

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 14th March, 4th April,	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 come to this group. With Community Nursery Nurse. Health Visitor referral needed. Contact Children's Centre for details of next course. Stay and play session and borrow toys for Toy Library members at Lemarie Centre, St Albans Road. Book with children's centre. Pay in advance £2 per week. £5 out of area. 8 week course
	Baby Massage Berrygrove Children's Centre	Next course starts 10th May 1.30pm to 3pm	
	Rainbow Toy Library Lemarie Centre	10am—11.30am Term time only	
	Indoor Body Conditioning Meriden Community Centre	Starting May3rd, 1pm to 2pm	
	Baby and Me	1pm—2.30pm 22nd and 29th March	For families with young babies. Book with Children's Centre
	Time Out for ASD/ADHD Berrygrove Children's Centre	May3rd— June28th 7pm—9pm	Free course for parents with children who have ASD / ADHD. Book with children's centre Parent users of Children's Centre welcome. Creche places available if needed. Book in advance.
	Parents Group Berrygrove Children's Centre	Tues 24th May 1.30—3pm	Themed fun sessions. £1.50 per family. Book with children's centre 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 . Drop in session at Berrygrove Children's Centre. Advice from trained and experienced peer supporters Health visitor run drop in session open to all families.
Wednesday	Family Fun sessions Berrygrove Children's Centre	12th and 19th April 10.30am—12.30pm	
	Dinky Dancers Meriden Community Centre	10am to 11am term time	
	Stay and Play session Children's Centre.	1pm to 3pm every Weds.	
Thursday	Breastfeeding Support Berrygrove Children's Centre	1.30pm to 3.30pm every Week	
	Child Health Clinic Meriden Community Centre	1.30pm to 3pm every week	
	Parent & toddler group, Meriden Community Centre	9.30am to 11.30pm term time.	Drop in group. £1 per week. Max 15 families Cost £1.50 per family
	Child Health Clinic Berrygrove Children's Centre	10am to 12pm weekly	Health visitor run drop in session open to all families. All families with Under ones welcome. Regular weaning sessions. See flyer. For children with language / communication delay. Contact children's centre for information or book a place. Contact Gill or Pip on 01923 676763 for more information
Friday	Under Ones group Parkgate Youth and Community Centre, Southwold Road	1.30pm—3.30pm	
	Early Years group Berrygrove Children's Centre	1pm to 3pm term time only	
Monday to Friday	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	
Saturday	Super Dads Berrygrove Children's Centre Emergency First Aid Berrygrove Children's Centre	2nd Saturday 10.30am-12.30pm. 13th Nov, 11th Dec Next dates May/June tba	Fun activities, ball skills with Tinyballers. Baby area, snacks and outdoor play. Book your place with the Children's Centre Cost £20 for 2 sessions. Book and pay in advance. Contact Children's Centre for more information.

**Sure Start
Children's Centres**



Berrygrove Children's Centre

NEWSLETTER Mar/Apr 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



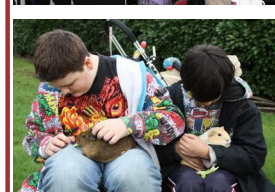
Family Information Day 2011

Our Family Information Day this year was blessed with fantastic weather, which made such a difference to the day! Over 250 people attended and with 23 organisations represented, people were able to access a wide range of information as well as having fun.

The children's activities were very popular, especially face painting, visiting farm, police car, fire engine, football, craft activities and the competition.

Our thanks to Councillor Jan Brown who funded the farm again for us this year—very much appreciated by all.

Here are some of the comments we received from you about the day: 'Harry and I had a lovely time and learnt a lot of new things,' 'Great event. All the kids loved the animals!' 'Excellent fun! Ollie and Lara loved the animals, fruit and face painting most! Thank you.' 'Great event. Lots of information. Fab fun time.' 'What a brilliant day! Animals, football were fab.' 'My son loved the animals, the Police and Fire service. Thanks.' And to the person who suggested a Tombola, Cake stall, or Raffle—thanks very much—will definitely consider for next year!



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



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 .



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



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 24th May 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

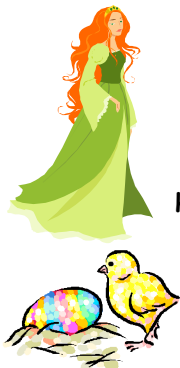
Individual Sessions Planned in Mar / Apr

Family Fun Sessions

Tuesday 12th April
10.30am to 12.30pm

Princes and Princesses

Come and play in the
Enchanted Castle
Listen to fairy tales and
sing songs
Snack and drink



Tuesday 19th April
10.30am to 12.30pm

Easter Treasure Hunt

Have fun with Easter Activities
and Crafts
Songs and rhymes,
Snack and drink

Parents, carers and children aged up to 5 years welcome.
Cost £1.50p per family. Priority to families living within the
Children's Centre area.

Places limited so book soon on 01923 484312



Are you a parent or carer of a
young baby?

Baby and Me

sessions

22nd & 29th March

1pm—2.30pm

Would you like to know more
about how you can help your
baby to talk?

At **Berrygrove Children's
Centre**

Book a place for
yourself and your baby
01923 484312

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

Tues 15th March 2pm—3.30pm or

Friday 1st April 10am—11.30am

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.

Sessions last 1 hour session and are free of charge. They are held on the 2nd

Regular groups and sessions (continued)



MERIDEN COMMUNITY CENTRE Parent and Toddler Group Thursdays term time only

From 9.30 to 11.30am

Cost £1 per family. Maximum 15 families—arrive early to avoid disappointment. Contact children's centre for more information
01923 484312



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

*Also Regular Weaning advice and information from
Community Nursery Nurse*

Next weaning sessions: March 17th and May 26th

No need to book—just turn up.



RAINBOW TOY LIBRARY

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

Dates for this half term: Tues 1st March— Tues 5th April.

Please ensure all toys are returned by then

Dates for next half term: Tues 26th April—24th May

Stay and Play session during term time

On Tuesdays from 10am to 11.30am

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

For more information contact us on 01923 484312

Additional Needs

Early Years Group

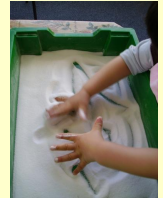


A weekly group for children aged up to 5 years
who have communication / language delay
to attend with their parents / carers



at

Berrygrove Children's Centre



on Fridays, 1pm to 3pm, term time only

Dates for this half term: 11th March to 1st April

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



Living with ADHD and ASD

This seven session course is an opportunity for parents to share feelings and experiences and discover solutions to problems based on what works – not what's meant to work!

The lead facilitator has first hand experience of a child with special needs

Tuesday 3rd, 10th, 17th, 24th May & 7th, 14th, 21st June, 7pm— 9pm
At Berrygrove Childrens Centre, Cow Lane, Watford. WD25 9PW

**For further information or to book a place, speak to Jo or Vicky at
Berrygrove Children's Centre on 01923 484312.**



natural flair

coaching and consultancy to improve personal performance



Keep fit for you and your child this half term



New group coming to
Meriden Community Centre



Indoor Body Conditiong

Starting Tues 3rd May, 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.

Regular groups and sessions



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 12th March and 9th April

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



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 this half term:

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



activecreative

www.dinkydancers.com

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! Cost £1.

Contact us on 01923 484312 for more information



Childminders' Group



At Berrygrove Children's Centre

Every Monday, term time only, 1pm-3pm. Cost £1 per week

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