

# Chorleywood & Loudwater Children's Centre

Lower Road; Chorleywood; WD3 5LB

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## Service timetable from January 2011 to March 2012

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Centre serves the communities of Chorleywood, Herongate, Loudwater and parts of Mill End &amp; Rickmansworth.</p> <p>Check if you live in area at <a href="http://www.hertschildrenscentres.org.uk/clcc">www.hertschildrenscentres.org.uk/clcc</a> and enter your postcode.</p> <p>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.</p> <p>Services are held at the Children's Centre unless otherwise stated.</p>	<p><b>Baby Clinic</b> Jan. 3 &amp; 17 Feb. 7 &amp; 21 Mar. 6.20 <b>9.30 am to 11 am</b> Cost: Free. Drop-in session.</p> 	<p><b>Messy Play at Our Lady's Toddler Group</b> <b>10 am to 11.30 am</b> <b>Our Lady's Hall,</b> Park Road, WD3 1HU Term time only. Birth to 3+. Cost: £1:50</p>	<p><b>Hartbeeps Happy House</b> 6 week course. Jan 12 to Feb 23 Mar. 1 to April 5 <b>10 am to 11 am</b> <b>Bullsland Hall</b> WD3 5BQ Cost: £15 per course (£30 if out of area) <b>Booking essential.</b></p>	<p><b>Baby Massage</b> 5 week course: Jan. 13 to Feb. 10 <b>10 - 11.30 am</b> Age 0 to 6 months. <b>Booking essential.</b> Cost: £10per course (£40 if out of area)</p>	<p><b>Saturday 2</b> Jan. 14, Feb. 11 Mar. 10 <b>10 am to 11.30 am</b> Cost: Free Drop-in session.</p>
	<p><b>Babies &amp; Movers Group</b> Jan.10, 24 &amp; 31 Feb.14 &amp; 28 March 13 &amp; 27 <b>9.30 to 11.30 am</b></p>	<p><b>Toy Library</b> Details and dates from <a href="http://www.rickmansworthtoylibrary.org.uk">www.rickmansworthtoylibrary.org.uk</a> <b>Mill End Community Centre</b> <b>9.30 am to 11 am</b></p>	<p><b>Family Learning Workshops.</b> Feb. 22. Explore &amp; Discover Mar. 28. Fun with Maths <b>9.30 am to 11.30 am</b> Cost: Free <b>Booking essential.</b></p>	<p><b>Baby Yoga</b> 6 week course: Feb. 24 to Mar. 30. <b>10 - 11.30 am</b> age 4 to 10 months. <b>Booking essential.</b> Cost: £10 per course (£40 if out of area)</p>	
	<p><b>Sleep Talk by Health Visitor</b> March 13 <b>9.30 am to 11 am</b> Cost: Free. Drop-in session</p>	<p><b>Parenting Puzzle Getting the best out of family life</b> 8 week course. Jan 25 to March 21 Not Feb 15 (half term) <b>9.30 - 11:30am</b> Cost: Free Crèche available: £5 per child per session. <b>Booking essential.</b></p>	<p><b>Stroll &amp; Roll</b> First Thursday of the month. Jan. 5, Feb. 2 March 1 <b>10 am to 11 am</b> <b>Chorleywood Common</b> Cost: Free</p>	<p><b>Baby &amp; Child Orientated First Aid</b> Feb 11 <b>9 am to 1 pm</b> <b>Bullsland Hall</b> WD3 5BQ <b>Booking is essential</b> Cost: £15 (£35 if out of area)</p>	
	<p><b>Breastfeeding Support</b> <b>9.30 am to 11 am</b> Cost: Free. Drop-in session.</p>	<p><b>Get Ready 2 Learn</b> Jan 10 to Mar 20 Not Feb 14 – half term <b>1.30 pm to 3 pm</b> <b>Chorleywood Primary School</b> WD3 5HR <b>Booking essential.</b> Voluntary donations towards running costs accepted.</p>			

### 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](http://www.hertsdirect.org/fis)

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

[www.direct.gov.uk](http://www.direct.gov.uk)

Advice and support for breastfeeding mothers.

[www.breastfeedingnetwork.org.uk](http://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](http://www.herts.police.uk)

Help and support to stop smoking

[www.smokefreehertfordshire.nhs.uk](http://www.smokefreehertfordshire.nhs.uk)

Full and part time learning and training opportunities

[www.westherts.ac.uk](http://www.westherts.ac.uk)



Children's Centre Lead Agency

**Sure Start**  
**Children's Centres**  
Hertfordshire

Supported by  
Department for  
**Education**