

# Chorleywood & Loudwater: JULY to SEPTEMBER 2011 Timetable

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Chorleywood &amp; Loudwater Children's Centre serves the communities of Chorleywood, Heronsgate, Loudwater and parts of Mill End and Rickmansworth.</b></p> <p>You can check if you live in our catchment area by visiting our website at <a href="http://www.hertschildrenscentre.org.uk/clcc">www.hertschildrenscentre.org.uk/clcc</a> and entering your postcode.</p> <p>Our services and activities are open to every family with a child aged under 5 who registers with us. However, for those activities for which we charge, your place will not be as heavily subsidised if you live outside of our catchment area and hence will incur a higher charge.</p>	<p><b>Baby Clinic</b> 5<sup>th</sup> &amp; 19<sup>th</sup> July 2<sup>nd</sup> &amp; 16<sup>th</sup> August 6<sup>th</sup> &amp; 20<sup>th</sup> September <b>Bullsland Hall</b> <b>9.30 am to 11 am</b> Cost: Free</p> <p><b>Breakfast Babies &amp; Breastfeeding Support</b> 12<sup>th</sup> &amp; 26<sup>th</sup> July 9<sup>th</sup> &amp; 23<sup>rd</sup> August (not 30<sup>th</sup>) 13<sup>th</sup> &amp; 27<sup>th</sup> September <b>Bullsland Hall</b> <b>9.30 to 11 am</b> Cost: Free</p> <p><b>Sleep Talk</b> by NHS Nursery Nurse Drop in, no need to book. <b>Bullsland Hall</b> <b>10 am – 11 am</b> Cost: Free</p> <p><b>Get Ready 2 Learn</b> 5<sup>th</sup> &amp; 12<sup>th</sup> July 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> September Booking required from Sept <b>Chorleywood Primary School</b> <b>1.30 pm to 3 pm</b> Cost: voluntary donations accepted.</p>	<p><b>Messy Play At Our Lady's Toddler Group</b> Term time only. <b>Our Lady's Hall, Park Road, Rickmansworth</b> <b>10 – 11.30 am</b> Birth to 3+ Small charge applies.</p> <p><b>Toy Library</b> 13<sup>th</sup> &amp; 27<sup>th</sup> July 10<sup>th</sup> &amp; 24<sup>th</sup> August 14<sup>th</sup> &amp; 28<sup>th</sup> September <b>Mill End Community Centre</b> <b>9.30 am to 11 am</b></p> <p><b>Outdoor Play Workshop</b> 13<sup>th</sup> July <b>Our Lady's Hall, Park Road, Rickmansworth</b> <b>10.30 – 12.30 am</b> Cost: Free</p> <p><b>Down The Woods</b> 27<sup>th</sup> July, <b>10.30 am – 12.30 pm</b> or 10<sup>th</sup> August, <b>2 pm – 4 pm</b> <b>Chorleywood Common</b> Cost: £2 per child (£10 per child if out of area)</p>	<p><b>Hartbeeps Happy House</b> <b>Bullsland Hall</b> <b>10 am to 11 am</b> 6-weeks ½ price admission by ticket to all local families registered with the Children's Centre. Waiting list in operation.</p> <p><b>Stroll &amp; Roll</b> First Thursday of the month. 7<sup>th</sup> July 4<sup>th</sup> August 1st September <b>Chorleywood Common</b> <b>10 am to 11 am</b> Cost: Free</p>	<p><b>Baby Massage</b> 5 week course: 8<sup>th</sup> July to 5<sup>th</sup> August <b>10 - 11.30 am</b> For babies aged 0 to 6 months old. Booking is essential as places are limited. <b>Children's Centre</b> Cost: £10 (£40 if out of area)</p> <p><b>Baby Yoga</b> 6 week course: 26<sup>th</sup> August to 30<sup>th</sup> Sept <b>10 - 11.30 am</b> For babies aged 4 to 10 months old. Booking is essential as places are limited. <b>Children's Centre</b> Cost: £10 (£40 if out of area)</p>	<p><b>Village Day</b> 9<sup>th</sup> July <b>Chorleywood Common</b> <b>10 am to 4 pm</b> Cost: Free</p> <p><b>Saturday 2</b> 13<sup>th</sup> August 30<sup>th</sup> September <b>Chorleywood Library</b> <b>10 am to 11.30 am</b> Cost: Free</p> <p><b>Baby &amp; Child Orientated First Aid</b> 13<sup>th</sup> August <b>Bullsland Hall</b> <b>9 am to 1 pm</b> Cost: £15 (£35 if out of area)</p>
	<p><b>Did you know?</b></p> <p><b>We also have parenting courses available to borrow on DVD for you to watch at your own convenience. There is no hire charge for these DVDS.</b></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.

Remember to bring your red book! No cost.

9.30 – 11 am every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month

**Bullsland Hall**, Bullsland Lane, Chorleywood, WD3 5BQ.

Health Visitor's contact no. 01923 775065

### 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 tea, toast and a chat. No cost. Breastfeeding support and advice is available too.

9.30 – 11 am every Tuesday morning that Baby Clinic isn't running.

**Bullsland Hall**, Bullsland Lane, Chorleywood, WD3 5BQ

### BABY MASSAGE

5 week course: 8th July to 5<sup>th</sup> August  
10 am to 11.30 am Friday mornings  
For babies aged 0 to 6 months old. Booking is essential as places are limited.  
Cost: £10 (£40 if out of area).

**Children's Centre**, Lower Road, Chorleywood, WD3 5LB.

### BABY YOGA

6 week course: 26<sup>th</sup> August to 30<sup>th</sup> September  
10 am to 11.30 am Friday mornings  
For babies aged 4 to 10 months old. Booking is essential as places are limited.  
Cost: £10 (£40 if out of area).

**Children's Centre**, Lower Road, Chorleywood, WD3 5LB.

### 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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday morning

**Mill End Community Centre**, Church Lane, Mill End, Rickmansworth, WD3 2HD.

### BABY & CHILD ORIENTATED FIRST AID

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

13<sup>th</sup> August, 9am to 1pm  
Course cost £15 (£35 if out of area).  
Pre-booking is essential.

**Bullsland Hall**, Bullsland Lane, Chorleywood WD3 5BQ

### STROLL & ROLL

**In partnership with the Countryside Management Service**

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

First Thursday of every month, meet at 10 am, in the Common Car Park behind the Cricket Club. Finish approx 11am, with option to stay on for coffee & chat!

### HARTBEEPS HAPPY HOUSE

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

Age range 1 year and above.

6-weeks ½ price admission by ticket from the Children's Centre to all local families registered with the Chorleywood & Loudwater Children's Centre.

**Bullsland Hall**, Bullsland Lane, Chorleywood WD3 5BQ.

### MESSY PLAY

**At Our Lady's Toddler Group**

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.  
Term time only. Small charge applies.

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

### READY 2 LEARN

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

Advance booking required from September.  
Voluntary donations towards running costs accepted.

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

### SATURDAY 2

Free, fun drop-in story and activity sessions every second Saturday of the month. No need to book, just drop-in! No charge.

10 am to 11.30 am

**Chorleywood Library**, Lower Road, Chorleywood, WD3 5LB.

### Summer Events Down The Woods

A host of fun, outdoor activities including nature trails, bug hunts and natural constructions.

27<sup>th</sup> July, 10.30 am – 12.30 pm  
Or 10<sup>th</sup> August, 2 pm – 4 pm

**Chorleywood Common**  
Cost: £2 per child (£10 if out of area)

## 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)