

Chorleywood & Loudwater: September – 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 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: 28th September – Bookstart & Library Services 12th Oct – Fire Safety 26th Oct – Real Nappies 23rd Nov – Discovering music with Heartbeeps</p> <p>Incorporating: Baby Clinic 7th & 21st Sept, 5th & 19th Oct, 2nd & 16th Nov, 7th & 21st Dec 9.30 am to 11 am For all pre-school children. Health Visitor available.</p>	<p>Carers Stay & Play Loudwater Farm Starting 22nd September 9.30 am to 11 am 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 For children aged under 2 years old.</p> <p>Toy Library Mill End Community Centre 8th & 22nd Sept, 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 A series of local, pushchair-friendly walks.</p> <p>Further details available soon.</p>	<p>Baby Yoga Bullsland Hall 6-week courses start 17th Sept and 5th November 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>Village Evening 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 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 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 Starting 20th September 1.30 pm to 3 pm 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 Stories for children aged 2 to 4 years old.</p>	<p>Get Ready 2 Learn Chorleywood Primary School Starting 15th September 1.30 pm to 3 pm 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>Baby Massage Bullsland Hall 6-week course starts 10th Sept. 12.30 pm to 2 pm For babies aged 6 weeks to 6 months old. Booking is essential. Course cost £20.</p>	<p>Community Safety Drop-In 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
(7th & 21st Sept, 5th & 19th Oct, 2nd & 16th
Nov, 7th & 21st Dec)
9.30 am to 11 am

Bullsland Hall, Bullsland Lane, Chorleywood.

BABY MASSAGE

For babies from 6 weeks to 6 months old.

Learn how to massage your baby. This 6-week course is informal and relaxing. Included in the sessions will be time to discuss topics such as; birth stories, sleeping, how to deal with crying, teething, feeding-weaning.

Course cost £20. Pre-booking is essential.

Friday afternoons, 10th Sept to 15th Oct
12.30 pm to 2pm

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.

17th Sept to 22nd Oct or 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 from 22nd Sept, 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 444903

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 from 15th September, 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 from 20th September,
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
(8th & 22nd Sept, 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

BABY & CHILD ORIENTATED FIRST AID

Four hour courses offering basic first aid training for parents, grandparents and guardians. Course cost £10. Pre-booking is essential.

9th October or 13th November
9am to 1pm

Bullsland Hall, Bullsland Lane,
Chorleywood, WD3 5BH

HEALTH WALKS

7th October, 4th November
9th December
10 am

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