

Chorleywood & Loudwater Children's Centre

Lower Road; Chorleywood; WD3 5LB

Tel: 01923 484903 Email: chorleywood@pre-school.org.uk Web: www.hertschildrenscentres.org.uk/clcc

Service timetable from January 2011 to March 2012

The Centre serves the communities of Chorleywood, Heronsgate, Loudwater and parts of Mill End & Rickmansworth.

Check if you live in area at www.hertschildrenscentres.org.uk/clcc and enter your postcode.

Services are free or as otherwise stated to registered families living in the area we directly support. They may cost more if you live outside of this area.

Services are held at the Children's Centre unless otherwise stated.

MONDAY

Police Beat Surgery

Drop in to talk to your local PCSOs.
23rd Jan

11 am - 12 pm

Rootz Cafe
6th Feb

3pm - 4 pm

Chorleywood Library

TUESDAY

Baby Clinic

Jan. 3 & 17 Feb. 7 & 21
Mar. 6.20

9.30 am to 11 am

Cost: Free. Drop-in session.

Babies & Movers Group

Jan.10, 24 & 31
Feb.14 & 28 March 13 & 27

9.30 to 11.30 am

Sleep Talk by Health Visitor

March 13 **9.30 am to 11 am**
Cost: Free. Drop-in session

Breastfeeding Support

9.30 am to 11 am

Cost: Free. Drop-in session.

Get Ready 2 Learn

Jan 10 to Mar 20
Not Feb 14 – half term

1.30 pm to 3 pm

Chorleywood Primary School
WD3 5HR

Booking essential.

Life AfterThe Birth

21st Feb 7 pm to 8.30 pm
Chorleywood Library.

Information for expectant families. Free, drop-in.

WEDNESDAY

Messy Play at Our Lady's Toddler Group

10 am to 11.30 am
Our Lady's Hall,
Park Road, WD3 1HU

Term time only.
Birth to 3+. Cost: £1:50

Toy Library

Details and dates from www.rickmansworthtoylibrary.org.uk
Mill End Community Centre

9.30 am to 11 am

Family Learning Workshops.

Jan. 24 Home Safety **10 to 11.30**
Feb. 22. Explore & Discover
Mar. 28. Fun with Maths

9.30 am to 11.30 am

Cost: Free **Booking essential.**

Parenting Puzzle

Getting the best out of family life
8 week course.

Jan 25 to March 21
9.30 – 11.30am

Cost: Free Crèche available: £5 per child per session.
Booking essential.

Police Beat Surgery

7th March, 4th April
2 pm to 3 pm Chorleywood Library

THURSDAY

Hartbeeps Happy House

6 week course.
Jan 12 to Feb 23
Mar. 1 to April 5

10 am to 11 am

Bullsland Hall
WD3 5BQ

Cost: £15 per course
(£30 if out of area)

Booking essential.



Stroll & Roll

First Thursday of the month.

Jan. 5, Feb. 2
March 1

10 am to 11 am

Chorleywood Common
Cost: Free

Police Beat Surgery

26th April,
3 pm to 4 pm
Rootz Cafe

FRIDAY

Baby Massage

5 week course:
Jan. 13 to Feb. 10
10 - 11.30 am

Age 0 to 6 months.
Booking essential.
Cost: £10per course
(£40 if out of area)

Baby Yoga

6 week course:
Feb. 24 to Mar. 30.
10 - 11.30 am

age 4 to 10 months.
Booking essential.
Cost: £10 per course
(£40 if out of area)



Police Beat Surgery

24th Feb
11 am to 12 pm

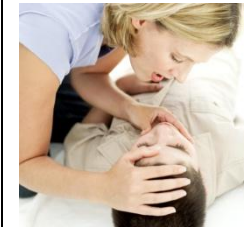
23rd March,
3 pm to 4 pm
Chorleywood Library

SATURDAY

Saturday 2

Jan. 14, Feb. 11
Mar. 10
10 am to 11.30 am

Cost: Free
Drop-in session.



Baby & Child Orientated First Aid

Feb 11

9 am to 1 pm

Bullsland Hall

WD3 5BQ

Booking is essential

Cost: £15
(£35 if out of area)

Baby Clinic

Open to all pre-school children. Drop in and weigh your child. A Health Visitor is available to answer your queries on sleeping, weaning, health, development and behaviour.

Breastfeeding support and advice available at these sessions.

Health Visitor's contact no. 01923 775065

Babies & Movers Group and Breastfeeding support

Come along and meet some other local parents. No need to book, just drop in for a chat and catch up.

Breastfeeding support and advice is available every Tuesday morning.

Baby Massage

Baby massage has been used around the world for centuries to help parents use the power of 'positive touch' to help their babies feel secure and to help with bonding. The gentle soothing movements help parents/carers feel more confident in handling their baby and better able to soothe and relax them. Massage also helps strengthen a baby's muscles and joints and it can help with digestive and sleep problems.

Baby Yoga

Baby yoga is a lovely addition to baby massage. It is a series of playful adapted yoga poses and movements that gives parents/carers and their babies a way of being active together, and with others. The hour long session includes yoga stretches, balances and relaxation time for babies and adults, using nursery rhymes to add rhythm and fun. This active play stimulates all of the babies' senses and body systems aiding physical and emotional development.

Family Learning Workshops

These fun workshops offer ways to support your child to learn through play. hands on activities and lots of ideas to use at home.

Booking is essential as numbers limited.

Baby & Child First Aid

Course offers basic first aid training for parents, grandparents and guardians.

- Managing an Incident
- Casualty Management
- Initial Assessment
- Cardio Pulmonary Resuscitation
- Choking

Stroll & Roll

In partnership with the Countryside Management Service

Pushchair-friendly walks offering gentle exercise and an opportunity to meet other local parents.

Meet Common Car Park behind the Cricket Club. Finish approx 11am, with option to stay on for coffee & chat!

Messy Play Our Lady's Toddler Group

contact number: 07949210388

A fun stay and play group for families, nannies, au pairs and childminders with children from birth to 3+. Information and advice will be available to support Early Years Home Carers and Childminders.

Hartbeeps – Happy House

Creating larger than life musical play for the little folk and their grown-ups too.

Age range 1 year and above.

Ready 2 Learn

Learn through play sessions for pre-pre-schoolers, (walkers and up) with their parents, grandparents or guardians. Places must be booked in advance.

For safety reasons there is no admission

Saturday 2

A fun drop-in session offering craft activities, stories and rhymes. This session is run on a Monday to Friday working parents.

Parenting Puzzle.

These family life courses cover behaviour issues, coping with feelings, child development and our expectations of children. Booking essential as numbers limited.

USEFUL WEBSIES

Information and advice on a wide range of childcare and children's services in the area

www.hertsdirect.org/fis

Advice on looking for a job, employment rights, advice on benefits, health services, etc

www.direct.gov.uk

Advice and support for breastfeeding mothers.

www.breastfeedingnetwork.org.uk

Information on local policing and community safety and crime prevention, and the monthly timetable of local opportunities to meet your local PCOS

www.herts.police.uk

Help and support to stop smoking

www.smokefreehertfordshire.nhs.uk

Full and part time learning and training opportunities

www.westherts.ac.uk



Children's Centre Lead Agency

Sure Start
Children's Centres
Hertfordshire

Supported by
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