

Harpenden Children's Centre Newsletter



Spring 2009

Our First Newsletter!

Welcome to the first edition of our newsletter. The purpose of this communication is to keep our parents updated on both the events at your local Children's Centre and to provide an update on early years issues.

If you are interested in learning more about us or would like to

What do we do at the Centre?

Harpenden Children's Centre aims to build upon existing services, working in partnership with local providers, charities and other professionals, to support families. We want to ensure that young children get the very best start in life.

Children deserve safe secure childhoods, full of fun, love, exploration and wonder. We aim to help under-fives reach their full potential. We want to

become more involved in the development of the centre and its services we would love to hear from you.



make a positive difference.

We are open every morning during term time and by appointment during school holidays. Pop in and see us or give us a call to find out about current activities and events.

"We worry what a child will become, yet we forget he is someone today."





SureStart

Sure Start is the Government programme to deliver the best start in life for every child. We bring together early education, childcare, health and family support.

Parents Information

Need a little help but don't know where to turn? Here we hope to point you in the right direction to find the answers you need;

Can I get help with childcare costs?

You may be entitled to financial help via child tax credits. Tax credits can help families with children or those who need help paying for childcare. Nine out of ten families with children are eligible for the new tax credits.

Alternatively, why not take a look at the Inland Revenue website or the DirectGov website.

Working Families Organisation

Working Families can offer advice and support to parents who work, or wish to work through their freephone helpline, 0800 013 0313.

They offer advice on rights at work, benefits, and how to apply for flexible working. Visit www.workingfamilies.org, where you can download posters, free factsheets.

Annual Consultation Event for Services for Children

A fun, innovative and informative partnership seminar was held recently by the St Albans consortium of children's centres. Held at the majestic Rothamsted Manor in Harpenden, partner agencies from all over the St Albans district, gathered together to share their experiences, learn more about the extended services agenda of working together, to network, and most importantly, to identify gaps in services that they could in turn, address and support collectively.

An exciting programme of activities engaged the partners for the morning, and the afternoon was lightened with a trip through time, with Health Visitor, Karen Marden, who amused the audience with her tales of interesting home visits over the years. Imagine trying to contact your clients 20 years ago with no mobile phone! Karen also outlined the vast improvement to health services and the central role children's centres now play in the way services are delivered in a relaxed and family focused environment

Children's centre managers in St Albans, initiated the event to create an ownership of the children's centres by all its community partners; to enhance the familiarity and understanding amongst all partner service providers of each other's roles and functions and thirdly to recognise the valuable contribution of partners to the whole agenda

These aims were more than successfully achieved, with all delegates enthusiastically committing themselves to continued positive networking and recommending that a directory of services be developed and shared. Organisers were left with an adamant request that the function be expanded and repeated annually.

Harpenden
Children's Centre
c/o Batford Nursery
School
Holcroft Road
Harpenden
Herts

Phone:
(01582) 714210
Fax:
(01582)713118

E-Mail:
manager.harpende
n@hertschildrenscen
tres.org.uk
Web Site:
To follow

March Health promotion; Stop smoking and save a packet

Beat the Credit Crunch and save yourself £2,000 a year by giving up smoking. No Smoking Day takes place on Wednesday 11th March 2009 and the charity is encouraging people who smoke to take the first step, stop smoking and save a packet.

Giving up 20-a-day is like a £40.60 a week pay rise! In six months you could save around £1055.50 – just imagine the help to your mortgage, overdraft or even your weekly food bill!

At the same time you can improve your looks as smoking makes your skin, hair and nails dull, and smokers suffer from a specific form of acne. Smokers are also at a disadvantage when it comes to fitness. Working the treadmill at the gym and being top of your aerobics class is going to be much harder if you smoke because smoking reduces your lung capacity.

New research released by the British Association of Dermatologists has found that 42 per cent of smokers have acne compared to one in ten non-smokers.

Men and women are more ready than ever to reap the benefits of stopping smoking. These include:

- Smoking cuts the air flow to your skin leaving it grey and dull. Giving up helps bring back your healthy glow and will get you noticed on the beach!
- Improve your smile. Smoking can cause yellow teeth, gum disease and bad breath
- Smoking can create hormonal imbalances which decrease libido – so giving up smoking could improve your sex life!
- The benefits start quickly, and within just two days of stopping you'll start to have more energy and feel fitter!

Giving up cigarettes will increase your bank balance by £2,110 per year if you smoke 20 a day – but the health benefits are even greater, including improved health, hair and skin and more energy.

By choosing No Smoking Day as your quit date you will be joining millions of others taking the first step. You're four times more likely to succeed in your quit attempt when using the NHS's FREE stop smoking service, so visit www.smokefreeherts.org.uk (use the stop smoking link) to find one in your local area or ring 0800 389 3998.

*Making a Positive
Difference to the Lives of
Children*

Regular events taking place at Harpenden Children's Centre

Day	Session	Venue	Cost	Time
Monday	Childminders Group	Magpie Room	Free	10am – 11am
	Opportunity Class	Magpie Room	Supporting young children with significant delay or learning difficulties Referrals only / Free	1pm – 3pm
Tuesday	Monkey Club	Magpie Room	Supported Mother & Toddler Group By Application Only / Free	9.30am – 11.30am
	Autism Class	Magpie Room	Referrals only / Free	1pm – 3pm
Wednesday	Toy Library	Magpie Room	Registration Fee & Hire Cost Applies	10am – 11am
	Baby Clinic	Chaffinch Room	Free	1pm – 3pm
	Opportunity Class	Magpie Room	Supporting young children with significant delay or learning difficulties Referrals only / Free	1pm – 3pm
Thursday	Monkey Club	Magpie Room	Referrals only / Free	9.30am – 11.30am
	Baby Massage	Chaffinch Room	£15 for 3 sessions	1pm – 2pm
Friday	Stay and Play	Chaffinch Room	T.B.C	Coming Soon

Other March Events

La Jolie Ronde March 9th @09.45am

123 Magic - 4th, 11th, 18th, 25th March & 1st April

NCT Breastfeeding Session; Saturday 14th & Saturday 28th March 10am – 3pm.
Contact Angela Bassit 0844 243 6892

Health Visitor One-to-One Sessions; Tues 10th, 17th, 24th, 31st.
Contact Mary Seckington on 01582 461387