

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.
	Childminders group Berrygrove Children's Centre	1pm to 3pm , 1, 8, 22, Aug	All childminders welcome.
	'Tiny Tots' Young Parents Berrygrove Children's Centre.	3.00pm to 4.30pm every week	All parents under 25 welcome
	Speech and Language drop in. Berrygrove Children's Centre	9am to 12pm 19th Sep and 17th Oct (See newsletter for sessions held elsewhere)	Drop in session for parents of under 5's with concerns about child's language development
	Stop Smoking support Berrygrove Children's Centre	1pm to 3pm	Individual support for parents who want to give up smoking. Contact children's centre for appt.
Tuesday	Positive Beginnings Berrygrove Children's Centre	9.30am to 11.30am Last session 19th Jul Start again 13 Sept	Supported Parent and Toddler group. You will need a referral from your health visitor to come to this group.
	Baby Massage Berrygrove Children's Centre	Next course starts 4th Oct. 1.30pm to 3pm	With Community Nursery Nurse. Health Visitor referral needed.
	Rainbow Toy Library Lemarie Centre	10am—11.30am Term time only	Dates this half term 13th Sept to 18th Oct
	Teenage ante natal Berrygrove Children's Centre	1pm—4.30pm with teenage pregnancy midwife	Appointments made with midwife
Wednesday	Dinky Dancers Meriden Community Centre	Re-starts Sept 14th	Cost £2 per week, £4 out of area. Book and pay in advance at the children's centre.
	Indoor Body Conditioning Meriden Community Centre	11am to 12pm starts 14th Sept	Book with children's centre. Pay in advance £2 per week. £5 out of area.
	Parenting Puzzle Berrygrove Children's Centre	21st Sept to 30th Nov 9.30am to 11.30am	Support for local parents. Sessions now fully booked
	Stay and Play session Children's Centre.	Every Weds 1pm to 3pm. Re-starts 7th Sept	Open to all local families but limited space. Maximum 15 families.
	Breastfeeding Support Berrygrove Children's Centre	1.30pm to 3.30pm every Week	Drop in session at Berrygrove Children's Centre.
	Child Health Clinic Meriden Community Centre	1.30pm to 3pm every week	Health visitor run drop in session open to all families.
Thursday	Parent & toddler group, Meriden Community Centre	9.30 to 11.30am. 8 Sep to 20th Oct	Drop in group Max 15 families. Local families £1. Out of area £2
	Child Health Clinic Berrygrove Children's Centre	10am to 12pm weekly	Health visitor run drop in session open to all families.
	Under Ones group Southwold Road	1.30pm—3.30pm weekly session	All families with Under ones welcome. Regular weaning sessions. See flyer.
	Parents' group Berrygrove Children's Centre	1.30pm to 3pm	All local parents welcome. Crèche available but need to book in advance
	Let's Talk Berrygrove Children's Centre	9am to 11.30am 30th Sep , 21st Oct	Session with Educational Psychologist. Book with children's centre
Friday	Early Years group Berrygrove Children's Centre	1pm to 3pm. Sessions re start 16 Sep	A support group for children with language / communication delay. Contact children's centre for more information.
	Maths level 1 / 2 Berrygrove Children's Centre	9.15am to 12.15pm	Run by West Herts College
	Super Dads Berrygrove Children's Centre	2nd Saturday 10.30am-12.30pm.	Fun activities, ball skills with Tinyballers. Baby area, snacks and outdoor play.
Saturday	First Aid course Berrygrove Children's Centre	17th and 24th September 10am to 12pm	Course run by Red Cross. Book with children's centre

**Sure Start
Children's Centres**



Berrygrove Children's Centre NEWSLETTER Sep/Oct 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

Welcome back for the Autumn term!

We hope that everyone has had a good time and is feeling refreshed following the summer break!

See inside and back cover for our programme this term. As usual, we welcome your views and ideas on the programmes we offer and look forward to hearing from you. Please note that our next Parents' meetings are on Thurs 8th Sept and Thurs 17th Nov from 1.30pm to 3pm. Crèche provided but must be booked in advance.

As usual, we have had a very busy time over the summer, with our Family Fun sessions at the children's centre and N Watford Methodist Church and Picnic in Garston Park, in addition to other regular groups and sessions. Unfortunately, the weather was not all that it might have been and the Family Picnic on 4th August had to be cancelled. However, all our themed Family Fun sessions went ahead and were well attended. Thanks to all the families who came and made them such a success. Your positive feedback was much appreciated by the staff and volunteers involved in the planning and running of them.



The paddling pool and 'funky fountain'



Fun in the boat and snorkelling



At the beach

Seaside Fun and Summer Sun

'The Train Ride' story took us to the seaside at Berrygrove Children's Centre! What a surprise! There was a 'rock pool' with real seaweed, a 'beach' with small world figures, a big boat to climb into with fish and real snorkelling gear and oars, and we really needed our paddling pool and funky fountain!



Keeping safe in the sun



The fishing game

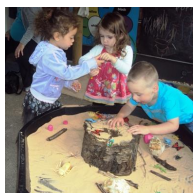
We made our own sandcastle cakes, had a fruit snack and a Rainbow Fish puppet show at the end.

Physical Fun with the Buggy Buddies 9th & 10th August 2011

The children loved hunting for the Buggy Buddies and following their ideas for Physical fun! Pipo the Ant asked us to do an obstacle course, with a sack race. Webster the Spider asked us to collect pine cones and mint from our vegetable garden.



Having fun with the sack race



Looking for Bugs



Making fruit kebabs

We all made our own fruit kebabs for a healthy snack at the end.

Arts and Crafts 23rd and 24th August

Children and parents enjoyed a range of art and craft activities including puppet making, weaving, painting, threading, model making. We were very fortunate that the rain held off for long enough to allow us to use our garden.

Everyone went home with a collection of 5 little ducks and a counting activity to do at home. See the fun we had in the photos below.



Beechfield and Berrygrove Children's Centres' Summer Fun at North Watford Methodist Church 30th and 31st August.

We loved having so much space at the Church Hall here. Our theme was 'The Very Hungry Caterpillar' and we had tunnels, tents and cocoons to play in.



We made caterpillars and painted butterflies. We hid in the parachute and came out as beautiful butterflies. Then we danced away...

Picnic at Garston Park 1st Sept

We had a great time, with loads to do in the park. There was a story; treasure hunt; finding the teddy bears' picnic; eating our lunches together; parachute games and songs; space hoppers and balls—plenty of fun for everyone!



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 10th Sept and 8th Oct

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



Stay and Play

At Berrygrove Children's Centre

WEDNESDAYS 1pm to 3pm

Sept 7th—Oct 19th. Closed Oct 26th

Contact us on 01923 484312 for more information

Numbers limited to 15 families so arrive early to avoid disappointment



NEW! STARTING IN SEPTEMBER

STOP SMOKING SESSIONS

AT THE CHILDREN'S CENTRE



WOULD YOU LIKE SUPPORT TO STOP SMOKING?

1—1 support for parents of children aged 0—5 years

We also offer support to stop smoking in pregnancy

Appointments available on Mondays from 1pm to 3pm

For further information about this service please

Speak to Jo Burgess on 01923 484312

Keep fit for you and your child this half term



Meriden Community Centre
Indoor Body Conditioning



Now running on Wednesdays from 11am to 12pm

Next class starts on Weds 14th September

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.



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 next half term: Sept 14th –Oct 19th

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



activecreative

www.dinkydancers.com

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 08 th Sept	Westfield Children's Centre
9am to 12pm	Thursday 15 th Sept	Peace Children's Centre
9am to 12pm	Monday 19 th Sept	Berrygrove Children's Centre
9am to 12pm	Thursday 29 th Sept	Skidmore Way Clinic
9am to 12pm	Thursday 06 th Oct	Westfield Children's Centre
9am to 12pm	Thursday 13 th Oct	Oxhey Drive Clinic
9am to 12pm	Monday 17 th Oct	Berrygrove Children's Centre
1.30 pm - 4.30pm	Tuesday 25 th Oct	Peace Children's Centre

Peace Children's Centre
 Peace Prospect
 Watford WD17 3EW
 Tel No 01923 470640

Westfield Children's Centre
 Croxley View
 Watford WD18 6AE
 Tel: 01923 800003

Oxhey Drive Clinic
 Oxhey Drive
 South Oxhey WD197SF
 Tel: 0208 515 8210

Skidmore Way Clinic
 Skidmore Way
 Rickmansworth WD3 1SZ
 Tel: 01923 775065

Berrygrove Children's Centre
 Cow Lane
 Watford WD25 9PW
 Tel No 01923 674463

Advice and Information from Herts Dental Health

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

20th Oct—Meriden Parent and Toddler group

10th Nov—Under One's group

28th Nov—Tiny Tots young parents group

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



Please Note:

During half term week the Children's Centre will be closed for maintenance. As a result, these groups and sessions will not be running: Monday 24th—Childminders and Tiny Tots; Wednesday 26th—Stay and Play.

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 Email: fis@hertscc.gov.uk
Website: www.hertsdirect.org/your-community/fsd/fis
and then submit an online enquiry form

An alternative national website is: www.childcare.co.uk
This is a secure website, but there is a cost for using it and it does not provide a full list of childminders— only those who are registered with them

Childminder news.

The Monday Group will be running as usual from 6th September 1pm—2.30pm (please note new time)
Closed October half term week

Kathy now oversees this group and provides support with training and networks.

We have a new HQS Buddy group, mentored by Norma and Kathy
Next Childminders' Network date: Weds 28th Sept from 7pm—9pm



First Aid Course

At Berrygrove Children's Centre

Save a Life Infant and Child Sat 17th Sept &
Emergency Life Support Sat 24th Sept 2011

Both sessions 10am to 12pm

Book for both sessions

Cost £20.00 per course (Non Refundable)

Limited places available on both courses

For more information or to book a place please contact Jo at
Berrygrove Children's Centre on 01923 484312

Car parking available in Sainsbury's car park at the Dome Roundabout and walk up to children's centre entrance in Cow Lane.

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

Next sessions: Sept 13th, 11th Oct

From 2.00pm to 3.30pm

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 and have a child aged under 5 years

Sessions last 1 hour session and are free of charge.

They are held on the 2nd Monday of every month between 10am and 12pm
Contact the children's centre on 01923 484312 to make an appointment

Regular groups and sessions (Cont.)



MERIDEN COMMUNITY CENTRE

Parent and Toddler Group

Thursdays term time, 9.30-11.30am

This half term Sept 8th to Oct 20th

Cost £1 per family. Maximum 15 families—arrive early to avoid disappointment. Priority to those living within children's centre area.

Contact children's centre for more information 01923 484312.



UNDER ONES GROUP

Drop In session

Thursdays from 1.30pm to 3.30pm

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

Mums, Dads, Grandparents, Carers and Babies welcome

*Weaning advice and information with
Community Nursery Nurse on October 6th*

No need to book—just turn up—or ring us on 01923 484312 for
more information and ask for Colette



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: 13th Sept - 18th Oct

Stay and Play session Tues from 10am to 11.30am (15 families only)
Borrow / drop off toys only on Tuesdays between 11.30am and 12pm

Toy Library membership £5 per year

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

For more information contact us on 01923 484312 or speak to Jo B on 07982 806790

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

Fridays, 1pm to 3pm, term time only

Next half term 16th Sept—21st Oct

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



Spec

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

Meetings will be held at Galley Hill Children's Centre

Next meeting Weds 14th Sept 7pm—8.30pm

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.

Email: Shelley.Bell@kids.org.uk

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.

Safety



September 12th sees the launch of the first ever Gas Safety Week run by Gas Safe Register. The aim of the week is to raise awareness of gas safety in the home.

Gas Safety Week aims to raise awareness of gas safety and the importance of taking care of your gas appliances.

Badly fitted and poorly serviced gas appliances can cause gas leaks, fires, explosions and carbon monoxide poisoning.

Carbon monoxide is a highly poisonous gas. You can't see it, taste it or smell it, but it can kill quickly with no warning.

By taking care of your gas appliances properly you are taking care of your home and your loved ones.

Follow these top tips to help keep you and your family gas safe:

- make sure only a Gas Safe registered engineer works on your gas appliances
- make sure gas appliances have a regular service and an annual gas safety check,
- always [check the engineer's Gas Safe Register ID card](#)

Hot drinks policy

Please note that to ensure the safety of babies and children, we do not allow hot drinks to be consumed when children are present in groups or sessions. This includes the groups we run from other venues.

Regular groups and sessions



Let's Talk



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 7th October 9am—11.30am

Friday 21st October 9am—11.30am

Friday 25th November 9am—11.30am

Friday 16th December 9am—11.30am



Tiny Tots Play time

For parents aged up to 25 and their Children

At Berrygrove Children's Centre

Every Monday from 3.00pm to 4.30pm

Drop in session—no need to book—cost 50p

- Meet other parents,
- Play together with your children
- Lots of fun activities every week,
- Self service snack
- Support from other organisations



Next Parents' Group Meeting

On Thursday 8th September,

From 1.30pm—3pm



All regular users of *Berrygrove Children's Centre* welcome!

Crèche available but must be booked in advance