



SureStart

Berrygrove Children's Centre NEWSLETTER



May / June 2009

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| Monday | What can a parent do? Berrygrove Children's Centre Storytime North Watford Library St Albans Road | 1.00pm to 3.00pm 2.15pm to 2.45pm every week | 5 week course for parents of children aged 5 to 10 years. Free creche for under 5's |
| Tuesday | Positive Beginnings Berrygrove Children's Centre Rainbow Toy Library Lemarie Centre, 524 St Albans Road (Between the Library and Fire Station) Baby Massage Berrygrove Children's Centre | 9.30am to 11.30am term time only 9am to 11.30am and 12.30pm to 2pm term time only 1.30pm to 3pm | You will need a referral from your health visitor to join this group Free Stay and Play session for members. Ring Shammi on 07982 806 790 for more information With community nursery nurse. Ring Children's Centre for more information |
| Wednesday | Under Ones Group Berrygrove Children's Centre Childminders Support Group Parkgate Youth & Community Centre, Southwold Road WD24 7DP First Time Mums Group Berrygrove Children's Centre Breastfeeding Support Group Berrygrove Children's Centre Child Health Clinic Meriden Community Centre, Garsmouth Way In-betweenies Berrygrove Children's Centre The Big Paint Berrygrove Children's Centre | 10am to 12pm every week 9.30am to 11.30 term time only 1pm to 3pm every week 1.30pm to 3.30pm every week 1.30pm to 3.00pm 3.00m to 5.00pm Wednesday 27th May 10.00am to 1.00pm | All mums. Dads, grandparents and carers with under 1's welcome All first time mums with babies up to 4 months welcome Health visitor run drop in session Stay and play session run by parents, for those with children aged 1 to 2 years. Lots of activities and snack time Celebrate National Family Week. Event for children 10 and under and their families. See flyer |
| Thursday | Child Health Clinic Berrygrove Children's Centre Childminders Support Group Meriden Community Centre Baby Rhyme Time North Watford Library St Albans Road Early Ante Natal Booking Berrygrove Children's Centre | 10am to 12pm every week 9.30am to 11.30pm term time only 2.15pm to 2.45pm 2nd and 4th in month 9.15am to 10.15am 4.00pm to 6.00pm | Health visitor run drop in session Drop in session. All childminders Welcome. £1.50pw Run by community midwives. Ring 01923 288674 for an appointment |
| Friday | Stroller Strength Fitness with mums of Steel Berrygrove Children's Centre Let's Talk Berrygrove Children's Centre The Big Toddler Berrygrove Children's Centre | 9.15am to 10.15am Friday 15th May to 3rd July 9.00am to 11.00am Friday 22nd May, 26th June, 24th July 10.00am to 12pm | Opportunity to make an appointment with Shaun Clifford, Educational Psychologist. Confidential & free Sponsored toddle in school grounds. See flyer for more information |
| Saturday | Party In The Playground Berrygrove Children's Centre | 12.00pm to 4.00pm | Lots of fun. Our theme is "All About Dads" See flyer for further 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 |
| Tuesdays and Fridays | Holiday Family Fun sessions Berrygrove Children's Centre | 10.30am to 12.30pm During July and August Dates to be confirmed | For Parents/Carers and their children up to 5 years. Look out for flyers with more information |



Great Fundraising News for the Rainbow Toy Library

Burns Night Ball on January 30th raised the fantastic amount of £2,750 for the Toy Library. Our thanks go to Linda Smith, Director of Sagani Ltd and friends for their amazing hard work and Cllr Jan Brown, for kindly offering us her support during her year as Chair of Watford Borough Council. We plan to further increase our services to families with special needs children and purchase more toys for outside play.



Family Fun with Easter Eggs & Chicks



15 families came and joined in the fun. We made masks, Easter baskets, chocolate nests with eggs and had a great Easter egg hunt. Everyone had a brilliant time with all the activities!





Come and Join us at
Berrygrove Children's Centre
 On Friday 29th May from 10.30am –12.30 pm



We are celebrating
National Family Week
 with



THE BIG TODDLE



All children under 6 years welcome and must be accompanied and supervised by an adult. A snack and drink will be provided

To book your place, please complete and return slip below to Jo at Berrygrove Children's Centre.

£2.00 per family payable on the day to cover sponsorship. Money raised will be donated to



For more information and to book a place ring the Centre on 01923 484312

The In-betweens

Come and join us on Wednesdays between 3pm and 5pm for fun activities.

Aimed at one to twos.

Starting the 6th May.

Any queries please speak to Jo at Berrygrove Childrens Centre on 01923 484312.



What can a Parent Do?

A Parent Support programme

For parents / carers of under 11's

Help your child to develop self confidence

Listen, communicate, discipline and lots more!

Free crèche for under 5's. Book your place with Jo on 01923 484312

Venue: Berrygrove Children's Centre

Dates: Monday 8th June to 6th July

To book a place ring the Children's Centre on 01923 484312



BERRYGROVE CHILDREN'S CENTRE

VOLUNTEERS NEEDED

To assist with the running of the Rainbow Toy Library & various

activities in the Children's Centre
 Help set up and clear up and the end of sessions

Assist in craft and play activities

Good to have on your C.V

May suit someone who would like to start a career in childcare

For more details please contact Vicky Attarzadeh Children's Centre Manager on 01923 484312



Children's Centre Parking

Please park in Sainsbury's car park if at all possible due to congestion and risk with the building works in Cow Lane. If you do park in Cow Lane, please do not block driveway access. There have been complaints by local residents who have been blocked in or out of their driveways. Thank you.

New Mum?

Want to meet other new mums?

Come and join our First Time Mums group

Every Wednesday 1pm—3pm

At Berrygrove Children's Centre

All new mums with babies up to 4 months welcome

No need to book—just drop in



Our breastfeeding drop in session runs at the same time, so if you would like some help or advice with breast feeding, this will be available in the privacy of our small training room.

Come and Join us at
Berrygrove Children's Centre for painting fun
On Weds 27th May from 10am to 1pm

We are celebrating

National Family Week

In Berrygrove School Playground with:

The Big Paint

All children under 11 years welcome and must be accompanied and supervised by an adult.

Please wear old clothes and shoes

Bring your own snack / drink

Lots of fun for everyone

Cost £1 per family

For more information and to book a place ring Jo at Berrygrove Children's Centre on 01923 484312

Are you a Dad, Mum or carer of a baby aged under 1?

If so, you might like to come and join us at
one of our

Under 1's groups which are free and open to
all—just drop in!



At Berrygrove Children's Centre
Every Weds 10am to 12pm

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

Every Thurs 1.30pm to 3.30pm

For further information ring Colette at the Children's Centre on
01923 484312



LET'S TALK

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

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 22nd May 9am—11am

Friday 26th June 9am—11am

Friday 24th July 9am—11am

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

New Stroller Strength fitness 8 week course
With Mums of Steel—qualified instructor
Course suitable for all fitness levels



Meet other mums, get fit, lose weight!
8 week course from
Fri 15th May—Fri 3rd July 9.15-10.
Cost £2 per week, payable weekly in advance.
For more information or to book a place, contact Jo on
01923 484312

Mums From Around the World



This group meets every Thurs 1pm to 3pm term time
at the Children's Centre

Explore the diversity within our community
Share information about your hobbies, learn new skills,
Taste different food, Learn about other cultures

All mums and preschool children welcome. No need to book. Just turn up



Rainbow Toy Library Stay and Play Sessions

Every Tuesday during term time
10am to 11.30am and
12.30pm to 2pm.

**All dads, mums and carers
welcome**

Membership £3 per year.

Once you join, the sessions are free!
Toys available to borrow at low cost.
Large stock of special needs toys

At the Lemarie Centre
524 St Albans Road
Watford
WD24 7WF
Tel: 07982 806 790

Last sessions this term:

Tues 7th July

Reopening: Tues 8th Sept

CHILDMINDERS' GROUPS

Meriden Community Centre, Garsmouth Way, WD25 9ET
Every Thursday 9.30 - 11.30 am Cost £1.50 per week

(Term Time Only) and

Parkgate Youth & Community Centre
Southwold Road, WD24 7DP

Every Wednesday 10.00am - 12.00pm
(Term Time Only)



First Aid Training Course
Save a Life Infant & Child
Saturday 16th May 2009 10am to 12pm

**4 places left—please ring Jo 01923 484312 if you
would like to book.**

No crèche facility for this programme.

We regularly run First Aid programmes for parents. Please let us know if you are interested or would like to join a waiting list for a future course.



Berrygrove Children's Centre
is hosting a

CHILDMINDERS' NETWORK MEETING
On Wednesday 13th May 2009



For the first hour Val Meaney from the H M Revenues & Customs Office will be doing a presentation and will be on hand to answer any questions afterwards

Please phone the Children's Centre to confirm you will be attending
On 01923 484312

Next term we are considering doing Paediatric First Aid Training. Anyone interested please let Kathy know.
The cost will be around £40.00