



# Berrygrove Children's Centre

## NEWSLETTER

Sure Start  
Children's Centres  
Hertfordshire

Nov/Dec 2011

Cow Lane, Watford WD25 9PW Tel: 01923 484312 Mob: 07799 850 742

Email: [manager.berrygrove@hertschildrenscentres.org.uk](mailto: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*

|           |   |  |   |
|-----------|---|--|---|
| Monday    | Speech and Language Drop in<br>Berrygrove Children's Centre   | 14th Nov and 12th Dec<br>9am to 12pm   | Drop in session. No need to make an Appointment   |
|           | Relate Counselling<br>Berrygrove Children's Centre  | 10am to 12pm<br>2nd Mon of month   | Contact Children's Centre for more information or to book appointment.  |
|           | Childminders group<br>Berrygrove Children's Centre  | 1pm to 2.30pm , Term time only   | All childminders welcome.   |
|           | 'Tiny Tots' Young Parents<br>Berrygrove Children's Centre.  | 3.00pm to 4.30pm every week  | All parents under 25 welcome  |
|           | Parents Cookery<br>Berrygrove Children's Centre   | 9.30am to 11.30am<br>9th Jan to 30th Jan   | Book with children's centre. Crèche available if booked in advance  |
| Tuesday   | Stop Smoking support<br>Berrygrove Children's Centre  | 1pm to 3pm   | Individual support for parents who want to give up smoking. Contact children's centre for appointment.  |
|           | Positive Beginnings<br>Berrygrove Children's Centre   | 9.30am to 11.30am<br>Last session 13th Dec<br>Start again 10th Jan   | Supported Parent and Toddler group. You will need a referral from your health visitor to come to this group.<br>Dates this half term 1st Nov to 13th Dec.<br>Re-open 10th Jan                 |
|           | Rainbow Toy Library<br>Stay and Play session<br>Lemarie Centre  | 10am—11.30am<br>Term time only   |   |
|           | Breastfeeding Treasure Box<br>Berrygrove Children's Centre  | 2pm to 3.30pm<br>15th Nov, 13th Dec  | Ring children's centre to book your place   |
|           | Teenage ante natal<br>Berrygrove Children's Centre<br>Play and Talk Course<br>Berrygrove Children's Centre  | 1pm—4.30pm with teenage pregnancy midwife<br>9.30am to 11.30am 10 week course starting 11th Jan  | Appointments made with midwife<br>Free course. Run by HAFLS. Book with children's centre. Crèche available. Must be booked in advance   |
| Wednesday | Dinky Dancers<br>Meriden Community Centre   | 10am to 11am 2nd Nov to 7th Dec. Restart 4th Jan   | Cost £2 per week, £4 out of area. Book and pay in advance at the children's centre.   |
|           | Indoor Body Conditioning<br>Meriden Community Centre  | 11am to 12pm   | Book with children's centre. Pay in advance £2 per week. £5 out of area.  |
|           | Stay and Play session<br>Berrygrove Children's Centre.  | Every Weds 1pm to 3pm.<br>Closed over Christmas  | Open to all local families but limited space. Maximum 15 families.  |
|           | Breastfeeding Support<br>Berrygrove Children's Centre   | 1.30pm to 3.30pm every Week. Closed over Xmas  | Drop in session at Berrygrove Children's Centre.  |
|           | Child Health Clinic<br>Meriden Community Centre   | 1.30pm to 3pm every week   | Health visitor run drop in session open to all families.  |
| Thursday  | New Group for families<br>North Watford Methodist church<br>Parent & toddler group,<br>Meriden Community Centre<br>Parents' Group meeting<br>Berrygrove Children's Centre | 1pm to 2.30pm. Term time only. Starts Weds 18th Jan<br>See over for dates. Xmas party 8th Dec. See flyer.<br>17th Nov from 1.30pm to 3pm | Drop in group for local families. Support from HAFLS.<br>Drop in group Max 15 families. Local families £1. Out of area £2<br>All local centre users welcome. Book crèche in advance if needed |
|           | Child Health Clinic<br>Berrygrove Children's Centre   | 10am to 12pm weekly  | Health visitor run drop in session open to all families.  |
|           | Under Ones group<br>Southwold Road<br>Let's Talk<br>Berrygrove Children's Centre  | 1.30pm—3.30pm weekly session<br>9.00am to 11.30am<br>25th Nov and 16th Dec   | All families with Under ones welcome. Regular weaning sessions. See flyer.<br>Session with Educational Psychologist.<br>Book with children's centre   |
|           | Early Years group<br>Berrygrove Children's Centre   | 1pm to 3pm. Sessions 4th Nov to 9th Dec  | A support group for children with language / communication delay. Contact children's centre for more information.   |
|           | Maths level 1 / 2<br>Berrygrove Children's Centre   | 9.15am to 12.15pm  | Run by West Herts College   |
| Saturday  | Super Dads<br>Berrygrove Children's Centre  | 2nd Saturday<br>10.30am-12.30pm.   | Fun activities, ball skills with Tinyballers. Baby area, snacks and outdoor play.   |



Congratulations to Tracy Jenkins on being the first Berrygrove parent to successfully give up smoking after attending the Stop Smoking sessions at the Children's Centre. If you would like support to give up smoking, contact Jo at the Children's Centre on 01923 484312

### Colour and Light Family Fun at Harebreaks on 25th October

Berrygrove Children's Centre celebrated Diwali with Beechfield Children's Centre at North Watford Methodist Church. Many local families attended and joined in with all the activities.

We made music using empty containers and sticks. They made brilliant drums!



We had Diwali displays, made mendhi hand patterns, painted rainbows, sang at baby rhyme time, played with light and ICT toys in the dark den, listened to story time and ate a healthy snack!



**Please note that Berrygrove Children's Centre will be closed from Friday 23rd December and will re-open on Tues 3rd January.**



**We wish everyone a very Happy Christmas and Festive Season and look forward to seeing you all in the New Year**

# HAFLS and Berrygrove Children's Centre invite you to

Hertfordshire Adult and Family Learning Service

## FREE! Festive Crafts and Games

On: Wednesday 14<sup>th</sup> December 2011

9.30 to 11.30 am

At Berrygrove Children's Centre



Come and have fun making festive crafts and playing Christmas games with your child. Make some decorations and cards to take home with you.



For parents / carers with children aged 18 months to 3 years.  
Maximum 15 families

To book your place ring the Children's Centre on  
01923 484312 or drop in to put your name down

## HAFLS & Berrygrove Children's Centre invite you to a FREE 15 week Family Literacy course

Mums, Dads, Carers of a child aged 18 months - 3 yrs

Do you want to:

Brush up your skills?

Get a national literacy qualification for yourself?

Gain new ideas to make and do things with your child?

Help your child with speaking and listening?

Learn about pre-reading and writing?

Then sign up for our course starting

at **Berrygrove Children's Centre**

On: Weds 11<sup>th</sup> Jan 2012

From: 9.30am - 11.30am

*Free crèche places available if needed.*

Contact the Children's Centre on 01923 484312 for more  
information or to book a place



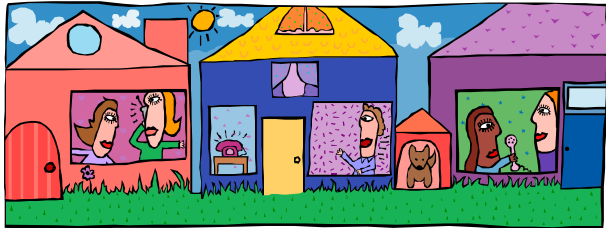
## Dec finish and Jan start dates for regular groups and sessions

| Day       | Group / Session             | Last session 2011            | Re-start 2012 |
|-----------|-----------------------------|------------------------------|---------------|
| Monday    | Childminders group          | 12th Dec                     | 9th Jan       |
|           | Tiny Tots                   | 19th Dec                     | 9th Jan       |
|           | Stop Smoking                | 12th Dec                     | 9th Jan       |
|           | Teenage Pregnancy Clinic    | 19th Dec                     | 9th Jan       |
| Tuesday   | Positive Beginnings         | 13th Dec                     | 10th Jan      |
|           | Rainbow Toy Library         | 13th Dec                     | 10th Jan      |
| Wednesday | Breastfeeding Treasure Box  | 13th Dec                     | 10th Jan      |
|           | Stay and Play               | 14th Dec                     | 4th Jan       |
|           | Dinky Dancers               | 7th Dec                      | 4th Jan       |
|           | Indoor Body Conditioning    | 14th Dec                     | 4th Jan       |
| Thursday  | Breastfeeding Support Group | 21st Dec                     | 4th Jan       |
|           | Meriden Parent and Toddlers | 1st Dec (Xmas Party 8th Dec) | 5th Jan       |
|           | Under 1's                   | 15th Dec                     | 5th Jan       |
| Friday    | Child Health Clinic         | 22nd Dec                     | 5th Jan       |
|           | Maths Course                | 16th Dec                     | 6th Jan       |
|           | Early Years Group           | 9th Dec                      | 13th Jan      |
| Saturday  | Super Dads                  | 10th Dec                     | 14th Jan      |

New to the country or from our diverse community?

Do you have young children?

Would you like to meet other families with young children (age up to 5 years)?



Then you may like to come to:

A **New Weekly Group**

Starting at North Watford Methodist Church Hall

On 18th Jan 2012 From 1pm to 2.30pm

Children under 5 years welcome

For more information contact

Berrygrove Children's Centre on 01923 484312

or Beechfield Children's Centre on 01923 482862

Do you live in the local area and attend the children's centre?

If so, you are welcome to attend our next

**Parents' Group meeting**

At Berrygrove Children's Centre

On Thursday 17th November

From 1.30pm to 3pm

We are able to provide a crèche—please let us know in advance. You are also welcome to bring your child to the meeting.



## Berrygrove Children's Centre is having **A CHRISTMAS PARTY**

on 8th December 2011

at The Meriden Community Centre  
from 10.30am – 12.30pm

including

*Mr Marvel's Magical Fun Show,  
Lucky Dip & Party food*



Cost: £5.00 per family

to be paid when booking and is non refundable

Priority given to families living in  
Berrygrove Children Centre area

*Places limited so book your place early with the  
Children's Centre on 01923 484312*



Come and join a  
**Parents' Cookery Course**

This new 4 week course will be run by  
**Community Learning Partnership**



**On Mondays from 9th to 30th Jan, 9.30am to 11.30am.**

For families with children aged 0—5 years

This course is for parents / carers only—a crèche will be provided if needed, but must be booked in advance.

The course is free but there is a £10 non-refundable admin fee.

Contact the children's centre on  
01923 484312 for more information or if you would like to join us  
for this fun and informative course.



## Child Care and Admissions Applications 2012

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

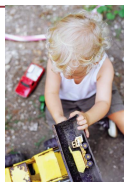
Tel: 0300 123 4052 Email: [fis@hertscc.gov.uk](mailto:fis@hertscc.gov.uk)  
Website: [www.hertsdirect.org/your-community/fsd/fis](http://www.hertsdirect.org/your-community/fsd/fis)

### Applications for Pre-school, Nursery and Reception for Admission 2012

#### Application for Pre-school

You can choose a pre-school and register there for a place at any time.

A funded place is offered the term after your child's 3rd birthday.



#### Application for Nursery Admission Sept 2012 or Jan 2013

Children born 1/9/08 to 31/08/09 start  
Nursery either Sept 2012 or January 2013.

Make your application by applying online  
between Feb 20th and April 1st 2012

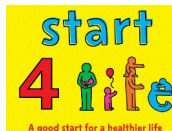
#### Application for Reception Class Admission Sept 2012

Children born 1/9/07 to 31/8/08  
start Reception Sept 2012

Apply online between Nov 14th 2011  
and 15th Jan 2012



For further information or support with making an application for Pre-school, Nursery or Reception for a place in 2012, please drop in to Berrygrove Children's centre or ring us on 01923 484312



The Community Nursery Nurse is running

# no r u s h to m u s h

'Introduction to solid food' on the following dates:

1st December and 12th January, from 1.30pm to 3.30pm

These sessions take place during the Under 1's Group at Parkgate Youth and Community Centre.

Cost £1 per family.

No need to book. These are drop in sessions

Contact Berrygrove Children's Centre on 01923 484312 for more information

## Job Clubs in Watford

### Wellspring Church Centre

1, Wellspring way, Watford  
WD17 2AH  
01923 331382

This is a weekly job club on Wednesdays from 9.30am to 12.30pm offering help to find a new job, write a cv and access job searches. No appointment necessary.

### Watford Women's Centre

29 Charter Place, Watford  
WD17 2RU  
01923 816 229

A weekly job club where women support each other in identifying training needs, completing application forms, discussing interview techniques, updating cv's and inviting speakers to the group.

The Centre offers Job Club, you can just turn up at the Centre any Friday, 9.45am to 12 noon.

Alternatively, call the Women's Centre on 01923 816229. You may be actively looking for work, or you may be just thinking about returning to work after a break and would like to talk it through with others in a similar position, either way you are most welcome.



Come and join us for a  
**WELLY WALK**  
On Weds 16th November  
In Berrygrove school grounds



No Need to book—just turn up at

**Berrygrove Children's Centre at 1pm**

Make sure you wear suitable clothing—we will be outside, whatever the weather!



Play hide and seek with the hedgehogs and have fun with the Buggy Buddies!

*Please note—the walk will take the place of our usual Stay and Play session*



21—27  
November  
2011



**Berrygrove Children's Centre**

Will be supporting **Road safety week** to raise awareness about this important topic.

**There will be themed activities during our normal groups and sessions.**

We will be giving away reflectors and have a wide range of information available for families during the week



## Additional Needs



**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 further information please see [www.playskill.co.uk](http://www.playskill.co.uk)

To book a place on the waiting list or to make further enquiries please contact Andrea Clarke on 07890 267722 / 01442 834438



## Spec

Is a support group for parents with children who have epilepsy.

Meetings are held at Galley Hill Children's Centre

Tea and coffee provided

Contact Emma on 07543 550855 for more information

## 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.

### 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.

## Parenting A Child With Additional Needs– The Complete Guide

Learn about the effects on parents when they have a child with additional needs and the adjustment process

Learn how to manage difficult feelings and how to recognise your own coping style

Share ideas on working successfully with professionals

Explore the challenges of parenting a child with additional needs

Discover solutions to encourage Positive Behaviour

Where: ASDA Community Room

St Albans Road, Watford Herts

WD24 7RT

When: Mondays 9th January– 19th March ,  
From 9.30-11.30 am

[www.carersinherts.org.uk](http://www.carersinherts.org.uk)

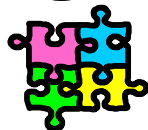
To book :Tel: 01992 586969 Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

We can pay travel expenses and discuss travel

arrangements with carers who do not have their own transport. We can also cover the costs of alternative care.

## The Parenting Puzzle

Stressed out?



Kids driving you mad?

Want more fun in your family life?  
Then we have the answer!

Book your place on this free course at Beechfield Children's Centre,  
Gammons Lane, Watford WD24 5TY

Starting Weds 11th Jan, 1pm to 3pm, for 10 weeks

Crèche available—must be pre-booked

Contact Beechfield on 01923 482862

## New Day Nursery in WD24 area



### LITTLE RACCOONS DAY NURSERY LTD

3 MONTHS - 5 YEARS OLD

OPENING SOON NOVEMBER 2011

Apply to reserve your place now !

Currently recruiting for staff - please call 01923 800711

For further details please contact 01923 800711 or [info@littleraccoons.co.uk](mailto:info@littleraccoons.co.uk)

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



Would you like some help and advice from a

Speech and Language Therapist?

Come along to an under 5's

Speech and Language Drop In

at the following times and venues:

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

| Times       | Dates                         | Location                     |
|-------------|-------------------------------|------------------------------|
| 9am to 12pm | Thursday 03rd Nov             | Westfield Children's Centre  |
| 1.30—4.30pm | Tuesday 8th Nov               | Peace Children's Centre      |
| 9am to 12pm | Monday 14 <sup>th</sup> Nov   | Berrygrove Children's Centre |
| 9am to 12pm | Thursday 24 <sup>th</sup> Nov | Skidmore Way Clinic          |
| 9am to 12pm | Thursday 01st Dec             | Westfield Children's Centre  |
| 9am to 12pm | Thursday 08th Dec             | Oxhey Drive Clinic           |
| 9am to 12pm | Monday 12th Dec               | Berrygrove Children's Centre |

#### Peace Children's Centre

Peace Prospect,  
Watford WD17 3EW  
Tel No 01923 470640 470641  
Parking is available at the centre

#### Westfield Children's Centre

Croxley View,  
Watford WD18 6AE  
Tel: 01923 800003  
Parking available on Chesham Way.

#### Skidmore Way Clinic

Skidmore Way  
Rickmansworth WD3 1SZ  
Tel: 01923 775065

#### Oxhey Drive Clinic

Oxhey Drive  
South Oxhey  
WD197SF  
Tel: 0208 515 8210  
Parking available at centre

#### Berrygrove Children's Centre

Cow Lane  
Watford WD25 9PW  
Tel No 01923 484312  
Parking available on Cow Lane/  
Sainsbury's Car Park

## Advice and Information from Hertfordshire Dental Health Service

Theresa Spencer from the Dental Service will be present at the following sessions offering tips on maintaining good dental health care for your young children:

10th Nov—Under One's group 1.30pm—3.30pm

28th Nov—Tiny Tots young parents group 2pm—3.30pm

Please remember that these groups are run on a drop in basis with space limited to 15 families and priority given to those living within the children's centre area.

