

Monday	Relate Counselling session Berrygrove Children's Centre	10am to 12pm 2nd Mon of month	Contact Children's Centre for more information. May not be running in March
	Ante natal class Berrygrove Children's Centre	9am –12.30pm 2nd Monday of month	Sessions run by Debbie Trollope, Senior Community Midwife. Book through maternity unit
	Storytime North Watford Library St Albans Road	2.15pm— 2.45pm every week	Session open to all. No need to book.
Tuesday	Parents Forum meeting Berrygrove Children's Centre	1.30pm-3.00pm 10th May	All parents registered with CC and living in area welcome. Free crèche. Book in advance
	Positive Beginnings Berrygrove Children's Centre	9.30am—11.30am Term time only	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
	Baby Massage Berrygrove Children's Centre	1.30pm to 3pm 5 week course starts 6th April	
Wednesday	Rainbow Toy Library Lemarie Centre.	10am –11.30am and 12.30pm—2.00pm 23rdFeb-30th Mar; 20th Apr—25th May	Stay and Play sessions £1 per family. Enquiries 07982 806 790
	Under Ones Group Berrygrove Children's Centre	10am to 12pm every week	All mums, dads, grandparents and carers with under 1's welcome. Hartbeeps 11.30am to 12pm from 28th Apr—26th May. Contact Children's centre for info and charges. All first time mums with babies up to 4 months welcome. Baby Bells 12.30—1pm Apr 28—May 26. Contact Children's Centre for info and charges
	First Time Mums Group Berrygrove Children's Centre	12.30pm to 2.30pm every week	Drop in session. Advice from trained and experienced peer supporters
Thursday	Breastfeeding Support Group Berrygrove Children's Centre	1.30pm to 3.30pm every Week	Health visitor run drop in session
	Child Health Clinic Meriden Community Centre,	1.30pm to 3.00pm	Stay and play session run by parents, for those with children aged 1 to 2½ years.
	In-betweenies Berrygrove Children's Centre	3.00pm to 4.30pm	Health visitor run drop in session
Friday	Child Health Clinic Berrygrove Children's Centre	10am to 12pm every week	Open to all. Fun activities every week. Hartbeeps until 27th May. See flyer, Contact children's centre for charges and info
	Parent, Toddler and Carers group	9.30 to 11.30am term time only	All families with Under ones welcome. No need to book. Weaning sessions with community nursery nurse. Dates in newsletter
	Under Ones group Parkgate Youth and Community Centre, Southwold Road,	1.30pm—3.30pm	Session open to all. No need to book
Saturday	Baby Rhyme Time North Watford Library St Albans Road	2.15pm to 2.45pm 2nd and 4th in month	Have fun making new friends, sharing information about your hobbies and finding out about other cultures
	Mums From Around the World Berrygrove Children's Centre	12.30 to 2.30pm Term time only	Make an appointment with Shaun Clifford, Educational Psychologist. Confidential & free advice Contact CC for appt. See flyer or contact children's centre for more info.
	Let's Talk Berrygrove Children's Centre	9.00am to 11.00am 26th Mar. 23rd April	
Monday to Friday	Business and Personal Skills Berrygrove Children's centre	9.30am—12.00pm	
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 2nd Saturday	Contact Gill or Pip on 01923 676763 for more information
Saturday	Super Dads at Berrygrove Children's Centre	10.30am-12.30pm. 13th Mar, 10th Apr	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 Mar / Apr 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.

Our new lending library for local families

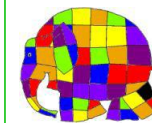


bookstart
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Berrygrove Children's Centre opened its own lending library for local families on February 8th. The event was supported by Bookstart and Jane Mellors very kindly performed the official opening by cutting the ribbon and declaring the library open. 15 local families joined us for the occasion and enjoyed listening to stories, making badges and book marks and eating the delicious cake, made for us by a local dad who's also a great cook! All families who use the Children's Centre are welcome to use the library. It's open when we are and it's free. We don't mind how long you borrow books for and we have books for parents as well as lots for children. Come and have a look!



Family Fun sessions during the Easter break



Friday April 9th 10am—12pm —Messy Play with Elmer

Make patterns and squares, make a pop up puppet

Listen to a story. Sing songs. Snack and drink

Tuesday 13th 10am -12pm, Friday 16th April 1pm—3pm

Spring time and bunnies.

Make and decorate a windmill,

Billy bunny story and singing.

Sand and water play. Snack and drink

Parents, carers and children aged up to 5 years welcome.

Cost £1 per family.

Book your place by contacting the Children's Centre

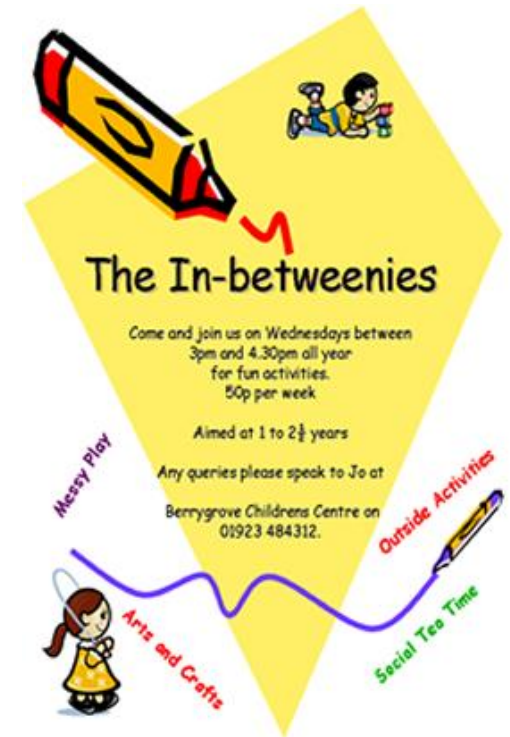
01923 484312



Family Information Day on 18th Feb at Meriden Community Centre



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



Super Dads

Second Saturday of every month
from 10.30am to 12.30pm

Fun and loads of
Activities

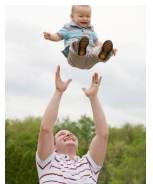
Football fun with Tinyballers

"IT'S MORE THAN JUST KICKING A BALL"

Next sessions 13th Mar, Apr 10th, May 8th 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:

22nd April

10th June

No need to book—just turn up.

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



FREE! Thinking of getting back into work?
Need to boost your confidence or your skills?
These sessions might be just what you're looking
for!

- | | |
|-----------|---|
| May 7th | Confidence Building |
| May 14th | Goal Setting and Motivational Skills |
| May 28th | Assertiveness for Life and Work |
| June 25th | Job Search and Interview Skills |
| July 2nd | Customer Service Skills |
| July 9th | Stress Management and Relaxation Techniques |

All sessions run from 9.30am to 12.00pm

FREE crèche available

Limited places available for all these sessions

You may book the first three, last three, or all 6 sessions

To book your place, ring Jo on 01923 484312

We held our second **Family Information Day** on 18th Feb at Meriden Community centre. In spite of the weather there was a fantastic turnout, with over 200 people coming along to join in the fun. There was lots for families to get involved in, with The Gingerbread Man, performed by Aesop's Travelling Theatre; a fantastic session with Hartbeeps; face painting; the brilliant farm, Appreciating Animals, kindly sponsored by our local councillor Jan Brown; a competition 'what can you make with a paper bag?' and lots of other craft activities and the sand pit. The babies had their own play area. Then there was delicious food, thanks Shaheena—we raised £167.24 for the Haiti Earthquake appeal.

Not to mention all the local organisations who helped to make the day such a success with so much information for us all.

Thank you to everyone who joined in and helped us to have such a great day!!! We'll do it again next year!



Comments from families: 'Loads of information to take home and share with others. Plenty for the kids to do, my daughter enjoyed feeding the piglet its milk.' 'I enjoyed getting my face painted and holding the animals.' 'We've had a fab, fab day!! Thank you so much! The information is very useful and all the things to keep the kids amused are brilliant.'

And from the organisations: 'It was a really well organised and worthwhile event. There was a lot of interest in the Money Advice Unit and I was able to give advice to many people.' (Money Advice Unit). 'A very enjoyable event. We spoke to a wide range of people all with differing requirements.' (West Herts College). 'The Family Day felt like a real success.— there was a lovely community atmosphere, the kids seemed to really enjoy the various activities and the adults got access to very valuable information. It's so great to get community services together and show people what's out there.' (Girlabout)



Parent and Toddler Group
At
MERIDEN COMMUNITY CENTRE

Thursdays 9.30am to 11.30am term time

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

Activities, snack, story and rhymes each week

Hartbeeps session each week until 27th May.

Cost £1 per family if you live in children's centre area, £4 if you live outside area. Childminders £2.50p

Children's Centre area postcodes: WD24 4; WD24 7; WD25 9.

**Cost will revert to £1 per session when Hartbeeps sessions end
Contact children's centre 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

Weaning session with nutritionist on Wednesday 17th March

Contact Berrygrove Children's Centre 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 26th Mar 9am—11am

Friday 23rd April 9am—11am

Friday 21st May 9am—11am

Friday 25th June 9am—11am

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



RAINBOW TOY LIBRARY

At 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:

20th April to 25th May and 8th June to 6th July

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

Cost £1 per family per session

To be refunded against any toys borrowed.

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

At Berrygrove Children's Centre

Planned activities every week

Open term time only.



Do you, or does someone you know, care for a child aged under 5 years who has additional physical needs?

Playskill is a new charity which has set up a parent and child Play group for pre-school children, aged 1-5 years, with Special Physical Needs. The group meets in term-time, in Watford, on a Monday a.m. and is run by a skilled team, including a Physiotherapist, Occupational and Speech and Language Therapist.

The sessions include Communication activities, Messy play, Snack time with Specialist input to improve skills in independence, use of the Sensory room and Soft-play area and there is access to the Rainbow Specialist Toy Library. For further information please see www.playskill.co.uk. To book a place on the waiting list for 2010 or to make further enquiries please contact Andrea Clarke on: 07890 267722 or 01442 834438.