

Chorleywood & Loudwater: January to March 2011 Timetable

USEFUL WEBSITES	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
<p>Information and advice on a wide range of childcare and children's services in your local area www.hertsdirect.org/comdirectory/childservdir/parentcarer</p> <p>Advice on looking for a job, employment rights, advice on benefits, health services, etc www.direct.gov.uk</p> <p>Family rights group – keeping children safe in their families www.frg.org.uk</p> <p>Information, advice and support for breastfeeding mothers. www.breastfeedingnetwork.org.uk</p> <p>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</p> <p>Help and support for anyone wanting to stop smoking www.smokefreehertfordshire.nhs.uk</p> <p>Full and part time learning and training opportunities www.westherts.ac.uk</p>	<p>Baby Clinic 4th & 18th January, 1st & 15th February, 1st & 15th March Bullsland Hall 9.30 am to 11 am For all pre-school children. Health Visitor available.</p> <p>Breakfast Babies Tea & Toast Bullsland Hall 9.30 to 11 am Each week when clinic isn't running, drop in for an opportunity to meet local parents over a 'cuppa.' 11th & 25th Jan, 8th & 22nd Feb, 8th, 22nd & 29th March</p>	<p>Join the Children's Centre team at Our Lady's Toddler Group 10 – 11.30 am, Birth to 3+ Our Lady's Hall, Park Road, Rickmansworth Small charge applies.</p> <p>Toy Library Mill End Community Centre 12th & 26th January, 9th & 23rd February, 9th & 23rd March 9.30 am to 11 am</p>	<p>Hartbeeps Happy House Creating larger than life musical play for children aged 1 and above and their grown ups. Not 3rd & 24th Feb Bullsland Hall 10 am to 11.30 am Free admission by ticket to all families registered with the Children's Centre.</p> <p>Health Walks 13th January 10th February 10th March 10 am to 11 am A series of local, pushchair-friendly walks. Meet in the Common car park behind the Cricket Club</p>	<p>Baby Yoga Bullsland Hall 6-week course 4th March to 8th April 10 am to 11.30 am For babies aged 4 to 10 months old. Booking is essential as places are limited. Course cost £10.</p>	<p>Saturday 2 Chorleywood Library 8th January, 12th February, 12th March 10 am to 11 am Free, fun drop-in story and activity sessions.</p> <p>Baby & Child Orientated First Aid 12th February 9 am to 1 pm Booking is essential as places are limited. NB Adults only – no accompanying children can be accommodated. Course cost £10.</p>
	PM	PM	PM	MONDAY PM	GENERAL
	<p>Get Ready 2 Learn Chorleywood Primary School 1.30 pm to 3 pm Free learn through play sessions for the over 2s and their parents or grandparents. Term time.</p>		<p>Centre Closed Call 07966 584824 or Family Information Service on 0300 123 4025.</p>	<p>Baby Massage Bullsland Hall 6week course 7th March to 11th April 1:30 pm to 3pm For babies aged 0 to 6 months old. Booking is essential as places are limited.</p>	<p>Developing Parenting Skills Various course and workshops are available to support and inform your parenting decisions. Please contact the centre for further information.</p>

BREAKFAST BABIES

If you've got a new baby in the family come along and meet some other local parents. No need to book, just drop in for a 'cuppa'.

Tuesday mornings when Baby Clinic isn't running
9.30 am – 11 am

11th & 25th Jan, 8th & 22nd Feb, 8th, 22nd & 29th March

Bullsland Hall, Bullsland Lane, Chorleywood.

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. Remember to bring your red book!

Every 1st and 3rd Tuesday of the month

Bullsland Hall, Bullsland Lane, Chorleywood.
Health Visitor's contact no. 01923 775065

BABY & CHILD ORIENTATED FIRST AID

Four hour courses offering basic first aid training for parents, grandparents and guardians. Unfortunately it is not possible to accommodate any accompanying children on these courses.

Course cost £10. Pre-booking is essential.

12th February, 9am to 1pm

Bullsland Hall, Bullsland Lane, Chorleywood.

BABY YOGA

For babies aged 4 to 10 months old. This 6-week course teaches moves that help improve coordination, flexibility and balance. It helps control breathing and determines how babies react to the world around them. It's a great way to have fun with your baby!
Course cost £10. Pre-booking is essential.

Friday mornings, 10 am to 11.30 am,
from 4th March to 8th April

Bullsland Hall, Bullsland Lane, Chorleywood.

STAY & PLAY

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.

Wednesday mornings 10 am to 11.30 am

Our Lady's Hall, Park Road, Rickmansworth, WD3 1HU

CONTACT THE CHILDRENS CENTRE FOR FURTHER INFORMATION OR TO MAKE A BOOKING

Tel 01923 484903

Email: CHORLEYWOOD@PRE-SCHOOL.ORG.UK

Hartbeeps HAPPY HOUSE

Creating larger than life musical play for the little folk and their grown ups too. Age range 1 year and above. Free admission by ticket from the Children's Centre to all families registered with the Chorleywood & Loudwater Children's Centre.

Every Thursday (except 3rd and 24th Feb), 10 am to 11.30 am

Bullsland Hall, Bullsland Lane, Chorleywood,

TOY LIBRARY

A toy lending service for children from 0-8 years old. There is a selection of over 250 toys to choose from with hire charges ranging from 50p to £5.00 per toy. This is a voluntary run service.

Every 2nd and 4th Wednesday morning
(12th & 26th January, 9th & 23rd February, 9th & 23rd March)

Mill End Community Centre
Church Lane, Mill End, Rickmansworth,
WD3 2HD. Contact no. 01923 493344

HEALTH WALKS

In partnership with the Countryside Management Service

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

13th January, 10th February, 10th March
10 am, meet in the Common Car Park behind the Cricket Club.
Finish approx 11am, with option to stay on for coffee & chat!

Walks are easy or moderate, approx 2 miles long with only moderate hills and no styles. No special equipment is required, just wear comfortable shoes and warm, waterproof clothing if appropriate.

GET READY 2 LEARN

Free, learn through play sessions for the over 2s and their parents, grandparents or guardians.

No need to book, just drop in!

Tuesday afternoons (term time only), 1.30 pm to 3 pm
N.B. No admission after 1.40 pm

Chorleywood Primary School, Stag Lane, Chorleywood, WD3 5HR