

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 4th July, 8th August	Sessions run by Debbie Trollope, Senior Community Midwife. Contact Berrygrove to book a place
	Childminders group Berrygrove Children's Centre	1pm to 3pm , 1, 8, 22, Aug	All childminders welcome.
	'Tiny Tots' Young Parents Berrygrove Children's Centre. Positive Beginnings Berrygrove Children's Centre	3.15pm to 4.45pm every week 9.30am to 11.30am Last session 19th Jul Start again 13 Sept	All parents under 25 welcome Supported Parent and Toddler group. You will need a referral from your health visitor to come to this group.
Tuesday	Baby Massage Berrygrove Children's Centre	Next course starts 4th Oct. 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	Last session 12th July. Restart 13th Sept.
	Indoor Body Conditioning Meriden Community Centre	Starting 1pm to 2pm	Book with children's centre. Pay in advance £2 per week. £5 out of area. 11 Jul—22 Aug
	Parents Group Berrygrove Children's Centre	Next meeting Thurs Sept 8th 1.30—3pm	Parent users of Children's Centre welcome. Crèche places available. Book in advance.
Wednesday	Family Fun sessions Berrygrove Children's Centre Family Fun Harebreaks N. Wat. Methodist Church Hall Dinky Dancers Meriden Community Centre	2nd, 9th, 23rd Aug 30th August 1.00-3.00pm	Themed sessions. Book in advance with children's centre. Cost £2 per family Book as Family Fun above—£2 per family
	Stay and Play session Children's Centre.	Last session Jul 27th. Re-start 7th Sept	Cost £2 per week, £4 out of area. Book and pay in advance at the children's centre. Open to all but limited space. Maximum 15 families.
	Family Fun sessions Berrygrove Children's Centre Family Fun Harebreaks N. Wat. Methodist Church Hall	Weds 3, 10, 24 Aug 10am—12pm Weds 31 Aug. 10am—12pm	£2 per family. Book in advance with children's centre. Book as Family Fun above. £2 per family
	Breastfeeding Support Berrygrove Children's Centre	1.30pm to 3.30pm every Week	Drop in session at Berrygrove Children's Centre.
Thursday	Child Health Clinic Meriden Community Centre Parent & toddler group, Meriden Community Centre Child Health Clinic Berrygrove Children's Centre Picnics in the Park Garston Park Under Ones group Southwold Road	1.30pm to 3pm every week 9.30 to 11.30am. Last session 14 Jul. Restart 8 Sep 10am to 12pm weekly Thurs 4 Aug, 1 Sept. 12pm—1.30pm 1.30pm—3.30pm	Health visitor run drop in session open to all families. Drop in group Max 15 families. Local families £1. Out of area £2 Health visitor run drop in session open to all families. Free sessions. Book with CC. Contact CC for more information All families with Under ones welcome. Regular weaning sessions. See flyer.
	Early Years group Berrygrove Children's Centre	1pm to 3pm. Last session 15 Jul. Restart 16 Sep	For children with language / communication delay. Contact children's centre for more information.
	Speech and Language drop in. Berrygrove CC	9am—12pm. 8th, 22nd July	Drop in session for parents of under 5's concerned about language development
Saturday	Super Dads Berrygrove Children's Centre	2nd Saturday 10.30am-12.30pm.	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 Jul/Aug 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.
Blue badge holders please contact children's centre

National Family Week


Summer is here again and the holidays are almost upon us. It's been a very busy term again. See over for photos of our Family Fun celebrations in National Family Week. We collected £67 from our Outdoor Picnics which we have donated to Dr Barnados. Our thanks to all the families who supported us.

Summer Activities

See inside for all our summer activities which include Family Fun sessions at Berrygrove Children's Centre and North Watford Methodist Church Hall. Look out for our summer picnics at Garston Park.

Please note: Stay and Play will finish on Weds 27th July and re-start on Weds 7th Sept. This closure is necessary to enable the running of the summer Family Fun sessions. All those who attend the Stay and Play group are welcome to put their names down for the summer sessions.

Coming next term: 1) Stop smoking sessions. 2) Parenting Puzzle course. 3) Let's Talk sessions. 4) New Family Language course. Plus all our usual groups and sessions. See inside for information.

 **National Smile Month** from 15th May to 15th June was a success at all our groups, with mobile displays, information and brilliant resources, including giant teeth and toothbrushes.. We also gave away 26 x 2 minute timers, to help children with effective tooth brushing.



National Family Week

At half term we celebrated National Family Week with Family Picnics and lots of outdoor activities, including an obstacle course, croquet, Buggy Buddies treasure hunt, games, rhymes and stories. Children came with their parents, grandparents, childminders and other carers. 35 families with 50 children attended and everyone had a brilliant time, particularly enjoying the picnic, obstacle course, treasure hunt and singing.



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 9th July and 13th Aug

Cost £2 per family

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

WEDNESDAYS 1pm to 3pm

Please note: there will be no sessions during August
Last session this term 27th July. Re-start 7th Sept
Contact us on 01923 484312 for more information



NEW! STARTING IN SEPTEMBER

STOP SMOKING SESSIONS

AT THE CHILDREN'S CENTRE

WOULD YOU LIKE SUPPORT TO STOP SMOKING?

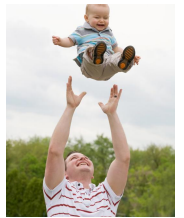
1—1 support for parents of children aged 0—5 years

We also offer support to stop smoking in pregnancy

Appointments available on Mondays from 1pm to 3pm

For further information about this service please

Speak to Jo Burgess on 01923 484312



Keep fit for you and your child this half term



Meriden Community Centre Indoor Body Conditioning



Next sessions 11th July-22nd Aug. 1pm-2pm

Good exercise class for post natal mums!

Cost £2 per week local mums; £5 out of area. (check with Centre)

Pay in advance at Children's Centre (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. Cost £2 per session local families

£4 per session out of area (check with Children's Centre)

Places booked and paid in advance at

Berrygrove Children's Centre

Dates next half term: Sept 7th - Oct 12th

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



activecreative

www.dinkydancers.com



Berrygrove Children's Centre supports the Hello Campaign 2011, which aims to make communication for all children and young people a priority in homes and schools across the UK so that they can live life to the full.

Some Top Tips for communicating with your child

-  Talk with your baby right from the start
-  Try not to use a dummy unless for sleep times
-  Speak in sentences one word longer than theirs
-  TV's better if watched together
-  Give your child LOADS of encouragement
-  Try and eat together at least once a day
-  Sing together as often as you can
-  Use talking to build up a good relationship
-  Keep TV out of your child's bedroom
-  Give your child plenty of time to respond

Worried about your child's speech, language or communication skills?

Come along to an under 5's **Speech and Language Drop In** at the following times and venues:

Friday 8th July	9am to 12pm	Peace Children's Centre
Friday 15th July	9am to 12pm	Peace Children's Centre
Friday 22nd July	9am to 12pm	Berrygrove Children's Centre
Friday 5th Aug	9am to 12pm	Berrygrove Children's Centre

No appointment necessary—just drop in for a short informal consultation

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 Email: fis@hertscc.gov.uk
Website: www.hertsdirect.org/your-community/fsd/fis
and then submit an online enquiry form

An alternative national website is: www.childcare.co.uk
This is a secure website, but there is a cost for using it and it does not provide a full list of childminders— only those who are registered with them

Childminder news.

Monday Group will run 1pm—3pm on: 1st, 8th and 22nd Aug. Back to normal dates on Sept 5th.
Kathy's role with childminders will reduce to overseeing this group and support with training and networks.
We have a new HQS Buddy group, mentored by Norma and Kathy
Next Childminders' Network date: **Weds 28th Sept from 7pm—9pm**

First Aid Course

At Berrygrove Children's Centre

Save a Life Infant and Child Sat 17th Sept &
Emergency Life Support Sat 24th Sept 2011

Both sessions 10am to 12pm

Book for both sessions

Cost £20.00 per course (Non Refundable)

Limited places available on both courses

For more information or 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.

Expecting a baby?

Planning to breast feed?

Need more information?

Come and find out more at our
Breastfeeding Treasure Box sessions at

Berrygrove Children's Centre

Next sessions: Tues 5th July, Aug 15th, Sept 13th
From 2.00pm to 3.30pm

Have a coffee, meet other mums-to-be, get the information you need and find out about the services we run to support you after you have your baby

Ring the children's centre on 01923 484312 to book your place



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

relate
the relationship people

Relate Family Counselling

Relate counsellors can help you resolve problems affecting both adults and children.

We offer a free and confidential service to local families who live within Berrygrove Children's Centre area and have a child aged under 5 years

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

Thursdays term time, 9.30-11.30am

Last session 14th July. Restart 8th Sept

Cost £1 per family. Maximum 15 families—arrive early to avoid disappointment.

Contact children's centre for more information 01923 484312.



UNDER ONES GROUP

Drop In session

Thursdays from 1.30pm to 3.30pm

At Parkgate Youth and Community Centre,
Southwold Road, WD24 7DP

Mums, Dads, Grandparents, Carers and Babies welcome

First Aid with Red Cross at session on 21st July

Weaning advice and information with

Community Nursery Nurse on July 28th

No need to book—just turn up—or ring us on 01923 484312 for more information and ask for Colette



RAINBOW TOY LIBRARY

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

Please ensure all toys are returned by 12th July (last session)

Dates for next half term: 13th Sept - 18th Oct

Stay and Play session Tues from 10am to 11.30am (15 families only)

Borrow / drop off toys on Tuesdays between 11.30am and 12pm

Toy Library membership £5 per year

Cost £1 per family per session refunded against any toys borrowed.

For more information contact us on 01923 484312

Additional Needs

Early Years Group

A weekly group for children aged up to 5 years who

have communication / language delay

to attend with their parents / carers

At Berrygrove Children's Centre

Fridays, 1pm to 3pm, term time only

Next half term starts on 16th Sept

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



Playskill is a specialist playgroup for children with physical needs

It is run by a skilled team, including a Physiotherapist, Occupational and Speech and language Therapist.

For more information please see www.playskill.co.uk

To book a place on the waiting list or make further enquiries, contact Andrea Clarke on: **07890 267722 or 01442 834438**

KIDS East Hub and KIDS West Hub

A new information and support service for parents and carers of disabled children and young people across Hertfordshire. The services aim to provide a "one-stop-shop" for parents to help them find the information they need. For enquiries, please contact 01992 504013.

Email: Shelley.Bell@kids.org.uk

Kids West Hub

Albanwood

Newhouse Crescent

Watford

WD25 7HX



Support with: form filling and letter writing; signposting to other services; applying for specialist parking or benefits; providing rooms for groups to meet; helping you to find solutions; supporting you to obtain the services you need.

Summer Fun

Themed Family Fun Sessions

At Berrygrove Children's Centre during August:

Seaside Fun and Summer Sun on:

Tues 2nd, 1pm—3pm and Weds 3rd, 10am—12pm

Physical fun with the Buggy Buddies on:

Tues 9th, 1pm—3pm and Weds 10th, 10am—12pm

Arts and Crafts Activities on:

Tues 23rd, 1pm—3pm and Weds 24th, 10am—12pm

Parents, carers and their children aged up to 6 years welcome.

Cost £2 per family, Book in advance, pay on the day

Places limited so book soon on 01923 484312

Or drop into the Children's Centre

Family Fun at The Harebreaks

(North Watford Methodist Church Hall)

A Range of Play Activities, Physical fun and Rhyme time
in August on:

Tues 30th, 1pm—3pm and Weds 31st, 10am—12pm

For families with children aged up to 6 years. Cost £2 per family.

Book in advance with the children's centre, pay on the day.

FREE! Picnics in the Park at Garston Park on:

Thurs 4th August, 12pm—1.30pm and

Thurs 1st September, 12pm—1.30pm

Hide and seek, Nature hunt, Rhymes and singing

For families with children aged up to 6 years.

These sessions are weather permitting.

Book with the children's centre 01923 484312.

Meet at park entrance at top of Codicote Drive and bring:

Sun hats, sun cream, drinks, picnic, rug, nappy change and sacks,
change of clothing, anything else your child may need.

Note: No toilets on site!



Hertfordshire

Let's Talk



Would you like to talk to an educational psychologist about your child?

The service is free and confidential.

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

Friday 30th September 9am—11.30am

Friday 21st October 9am—11.30am

Friday 25th November 9am—11.30am

Friday 16th December 9am—11.30am

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



Tiny Tots Play time

For parents aged up to 25 and their Children
At Berrygrove Children's Centre
Every Monday from 3.15pm to 4.45pm

Drop in session—no need to book

Meet other parents,
Play together with your children
Lots of fun activities every week,
Self service snack
Cost 50p per week



Next Parents' Group Meeting

On Thursday 8th September,
From 1.30pm—3pm



All regular users of Berrygrove Children's Centre welcome!

Crèche available but must be booked in advance