Nursery Nurse



Next weaning sessions: 13th January, 17th Feb, 17th March 2011

Please note no session Thurs 24th Feb

Breastfeeding?


Meet other mums

Information

Support

Support group every
Wednesday 1.30—3.30pm
At Berrygrove Children's Centre

Drop in—no need to make an
Appointment.
Community Midwife and
Peer supporters on hand for advice
01923 217366

West Hertfordshire Hospitals 
NHS Trust

First Aid Course

At Berrygrove Children's Centre

Save a Life Infant and Child Sat 5th March 2011

And

Emergency Life Support Sat 19th March 2011

Both sessions 10am to 12pm

Attend both sessions to receive a certificate

Cost £5.00 per course (Non Refundable)
(to do both Save a Life Infant and Child and Emergency First Aid and
gain a certificate the cost will be £10.00)

Limited places available on both courses

To book a place please contact Jo at Berrygrove Children's Centre
on 01923 484312

Car parking available in Sainsbury's car park at the Dome Roundabout and walk up to
children's centre entrance in Cow Lane.

Fun through Play at Berrygrove Children's Centre

6 week FREE fun course for families with
children aged 2—4 years.

Paper, paint and messy play!

Starts Thurs 3rd March 1pm to 3pm



Creche provided for first hour, then children join parents
for fun activities in second hour

Limited spaces—book with Jo on 01923 484312

Regular groups and sessions

Yoga Pilates Exercise Classes

At Meriden Community Centre

Starting again 4th Jan 2011

Cost £2 per week. Pay in advance for 8 week block
(non-refundable)



Please bring a car seat or blanket for your baby
and a mat for yourself

(you can buy these at local supermarkets)

Older children also welcome to come and join in

Sessions are held in the Small Hall

Please contact Jo for more information or to book a place.
01923 484312



Making Movement
Matter with:

2 to 4 Year Olds

Creative Physical Fun

Certificates

Parties

Nursery Classes

Free Trial

Dance, P.E., Music and Action Classes

Sessions on Wednesdays at Meriden Community Centre
From 10am to 11am

Places booked and paid in advance at
Berrygrove Children's Centre

Dates this half term: 5th Jan—16th Feb

Contact us on 01923 484312 for more
information or to book a place



activecreative

www.dinkydancers.com

Super Dads

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"

Next sessions 8th Jan and Feb 12th 2011



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



Stay and Play

At Berrygrove Children's Centre

Every WEDNESDAY 1pm to 3pm

Lots of fun for all families with children aged under 5 years but
space is limited to 15 families. First come first served!

Contact us on 01923 484312 for more information

Please note no session Weds 23rd Feb



Childminders' Group



At Berrygrove Children's Centre

Every Monday 1pm-3pm Cost 50p per week

For registered childminders and the children they care for
Speak to Kathy for more information 01923 484312