



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.

Monday	Relate Counselling session Berrygrove Children's Centre	10am to 12pm	2nd Monday of month—Sep14, Oct12 See flyer or newsletter for details. Contact Children's Centre for appointment
	First Aid for Carers Berrygrove Children's Centre	10am to 12pm	10 week course. Fully booked. Contact Children's Centre for waiting list place for future course.
	Storytime North Watford Library St Albans Road	2.15pm— 2.45pm every week	Session open to all. No need to book.
	Pamper Session Berrygrove Children's Centre	10am to 1pm	For Mums of children with additional needs. Book your place with Berrygrove Children's Centre. Limited crèche available
Tuesday	Positive Beginnings Berrygrove Children's Centre	9.30am—11.30am	Parent and Toddler group supported by community nursery nurse, speech therapy and Homestart. 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
	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	Open 15 Sep—20 Oct and 3 Nov—8 Dec. Stay and Play sessions free to members. Enquiries 07982 806 790
	Parenting Course—Handling Anger in Your Family Berrygrove Children's Centre	7pm to 9pm	6 week course starting 15 Sep. Contact Berrygrove Children's Centre for more information or book a place.
Wednesday	Under Ones Group Berrygrove Children's Centre	10am to 12pm every week	All mums, dads, grandparents and carers with under 1's welcome
	First Time Mums Group Berrygrove Children's Centre	12.30pm to 2.30pm every week	All first time mums with babies up to 4 months welcome
	Breastfeeding Support Group Berrygrove Children's Centre	1.30pm to 3.30pm every week	Drop in session. Advice from Infant feeding advisor and trained peer supporters
	Child Health Clinic Meriden Community Centre, Garsmouth Way	1.30pm to 3.00pm	Health visitor run drop in session
	In-betweenies Berrygrove Children's Centre	3.00pm to 4.30pm	Stay and play session run by parents, for those with children aged 1 to 2½ years.
Thursday	Child Health Clinic Berrygrove Children's Centre	10am to 12pm every week	Health visitor run drop in session
	Baby Rhyme Time North Watford Library St Albans Road	2.15pm to 2.45pm 2nd and 4th in month	Session open to all. No need to book
	Mums From Around the World Berrygrove Children's Centre	Every Thursday, term time only from 3 Sep	Have fun making new friends, sharing information about your hobbies and finding out about other cultures
Friday	Stroller Strength Fitness with Mums of Steel Berrygrove Children's Centre	9.15am to 10.15am Every week	Keep fit for mums. £2 per week. Book blocks of 4 or 8 weeks in advance.
	Let's Talk Berrygrove Children's Centre	9.00am to 11.00am 25th Sep, 23rd Oct	Opportunity to make an appointment with Shaun Clifford, Educational Psychologist. Confidential & free advice
	Business skills, Berrygrove CC	9.15am to 3pm 25th September	Free 5 hour course with crèche.
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

The summer months have been a busy time, with Summer Fun days, National Play Week, Positive Beginnings summer outing to St Albans Park and the open play sessions for families and childminders. We have all had a great time and hope that you have too!



Families who attend our Positive Beginnings group enjoyed themselves at St Albans park on 21st July, in spite of the chilly weather. We played in the park, fed the ducks and had a picnic. Thanks to Susan for driving the mini bus.

Family fun playing in the sand

Our themed summer fun sessions were completely booked up and families enjoyed themselves with many activities linked to the themes of "travel" and "princes and princesses".

Making passports



Making fairy cakes



Building castles



We celebrated **National Play Week** with 2 sessions on the theme of "building". We were very fortunate to receive £250 funding from the Council's Play department which we spent on Duplo and material for various play activities. 50 children and their parents / carers attended and participated in lots of activities, including "The 3 Little Pigs" story and mask making, mixing concrete and building with our great new equipment and Duplo, making teepees and chocolate cement and much more! Jackie Tyrell from Watford Housing Trust was also there finding out views from families about the pros and cons of the Meriden Estate. This information will be used for future planning. Thanks to Jackie and the families who gave us their views.

Construction



Jackie chatting with local parent about views on Meriden estate

LET'S TALK

Would you like to talk to an educational psychologist about your child?

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

Friday 25th September 9am – 11am

Friday 23rd October 9am – 11am

Friday 27th November 9am – 11am

Friday 18th December 9am – 11am



We offer a
free and
confi-

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

RAINBOW TOY LIBRARY Autumn Term Dates

5th September – 20th October 2009

(Half Term Monday 26th October – Friday 30th October 2009)

3rd November – 8th December 2009

(Half Term Monday 21st December 2009 to Friday 1st January 2010)



Stroller Strength Fitness

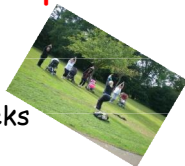
Enjoy the fresh air while you burn calories & tone up!

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.

Please contact Jo at Berrygrove Children's Centre for more information



Mums From Around the World

A group for Mums and their Pre-school Children meets every Thursday

At Berrygrove Children's Centre

Between 12.30pm and 2.30pm.

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



Community Day at Frances Combe Academy

On Saturday 10th October

From 10am to 3pm

- FREE Fun Day for all the family
- Find out about courses from West Herts College, the Academy and other local providers
- Sign up for FREE taster sessions
- Refreshments available
- What other services are available in your community?
- Local children's Centres will be there with information for families with young children.
- Under 5's area with fun activities

For further information contact Natalie Pike, Community Development Manager on 01923 665864

Do you care for a child with SPECIAL NEEDS?



We are a group of parents and carers of children with special needs in the Watford area.

Monthly drop in-sessions at the Lemarie Centre to:

- Bring carers together to share ideas and experiences
 - Reduce the isolation of carers
 - Hold monthly meetings with a specialist speaker
 - Promote awareness of local and national services
 - Hold occasional social events
- Enjoy a coffee and chat with others who have similar experiences

Free crèche available

For further details and dates, please phone Sue on 01923 252316
Parking for blue badge holders at front, otherwise park in Asda.

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



More Family Fun Sessions coming soon....

On the following dates: Friday 9th Oct
(with book fair to celebrate National Children's Book Week)
Tues 27th Oct and Friday 30th Oct

Further information available soon—look out for flyers or contact Jo at the Children's Centre on 01923 484312



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

Come to our Weaning Sessions

At Parkgate Community Centre

with Community Nursery Nurse on the following dates:

10th September, 29th October, 3rd December 1.30 to 3.30pm

No need to book—just turn up. For more information contact
Berrygrove Children's Centre



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
Breastfeeding support always available

Pamper Session For Mothers of Children with Special Needs



Relax and enjoy

Reiki, Reflexology, Indian Head massage, Henna

Monday 21st September 2009 10am-1pm

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

Free refreshments

Free crèche available

Please Phone the Centre on 01923 484312 and book your place in advance



Hertfordshire Community Health Services



Berrygrove Children's Centre

SureStart

IS CELEBRATING

National Sure Start Children's Centre Week
September 14th to 18th 2009

Come and visit our **ROADSHOW**.

We will be at the following locations to promote and advertise Surestart Children's Centres and the services they offer to families with young children:

Date	Venue	Time
Monday 14th	N Watford Library	1.30 to 3.30pm
Tuesday 15th	Meriden Shops	9.30 to 11.30am
Tuesday 15th	Asda	1.30 to 4.00pm
Weds 16th	Sainsbury's N Watford	9.30 to 11.30am

We look forward to seeing you there!

Please contact us at the Children's Centre for further information.

Handling Anger In Your Family

Is your family tired of you losing your temper?
Is your child angry at home?
Are you stressed by the conflict in your family?



A **free** course to help you explore and manage anger and conflict in yourself or your family. Build skills and try out new ways of controlling anger with yourself or your children as well as communication skills to bring some harmony to family life.

Tuesdays 7pm to 9pm

15,22,29 September and 6, 13, 20 October 2009 at
Berrygrove Children's Centre. Book with Susan Bugden
01923 453467 or 07920 234 058

Are you interested in.....

- Looking for work?
- Starting your own business?
- Retraining?

Berrygrove Children's Centre is hosting a
FREE 5 hour course on
Friday 25th September
From 9.15am to 3pm

- Examine your current skills
- Look at the skills you need
- Update your CV
- Brush up your interview skills
- Explore your business idea
- Look at ways to finance



FREE crèche available (book in advance)

Refreshments will be provided but bring a packed lunch

Book with Berrygrove Children's Centre 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 Sept 14, Oct 12, 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