

Berrygrove Children's Centre



SureStart

NEWSLETTER



Cow Lane, Watford WD25 9PW Website: www.hertschildrenscentres.org.uk/berrygrove Manager: Vicky Attarzadeh
Tel: 01923 484312 Mob: 07799 850 742 Email: manager.berrygrove@hertschildrenscentres.org.uk
Parking available at Sainsburys but please do not park in restricted use spaces.

Berrygrove Children's Centre Staff



Joanne Whalley Administrator Colette Harrigan Outreach Worker Vicky Attarzadeh Manager Shammi Chauhan Toy Library Co-ordinator Kathy Pierce Early Years Teacher June Fisher Cleaner

Berrygrove Children's Centre staff are here to offer support to all local families with children under 5.

We offer a range of activities throughout the year in line with the Government's agenda for Every Child matters and the Early Years Foundation Stage.

We are open all year, Monday to Friday, 9am to 5pm. (Closed Christmas week).

If you haven't seen the new building yet, feel free to drop by for a tour and information.

Your ideas and views are important to us for future service development, so please contact us with your ideas by phone or email (contact details above), or fill in the slip at the end of the newsletter and return it to the Children's Centre.

RAINBOW TOY LIBRARY Run by Berrygrove Children's Centre

in the Rainbow Room, The Lemarie Centre 524, St Albans Road, WD24 7WF

Contact Shammi, Toy Library Co-ordinator on: 07982 806 790

Stay and Play every Tuesday during term time 10.00 to 11.30am

Annual membership £3. Cost of toy hire 50p to £2 per fortnight loan.

Are you interested in getting involved with the Children's Centre or Toy Library?

We are looking for volunteers to help us to set up an additional session each week

couple of hours to spare and are interested, please contact Jo at the Children's Centre on 01923 484312 or Shammi on 07982 806 790.



New!! Stock of special needs toys ready for loan!!

We are open next term from 13th Jan to 23rd March 09, closed 17th Feb for half term.



Playskill is a new charity which has set up a parent and child Playgroup 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. For further information please see www.playskill.co.uk. To book a place on the waiting list or to make further enquiries please contact Andrea Clarke on: 07890 267722 or 01442 834438.

Berrygrove Children's Centre will be closed from Mon 22nd to Fri 26th



December '08 and New Year's Day, Jan 1st '09



Family Fun with Hartbeeps and Bookstart on Oct 10th



The morning was a huge success and everyone had a great time. The children loved the Pirate theme and music and physical activities with Hartbeeps. Everyone enjoyed all the activities, especially the face painting, drawing and making hats, playing in the big boat, and eating the treasure (selection of dried fruits).

We hope to run more Hartbeeps sessions in the future!

A TRADITIONAL Burns Night Ball

An evening in support of local good causes

Friday 30 January 2009

The Colosseum
Watford WD17 3EX

Tickets £50

- ❖ Drinks reception - 7pm
- ❖ Photo opportunity with Highland Piper
- ❖ Gala dinner
- ❖ Dancing to the Wrangle Taggle Ceilidh band
- ❖ Black Tie
- ❖ Carriages 12.30am
- ❖ Auction
- ❖ Raffle

All profits to The Peace Hospice & this year's Watford Council Chairman's nominated charities - the toy libraries at Berrygrove and Westfield Children's Centres



Enquiries c/o UL Medicines Ltd 01923 251777
linda@ulmedicines.co.uk
Cheques payable to 'Burns Charity Ball 2009'



Stroller Strength Fitness

Enjoy the fresh air while you burn calories & tone up

At Berrygrove Children's Centre

Fri 16th Jan - Fri 27th Feb 2009

(7 week course)

from 1 - 2pm

BOOK EARLY AS PLACES ARE LIMITED

Cost: £2.00 per week non refundable

Pay weekly in advance and £2.00 on booking

Contact Children's Centre on 01923 484312 for more information or to book your place.

Angela Marie Keen Photography

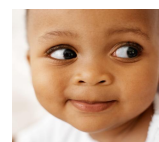
At Berrygrove Children's Centre on Wednesday 19th November 2008 10am - 12md
& Tuesday 25th November 2008 1 - 3pm

To book your place please contact Jo at Berrygrove Children's Centre
Prices range from £5.00 - £50.00 (Example: one 8 x 10" + Three 7 x 5" - £20.00)

www.angelamariekeen.com

All products will be available to collect from Berrygrove Children's Centre before Christmas. Payment may be made upon ordering or upon receipt of product.

10% of profits go directly to Berrygrove Children's Centre Fundraising



Berrygrove Children's Centre
is hosting a
CHILDMINDERS' NETWORK MEETING

on
3rd December 2008
from 7 - 9 pm



Come and meet other local childminders to chat, socialise and discuss your training needs without the distraction of children! Lizzie Haire, temporary NCMA development officer will be on hand to answer any questions.

Please phone the Children's Centre to confirm you will be attending.

Please park in Sainsbury's Car park and enter the Children's Centre via the Cow Lane entrance



Parents and Carers

Are you worried that your Under 5 might be overweight?



Are you interested in taking part in a study with world famous Children's Hospital Great Ormond Street?

Come and join Trim Tots for a free assessment and the opportunity to ask questions or to participate in a study.

With music, movement, games and a FREE activity pack!
November 21st 10am to 12pm
wear something comfortable as it will be physical!
Suitable expenses will be paid and refreshments provided.

For more information contact Sarah Low, Study Co-ordinator, Childhood Nutrition Research Centre, Institute of Child Health & Great Ormond Street NHS Trust, London. Email: s.low@ich.ucl.ac.uk
Tel: 020 7905 2805

You will need to register with the Children's Centre and sign in and out at each session

To book your place, please contact us on 01923 484312

Mums From Around the World

We meet at the Children's Centre every Thursday during term time, from 12.15 to 1.45pm. Our programme is organised termly and includes celebrations from all cultural backgrounds. We have a great time together - below are some photos from our meetings this term. If you would like to join us, please feel free just to turn up, or if you would rather, Contact Jo on 01923 484312 or Shammi on 07982 806 790



Comments and Suggestions slip

If you have any thoughts about what kind of programmes or sessions you feel would benefit you and your family, please complete this slip and return to Berrygrove Children's Centre, Cow Lane, Watford, WD25 9PW

Name.....Postcode.....Tel No.....
Comments / Ideas.....
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.....
.....

Meg and Mog's Familyfun on 28th and 31st October



Cutting up the vegetables

The sessions were very well attended and everyone took part in the fun. We had face painting, making spiders, drawing bones, storytime, making soup and outdoor play on the trim trail.

Then we ate our soup!



Making masks, bats and cats

Here are some of the comments:

Great fun had by all!
Thanks! Great soup from the chef!
Had a brilliant day!
I had fun in the Meg and Mog fun place!



Playing on broomsticks

Playing on the Trim Trail



PARENT AND TODDLER GROUPS BERRYGROVE CHILDREN'S CENTRE AREA

**COMMUNITY CHURCH,
816 ST ALBANS ROAD WD25 9FL.
OPEN MON, TUES 1pm—2.45 pm. TERM TIME ONLY**

CONTACT: BERYL- 01923 677386

**MERIDEN COMMUNITY CENTRE,
MERIDEN WAY WD25 9ET.
OPEN THURS 12.30pm—2.30 pm TERM TIME
DURING HOLIDAYS THURS—10am- 2.30pm**

CONTACT: LIZA—07821 432 134

**SOUL SURVIVOR
UNIT 7, GREYCAINE ROAD
OPEN WEDS 9am—12md. TERM TIME ONLY**

CONTACT: RUTH YULE- 08452 711 711

**PARKGATE YOUTH AND COMMUNITY CENTRE, PARKGATE ANNEXE.
SOUTHWOLD ROAD WD24 7DP
OPEN THURS 9.30am—11.30am THROUGHOUT THE YEAR**

CONTACT: KIRSTY – 01923 803575

**POSITIVE BEGINNINGS
BERRYGROVE CHILDREN'S CENTRE
PLEASE CONTACT YOUR HEALTH VISITOR IF YOU WOULD LIKE TO JOIN THIS GROUP.
OPEN TUES 9.30am—11.30am TERM TIME ONLY**

**GIRLABOUT—FOR YOUNG MUMS UNDER 25
SOUL SURVIVOR**

**UNIT 7, GREYCAINE ROAD
OPEN EVERY TUESDAY 11.30am—2pm.**

CONTACT: KATH—07734 513 605

**THIS GROUP IS CLOSING A THE END OF NOVEMBER AS GIRLABOUT ARE RE-LOCATING TO
CENTRAL WATFORD. CONTACT 08452 701701 FOR MORE INFORMATION**

BERRYGROVE CHILDREN'S CENTRE TIMETABLE

Monday	<p>Family Learning</p> <p>Stories and Rhymes for the Under 5's at North Watford Library</p>	<p>9am to 11.30am From 12th Jan</p> <p>Every Monday 2.15 to 2.45pm</p>	<p>Berrygrove Pre-school, Nursery and Reception families. Fun to Talk and Play</p> <p>Contact the Library service on 01923 471333 for more information</p>
Tuesday	<p>"Positive Beginnings" Supported Parent and Toddler group</p> <p>Toy Library – at the Lemarie Centre, Stay and Play session</p>	<p>9.30am to 11.30am Term time only</p> <p>10am to 12 midday, term time only</p>	<p>Speak to your Health Visitor, Susan or the Children's Centre staff if you would like to join this group.</p> <p>Contact Shammi on 07982 806790 for more information. Sessions start 13th Jan '09. Closed 17th Feb Half term</p>
Wednesday	<p>"Under Ones" group for all Dads and Mums with babies up to 1 year.</p> <p>Breast feeding Support Group For all breast feeding mums – specialist advice, peer support</p> <p>First Time mums group for all new parents an babies up to 4 months old</p>	<p>10am to 12midday Every week</p> <p>1pm to 3pm every week</p> <p>1pm to 3pm every week</p>	<p>No need to book. Contact the Children's Centre for more information</p> <p>Drop in, or contact Sue Carfoot on 01923 217366</p> <p>Just drop in or contact the Children's Centre for more information</p>
Thursday	<p>Child Health Clinic</p> <p>Mums from Around the World – an open drop in group for all mums</p> <p>Parent and Toddler group, Meriden Community Centre</p> <p>Early Booking Ante Natal sessions</p>	<p>10am to 12 midday Every week</p> <p>12.15 to 1.45pm Term time only</p> <p>12.30 to 2.30pm Term time, 10am to 2pm in holidays 4pm to 6pm</p>	<p>Drop in session for all parents with babies and young children. Health visitors on hand for weighing, information and advice</p> <p>A group run by mums for mums – sharing ideas on culture and diversity.</p> <p>Open to all. Contact Liza on 07821 432134 for more information</p> <p>Run by Community Midwives</p>
Friday	<p>Family fun sessions</p> <p>Stroller Strength Mums of Steel</p>	<p>7th, 14th, 21st November 10am to 12 midday</p> <p>16th Jan for 7 weeks 1 to2 pm</p>	<p>See flyers or contact Children's Centre 01923 484312 for what's on. All places need to be booked in advance. Small cost – usually £1 per family.</p> <p>Contact Jo for more details or to book a place</p>

Meeting Room for Hire

Bright Meeting Room situated on the ground floor. Suitable for Training, Support Group Meetings, Committee Meetings etc.



- 20 person capacity
- TV
- Video/DVD Player
- Overhead Projector
- Flip Chart Easel
- Kitchen
- Disabled Access/Parking
- Hearing Loop System

<u>Availability</u>	<u>Prices</u>
Monday-Sunday 9am to 10pm	£40 per 4 hourly session (£20 for charities) Separate weekend rates

Contact: The Lemarie Centre, 524 St Albans Road, Watford. WD24 7WF
Tel: 01923 230779 Email: lemariecentre@aol.com