

Monday

Relate Counselling session
Berrygrove Children's Centre

10am to 12pm
2nd Mon of month

First Aid for Carers
Berrygrove Children's Centre

10am to 12pm
Sep to Dec

Storytime
North Watford Library
St Albans Road

2.15pm— 2.45pm
every week

Tuesday

Positive Beginnings
Berrygrove Children's Centre

9.30am—11.30am
Term time only

Baby Massage
Berrygrove Children's Centre

1.30pm to 3pm

Rainbow Toy Library
Lemarie Centre, St Albans
Road.

10am –11.30am and
12.30pm—2.00pm

Wednesday

Volunteers' Christmas lunch
Under Ones Group
Berrygrove Children's Centre

15th Dec.
10am to 12pm
every week

First Time Mums Group
Berrygrove Children's Centre

12.30pm to 2.30pm
every week

Breastfeeding Support Group
Berrygrove Children's Centre

1.30pm to
3.30pm every
week

Child Health Clinic
Meriden Community Centre,
Garsmouth Way

1.30pm to
3.00pm

Baby Rhyme Time
Meriden Community Centre

2.30pm to 3pm

Thursday

In-betweenies
Berrygrove Children's Centre
Child Health Clinic
Berrygrove Children's Centre

3.00pm to
4.30pm
10am to 12pm every
week

Childminders group
Meriden CC

9.30 to 11.30am term
time only

Baby Rhyme Time
North Watford Library
St Albans Road

2.15pm to 2.45pm
2nd and 4th in month

Mums From Around the World
Berrygrove Children's Centre

Every Thursday, term
time only from 3 Sep

Friday

Christmas Coffee Afternoon
Stroller Strength Fitness with
Mums of Steel

1pm to 4pm 10th Dec
9.15am to 10.15am
Every week

Berrygrove Children's Centre
Let's Talk

9.00am to 11.00am
20th Nov, 18th Dec

Berrygrove Children's Centre
Healthy Eating for Families

9.30am to 12.30pm
6 weeks from 13th
Nov. Course fully
booked

Monday to
Friday

Angela's Photos
Daycare for 2 to 4 year olds
Berrygrove Pre-school and
Daycare Centre

1 to 4.30pm 27th Nov
8.00am to 6.00pm
50 weeks a year

Nov 9, Dec 14

See flyer or newsletter for details.
Contact Children's Centre for appointment
10 week course. Fully booked. Contact
Children's Centre for waiting list place for
future course.

Session open to all. No need to book.

Parent and Toddler with additional support.
Ask your health visitor, nursery nurse or
children's centre if you would like to attend.
With community nursery nurse. Ring
Children's Centre for more information

3 Nov—8 Dec. Re-opening 12th Jan. Stay
and Play sessions free to members. Enquir-
ies 07982 806 790

By invitation

All mums, dads, grandparents and carers
with under 1's welcome

All first time mums with babies up to 4
months welcome

Drop in session. Advice from infant feeding
advisor and trained peer supporters

Health visitor run drop in session

Drop in—all welcome. See flyer for more
information

Stay and play session run by parents, for
those with children aged 1 to 2½ years.
Health visitor run drop in session

Open to all childminders

Session open to all. No need to book

Have fun making new friends, sharing infor-
mation about your hobbies and finding out
about other cultures

All welcome! See flyer for more info.
Keep fit for mums. £2 per week. Book blocks
of 4 or 8 weeks in advance.

Opportunity to make an appointment with
Shaun Clifford, Educational
Psychologist. Confidential & free advice

Course run by Nutritionist. See flyer for
information

See flyer. Contact CC for appt.
Contact Gill or Pip on 01923 676763 for
more information

Sure Start
Children's Centres



Supported by
department for
children, schools and families



Berrygrove Children's Centre NEWSLETTER

Nov / Dec 2009

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.

We have had a very busy start to the term with many extra events and ses-
sions in addition to all our regular groups.



Surestart Children's Centre week from 14th to
18th September took us all over the area adver-
tising the services, information and programmes
on offer.

The **Pamper session** on 21st September was a
huge success with many mums attending and
taking advantage of the therapies on offer.
We took part in the **Frances Combe Family
event** on 10th October. Face painting for under
5's proved to be very popular!

The **Business Skills** sessions were really useful
and helped some to find employment and update
their cv's. Very positive feedback!

Family Fun with **Bookstart** was well attended.
The theme was Nursery Rhymes, with lots of
activities for young children and families, includ-
ing a book fair with Lorraine's books.

Last but not least, our new **Dads group** got off
to a flying start on 17th October with 17 dads
and 23 children! **Tiny ballers** ball skills were
very popular and we hope to see everyone back
again on 14th November!



PARKING A reminder to all Children's Centre users to park in
Sainsbury's car park and walk up Cow Lane to the Children's Centre.
Unfortunately, there is not the capacity in Cow Lane and
surrounding roads to cope with car parking by Centre users.
Please be aware of the problems this causes to residents, especially
with all the additional disruption caused by the construction work.

Please note—Berrygrove Children's Centre will be closed 21st to 28th Dec.
Re-opening on Tuesday 29th December.
Please see flyers and diary for dates of programmes and sessions



Merry Christmas and a Happy New year to all!

"Let's Explore with the Happy Hedgehog Band"

Was the theme for our 2 Family Fun sessions during half term



We were successful in our application for funding from the Campaign for Learning which enabled us to purchase a creative cascade for grand prix races, and also book Hartbeeps for each of 2 sessions we ran for the Family Learning Festival over half term. These were both fully booked. Everyone joined in and had a great time! Activities included making instruments and playing them when we sang with Hartbeeps and the Happy Hedgehog Band; sensory play; leaf sweeping; making dough and hedgehog bread rolls; hedgehog treasure hunt; cascade for balls and cars. Children said "I had a lovely time," "I really liked the bread," "It was great!" Parents said "It was a great experience!" "A lovely lively session with lots of activities." "Fabulous—especially the hedgehogs!"



BERRYGROVE CHILDREN'S CENTRE

Is hosting

A Christmas Coffee Afternoon

On Thursday December 10th

From 1.00pm to 4.00pm

Hartbeeps will be with us from 2.30- 3.30pm

ALL WELCOME!

Bring your children and help us create a fantastic **Winter Wonderland** whilst helping us plan for next year with your ideas for the Children's Centre.

Contact Jo at the Children's Centre for more information on 01923 484312



This group is for Dads, Mums, Grandparents or carers of children aged 1 to 2½ years. Parents have a say in how the group is run, choose the activities and volunteer for a rota to help set up and clear away. It's an opportunity to be involved and have fun. We have a teatime snack and the cost is 50p per week



Dads Group

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"

Places limited—book soon!!

14th Nov, 12th Dec 09, 9th Jan, 13th Feb 2010

We look forward to seeing you there—for more information or to book a place, contact the Children's Centre on **01923 484312**

Cost £1.50 per family, including refreshments



FREE
UNDER ONES GROUPS

Every Wednesday from 10am to 12pm
at
Berrygrove Children's Centre



And 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
Regular Weaning Sessions

At Parkgate Community Centre with Community Nursery Nurse
Next weaning session 3rd December

No need to book—just turn up.

For more information contact Berrygrove Children's Centre
on 01923 484312

relate
the relationship people

Relate Family Counselling in Watford Children's Centres

Relate is offering counselling sessions in Watford Children's Centres for some parents and carers.

Relate counsellors can help you resolve problems affecting both adults and children. This service is for:-

- Parents and children (1 must be aged under 5 years)
- Siblings
- Blended family / Extended family
- Between adults within the family

Sessions last 1 hour session and are free of charge.

Contact your Children's Centre to book an appointment.

Times as follows:

Berrygrove Children's Centre 2nd Monday of every month, 10am to 12pm.
01923 484312 Nov 9, Dec 14

Beechfield Children's Centre	4th Monday of every month 01923 482862
Leavesden Children's Centre	1st Wednesday of every month 01923 484360
Westfield Children's Centre	4th Monday of every month 01923 800003
Sunshine Children's Centre	3rd Wednesday of every month 01923 330300

West Herts College



10 week COURSE STARTING 15th JANUARY 2010
AT BERRYGROVE CHILDREN'S CENTRE
"Introduction to Childcare"

No previous experience required for this FREE
Introductory Course

Running from 15th January - 26th March 2010
Every Friday from 1pm - 3pm

(Crèche facility available £5.00 per week payable in advance)
(no session during half term week)

Enrolment session on Friday 8th January 2010 9.15am - 11.30am

Admin fee £10.00 non refundable

For further information or to make an application, please contact
Jo at Berrygrove Children's Centre

Tel: 01923 484312

Email: manager.berrygrove@hertschildrenscentres.org.uk

Parent and Toddler Group

At

MERIDEN COMMUNITY CENTRE

Open every Thursday from 5th November
12.30pm to 2.30pm

All Mums, Dads, Grandparents with babies and young children
welcome

Cost £1 per week

Lots of activities, snack, story and rhymes every week

Closed over Christmas and New Year

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





Come and join us for our new
Baby Rhyme Time session
Open to all dads, mums, carers and babies

Every Wednesday at
Meriden Community Centre

From 2.30pm to 3pm

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



RAINBOW TOY LIBRARY

Forthcoming Dates:

3rd November – 8th December 2009

Re-opening 12th Jan

School closes for Christmas break all toys due back by 8th December 2009)

For more information contact Shammi on 07982 806 790



Angela Marie Keen Photography
will be at
Berrygrove Children's Centre
On Friday 27th November 2009
From 1pm to 4.30pm



To book your appointment please contact Jo at
Berrygrove Children's Centre
Prices range from £5.00 - £50.00
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

Stroller Strength Fitness
Enjoy the fresh air while you burn calories
& tone up!



Berrygrove Children's Centre

Every Friday from 9.15am - 10.15am

Pay in advance for blocks of 4 weeks (£8.00) or 8 weeks
(£16.00) non-refundable.



Mums From Around the World



A group for Mums and their Pre-school Children meets every
Thursday from 12.30–2.30pm
At Berrygrove Children's Centre

Planned activities every week



Open term time only. No need to book—just turn up!
Contact the Children's Centre for more information or programme of activities

LET'S TALK

Would you like to talk to an educational psychologist about your
child? We offer a free and confidential service

Shaun Clifford will be visiting Berrygrove Children's Centre
on the following dates:

Friday 20th November 9am – 11am

Friday 18th December 9am – 11am



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



FIRST TIME MOTHERS GROUP

at

BERRYGROVE CHILDREN'S CENTRE

All new mums and babies from birth to 4 months
WELCOME

Every Wednesday 12.30pm to 2.30pm

This is a drop in session – no need to book

Breast feeding support available between 1.30 and 3.30pm