


Chorleywood & Loudwater: October – December 2010 Timetable

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
<p>Developing Parenting Skills</p> <p>Various course and workshops are available to support and inform your parenting decisions. Please contact the centre for further information.</p>	<p>Bumps & Babies Bullsland Hall 10.30 am to 12.00 pm</p> <p>Drop in for an opportunity to meet local expectant and new parents over a cup of coffee.</p> <p>Speakers will talk on a range of topics including: 12th Oct – Fire Safety 26th Oct – Real Nappies 23rd Nov – Discovering music with Heartbeeps</p> <p>Incorporating: Baby Clinic 5th & 19th Oct, 2nd & 16th Nov, 7th & 21st Dec 9.30 am to 11 am</p> <p>For all pre-school children. Health Visitor available.</p>	<p>Carers Stay & Play Loudwater Farm 9.30 am to 11 am</p> <p>Free group for children aged 1 to 5 years old looked after by Nannies, Childminders & Au Pairs.</p> <p>Baby Rhymes Chorleywood Library 11 am to 11.30 am</p> <p>For children aged under 2 years old.</p> <p>Toy Library Mill End Community Centre 13th & 27th Oct, 10th & 24th Nov, 8th & 22nd Dec. 9.30 am to 11 am</p>	<p>Health Walks 7th October 4th November 9th December 10 am to 11 am</p> <p>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 starts 5th November 10 am to 11.30 am</p> <p>For babies aged 4 to 10 months old. Booking is essential as places are limited. Course cost £10.</p> <p>Village Evening 3rd December Drop in for craft activities in the Children's Centre. 6 pm to 7 pm</p>	<p>Saturday 2 Chorleywood Library 9th October, 13th November and 11th December 10 am to 11 am</p> <p>Free, fun drop-in story and activity sessions.</p> <p>Baby & Child Orientated First Aid 9th Oct or 13th Nov 9 am to 1 pm</p> <p>Booking is essential as places are limited. NB Adults only – no accompanying children can be accommodated. Course cost £10.</p>
PM	PM	PM	PM	PM	GENERAL
<p>Explorers Bullsland Hall 1.30 pm to 3 pm</p> <p>For children aged 1 to 2+ years old and their parents or grandparents.</p>	<p>Storytime Chorleywood Library 2.15 pm to 2.45 pm</p> <p>Stories for children aged 2 to 4 years old.</p>	<p>Get Ready 2 Learn Chorleywood Primary School 1.30 pm to 3 pm</p> <p>Free learn through play sessions for the over 2s and their parents or grandparents.</p>	<p>Centre Closed Call 07966 584824 or Family Information Service on 0300 123 4025.</p>		<p>Community Safety Drop-In</p> <p>Look out for the mobile police station. Monthly timetable at: www.herts.police.uk</p>

The above programme of services are delivered by the Children's Centre Team, Rickmansworth Toy Library, Hertfordshire Library Services, Hertfordshire Constabulary, Primary Care Trust and commissioned agencies. Please contact the Children's Centre for more information or to book places.

BUMPS & BABIES

If you're expecting or 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 coffee and chat to other new parents.

Visiting speakers will offer information on Weaning, Sleeping, Home Safety, Childcare & Benefits, Crime Prevention, etc.

Every Tuesday morning
10.30 am to 12 pm
(closed 28th December)

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!

Why not stay on afterwards for Bumps & Babies?

Every 1st and 3rd Tuesday of the month
(5th & 19th Oct, 2nd & 16th Nov,
7th & 21st Dec)
9.30 am to 11 am

Bullsland Hall, Bullsland Lane, Chorleywood.

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 as places are limited.

9th October or 13th November
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.

5th Nov to 10th Dec,
Friday mornings, 10 am to 11.30 am

Bullsland Hall, Bullsland Lane, Chorleywood.

CARER'S STAY & PLAY

A stay-and-play networking group for children over 1 and their Nannies, Childminders and Au Pairs.

Workshop training opportunities available at some sessions, and regular visits from the NCMA and Hertfordshire County Council to give advice on child caring and development. Volunteers are required for facilitating the running of this group. Children's activities provided in conjunction with Children's Centre staff. Running costs to be met by voluntary donation.

Wednesday mornings, 9.30 to 11 am

Loudwater Farm, Loudwater Lane, Loudwater, WD3 4HG

CONTACT THE CHILDREN'S CENTRE FOR FURTHER INFORMATION OR TO MAKE A BOOKING:

Tel: 01923 484903

Email: CHORLEYWOOD@PRE-SCHOOL.ORG.UK

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!

Wednesday afternoons, 1.30 pm to 3 pm

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

EXPLORERS

A fun stay and play group for children aged 1 to 2+ years with activities to help children's development as they make sense of our world.

This group is for children with their parents, grandparents or guardians only.

Monday afternoons,
1.30 pm to 3 pm

Bullsland Hall, Bullsland Lane, Chorleywood, WD3 5BH

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
(13th & 27th Oct, 10th & 24th Nov, 8th & 22nd Dec)

Mill End Community Centre

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

BABY RHYMES

Stories and rhymes for under 2s delivered by Library staff. Children's Centre staff will be available for information and advice.

Wednesday mornings
11 am to 11.30 am

Chorleywood Library
Lower Road, Chorleywood,
WD3 5LB

HEALTH WALKS

In partnership with the Countryside Management Service

Pushchair-friendly walks offering gentle exercise and an opportunity to meet other local parents
7th October, 4th November, 9th December

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.

STORYTIME

Stories and rhymes for 2 to 4s delivered by Library staff. Children's Centre staff will be available for information and advice.

Tuesday afternoons
2.15 pm to 2.45 pm

Chorleywood Library
Lower Road, Chorleywood,
WD3 5LB